

KONJAC NOODLES WITH PORK SLOIN AND BOLETUS 250 g

EAN: 8437000730583 FABRICANTE: THE KONJAC SHOP



Delicious konjac noodles with pork tenderloin and boletus with very balanced nutritional values.

DESCRIPTION

KONJAC NOODLES WITH PORK SLOIN AND BOLETUS :

Ready to eat; Heat the tray in the microwave for 2 minutes and eat.

Doubly satiating: konjac glucomannan + protein.

Low-calorie food: 56kcal per 100g.

Low in carbohydrates and fats.

Delicious konjac noodles with pork tenderloin and boletus with very balanced nutritional values, low in calories, very low in carbohydrates and high in quality proteins. It is ideal for diets that seek to maintain or lose body fat.

This Mediterranean recipe is a healthy meal that contains only 140kcal per serving, 17g of protein, only 1.2g of carbohydrates, only 1.95g of saturated fat, 2.9g of fiber and low in salt. , only 1.5 g (Himalayan Salt). Konjac noodles with pork tenderloin and boletus from The Konjac Shop® and Go Natur Food ® are made with konjac shirataki noodles, a low-calorie pasta composed of soluble konjac fiber and with a fiber content much higher than normal pasta. which makes it the ideal pasta for body fat loss diets, gluten-free diets and diabetics.

Konjac has many health benefits:

- It contributes to losing weight, partly thanks to its low calorie content.
- It increases the feeling of satiety, thanks to its high fiber content that expands in the stomach when ingested.
- Helps maintain healthy cholesterol levels.
- Positive effect on people with type 2 diabetes as it reduces the increase in sugar levels that occur after meals.
- Regulates intestinal transit and maintains and recovers intestinal flora.

Ingredients : Konjac 40% (purified water, amorphophallus konjac (3.6%), calcium hydroxide (natural stabilizer)), chicken 28%, tomato (tomato, sunflower oil, onion, garlic, modified starch, sugar, Himalayan Pink Salt , citric acid acidifier), zucchini, red pepper, onion, olive oil (1%) and Himalayan Pink Salt.



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Does not contain allergens

Conservation conditions : Store in a cool, dry place (no refrigeration necessary)

Instructions for use: Heat and ready (2 min)

NUTRITIONAL VALUES (100 g)

	Per 100g	Serving (250g)
Energetic value	237kj / 57kcal	592kj / 141kcal
Fats	2.8g	7g
Of which: Saturated fatty acids	0.78g	1.95g
carbohydrates	0.48g	1.2g
Of which: sugars	0.48g	1.2g
Proteins	6.8g	17g
Salt	0.6g	1.5g
Fiber	1.16g	2.9g

