



Z336



Risotto with asparagus tips

MIN

4'

COOKING TIME



300g e

4 PLATES PER BOX

Ingredients

Rice 30%, asparagus 11%, broth, whole milk, Parmigiano Reggiano DOP cheese, wheat flour, margarine, extra virgin olive oil, sunflower oil, vegetable fat-based cream, onion, salt.

Average nutritional values per 100 g

Energy kJ 664 - Energy kcal 157 - Fats g 3,7 of which saturated fats g 1,4 - Carbohydrates g 25,8 of which sugars g 0,9 - Fibres g 1,4 - Proteins g 4,3 - Salt g 0,51

Preparation

Microwave oven (750w): **4 min** in a closed package and still frozen.

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