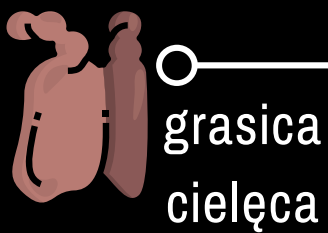


PURYNY

PURYNY W 100 GRAMACH PRODUKTU
DIETETYCY.ORG.PL - PORTAL DLA DIETETYKÓW

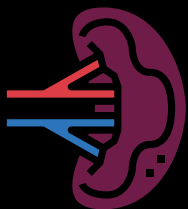


1260
MG/100G

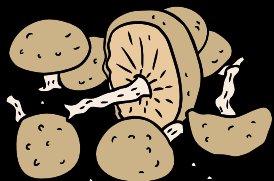


grasica
cieleńca

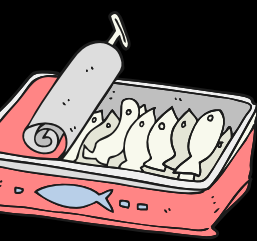
podroby



suszone
grzyby



480



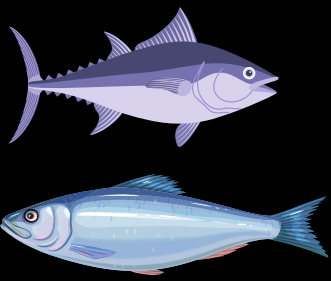
sardynki w
oleju

297



pstrąg

ryby

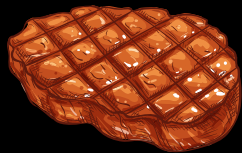


175



kurczak
pierś+skóra

wieprzowina



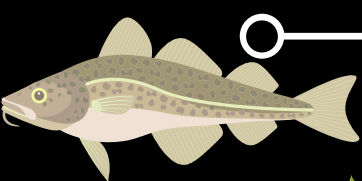
109



kiełbasa



pieczeń
wołowa



dorsz

81

brokuły



owoce



18

orzechy



ziemniaki

5

chleb



piwo

ser

