

MARBRÉ CHOCO-COCO (DÉCHARGE)

 1 portion

INGREDIENTS

- 1 oeuf
- 20 grams of avoine instantanée (prozis)
- 10 grams of farine de coco (prozis)
- 60 grams of skyr
- 5 grams of cocoa powder, without sugar, powder, instant
- 40 grams of lait bjorg amandes
- 10 grams of chocolat Lindt noir framboise
- 25 grams of fruits puree, apple, without sugar added

COOKING METHOD

1° cacao à part et cuire 30min à 180°

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [216 g]	% DRI
ENERGY	149 kcal	322 kcal	16 %
PROTEIN	9 g	19 g	37 %
CARBOHYDRATE	14 g	29 g	11 %
SUGARS	4 g	8 g	9 %
FAT	6 g	13 g	19 %
FATTY ACIDS, TOTAL SATURATED	3 g	6 g	29 %
FIBER	1 g	2 g	8 %
SODIUM	28 mg	61 mg	3 %