

Bulgur salad with fried chorizo ^{a)}



Materials and Products

1.000	kg	Vegetable bulgur ^{a)}
150.000	g	Lettuce
250.000	g	Iceberg lettuce
200.000	g	Z113078 Chorizo
1.600	kg	

Preparation Recommendation

Preparation:

Wash and drain the lettuce leaves, then mix with the iceberg lettuce strips and the prepared bulgur.

Marinate the mixture with a little M0128610 DRESSY Powder Orig. Troler herbal dressing CLA and serve.

Cut the chorizo into slices, fry until crispy and put them on the salad.

Declaration advice

Bulgur vegetables (drinking water, Bulgur 62% (**wheat**), kidney beans, tomatoes, peppers, sugar, onions, table salt, seasoning, natural flavor, spices), iceberg lettuce, chorizo, lettuce



Average nutritional information

per 100g		GDA*
Energy	484 kJ / 116 kcal	5.76 %
Fett	4.7 g	6.70 %
hereof: Saturated Fat	1.7 g	8.48 %
Carbohydrates	12.0 g	4.62 %
hereof: Sugar	2.5 g	2.73 %
Protein	5.1 g	10.15 %
Salt	0.9 g	14.45 %

*Reference quantity for an average adult (8400 KJ /2000 Kcal)

Additives/Attributes: 1a) E124 2) preservatives 3) Antioxidant 4) flavor enhancer 5) sulphuretted 6) blackened 7) waxed 8) sweeteners 8a) phenylalanine 9) phosphate) dyes **Allergens:** a) Cereals containing gluten b) crustaceans c) eggs d) fish e) Peanuts f) soy g) milk h) legumes i) celery j) mustard k) Sesame seeds l) sulfites m) lupine n) molluscs

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