**Creme de Legumes**

**Resumo Nutricional:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Cals**151 |  | **Líp**9g |  | **Carbs**80g |  | **Prot**11g |

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| Existem 151 calorias em 1 dose de Creme de Legumes. |
| Repartição das Calorias: **18% líp**, 72% carbs, 10% prot. |

**Arroz de pato**

**Resumo Nutricional:**

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| --- | --- | --- | --- | --- | --- | --- |
| **Cals**423 |  | **Líp**26,04g |  | **Carbs**22,21g |  | **Prot**23,02g |

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| Existem 423 calorias em Arroz de Pato (1 dose). |
| Repartição das Calorias: **56% líp**, 21% carbs, 22% prot. |
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**Salada de Alface**

**Resumo Nutricional:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Cals**5 |  | **Líp**0,05g |  | **Carbs**1g |  | **Prot**0,49g |

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| Existem 5 calorias em Alface de Folha Verde (1 chávena, desfiada). |
| Repartição das Calorias: **8% líp**, 66% carbs, 26% prot. |
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|  |

**Fruta**

**Laranja**

**Resumo Nutricional:**

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| --- | --- | --- | --- | --- | --- | --- |
| **Cals**62 |  | **Líp**0,16g |  | **Carbs**15,39g |  | **Prot**1,23g |

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| Existem 62 calorias em Laranjas (1 ). |
| Repartição das Calorias: **2% líp**, 90% carbs, 8% prot. |