

TARTE POULET MOZZA MOUTARDE

 1 portion

INGREDIENTS

- 1 unité moyenne of short crust pastry, raw [230 g]
- 200 grams of chicken, breast, without skin, raw
- 60 grams of mozzarella cheese, from cow's milk
- 2 cuillères à soupe moyennes of mustard [50 g]
- 150 grams of tomato, raw

COOKING METHOD

1° Cuire 20-25min à 180°

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (690 g)	% DRI
ENERGY	193 kcal	1328 kcal	66 %
PROTEIN	11 g	75 g	149 %
CARBOHYDRATE	15 g	107 g	41 %
SUGARS	2 g	14 g	15 %
FAT	9 g	64 g	92 %
FATTY ACIDS, TOTAL SATURATED	4 g	29 g	145 %
FIBER	1 g	6 g	26 %
SODIUM	310 mg	2142 mg	89 %