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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | Valor calórico | carboidratos | proteínas | gorduras | Vitaminas c | Valor energético | | Creme cenoura com gengibre | 60 kcal | 8g | 3,3 | 2,5 |  |  | | Laranja temperada |  |  | 1,1 |  | 57 | Kcal 32 | | Medalhão de pescada |  | 1,8 | 20,10 |  |  | 97 | | Salada tomate  Primavera/Verão |  | 3,1 | 1,1 | 0,2 |  | 15kcal | | Carpaccio de abacaxi |  | 19 |  |  | 56 | 81 | | Salada alface  Primavera/Verão | 1,3 kcal | 1.7 | 1,3 |  |  |  |   TABELA DE COMPOSIÇÃO NUTRICIONAL   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | | Cebola |  |  |  |  |  |  | | Batata |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |