



## Recipe Catalog

New Fitatu

Values given for one portion

Energy value (kcal)	646
Proteins (g)	48.83
Animal (g)	n.d.
Plant (g)	0.11
Fats (g)	49.77
Saturated (g)	72.67
Monounsaturated (g)	25.31
Polyunsaturated (g)	54.15
Omega 3 fatty acid (g)	n.d.
Omega 6 fatty acid (g)	n.d.
Carbohydrates (g)	0.65
Net carbs (g)	0.38*
Sugars (g)	0.01
Fibre (g)	0.27
Salt (g)	0.75
Cholesterol (mg)	213.60
Caffeine (mg)	n.d.
Vitamins	
Vitamin A (µg)	40.99

Kcal **0**  
/2797 kcal

Prot. **0**  
/84-140 g

Fats **0**  
/78-93 g

Carbs **0**  
/315-489 g

# Recipe Nutritional Info

**Léo Pomar**



## **Recipe Nutritional Info:**

## Reviewing **Recipe Nutritional Info**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Recipe Nutritional Info**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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