

Energy kJ 512 – Energy kcal 122 – Fats g 5,2 of which saturated fats g 2,0 – Carbohydrates g 12,8 of which sugars g 1,8 – Fibres g 1,4 – Proteins g 5,9 – Salt g 0,84

Preparation

Microwave oven (750w): **6 min** in a closed package and still frozen.