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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 tomatePrimavera/Verão |  | 3,1 | 1,1 | 0,2 |  | 15kcal |
| Carpaccio de abacaxi |  | 19 |  |  | 56 | 81 |
| Salada alfacePrimavera/Verão | 1,3 kcal | 1.7 | 1,3 |  |  |  |

TABELA DE COMPOSIÇÃO NUTRICIONAL

|  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |
|  Cebola |  |  |  |  |  |  |
| Batata |  |  |  |  |  |  |
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