

Quantitats de llegums i cereals que contenen 1g de greix



+ info



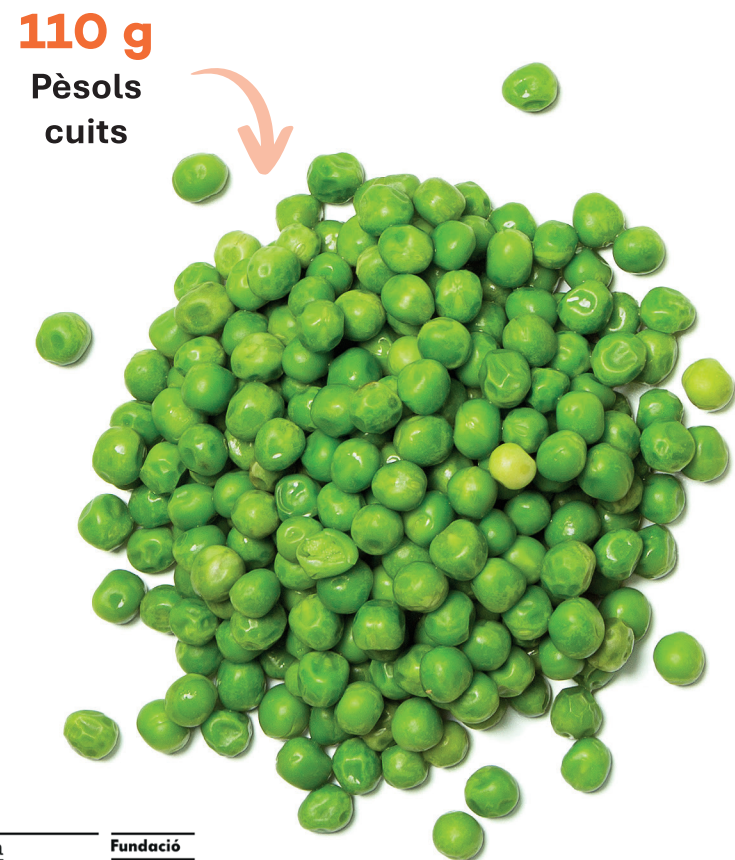
200 g
Mongetes
cuites



200 g
Lenties
cuites



130 g
Arròs integral
cuit



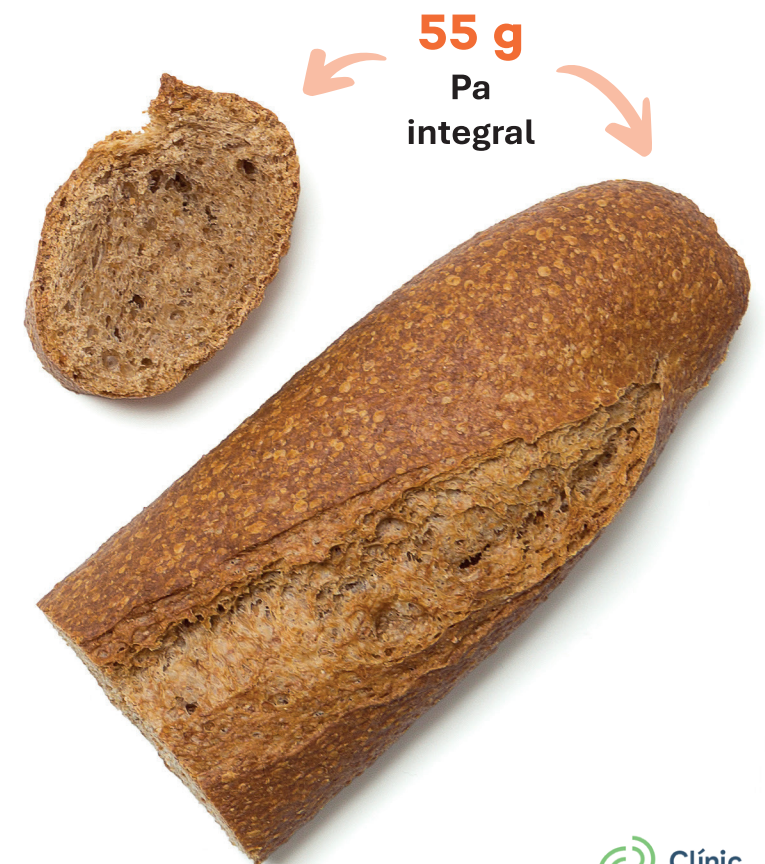
110 g
Pèsols
cuites



40 g
Cigrons
cuites



15 g
Flocs
de civada



55 g
Pa
integral