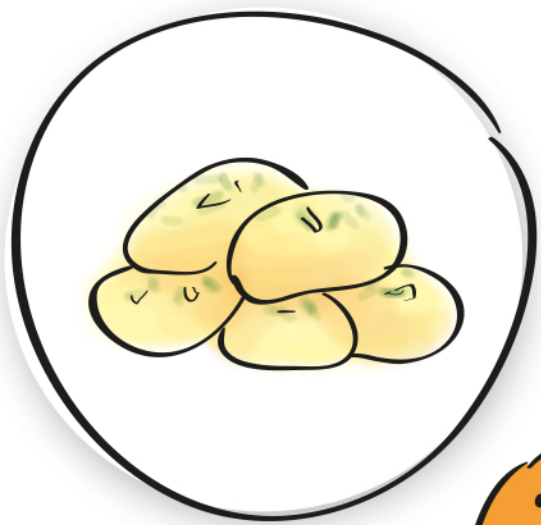


JAK NIE UTUCZYĆ ZIEMNIAKÓW?

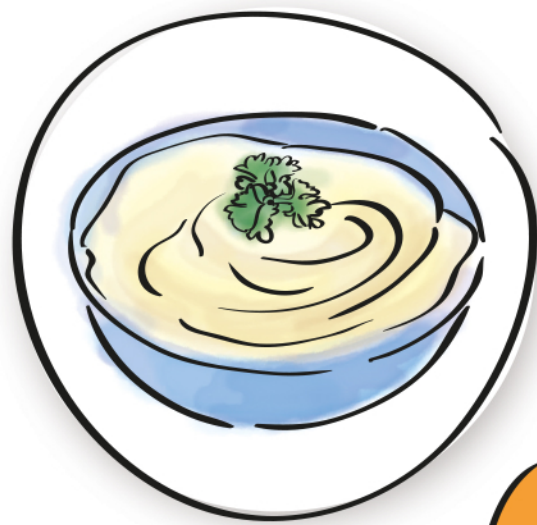
SPRAWDŹ, ILE KALORII ZAWIERA
100 g ziemniaków
POD RÓŻNYMI POSTACIAMI:



Ziemniaki
gotowane

71
kcal

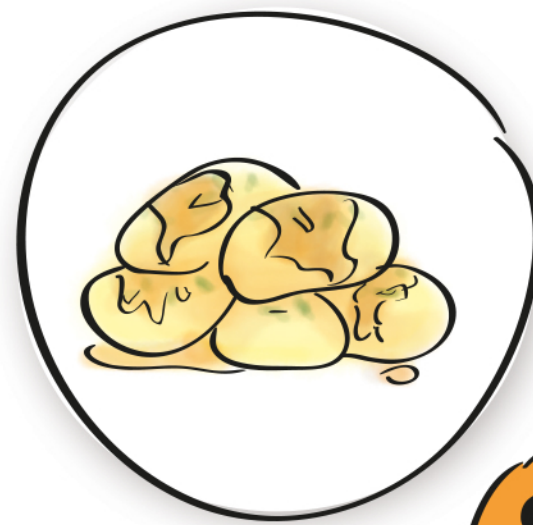
tłuszcz | cholesterol
0,1 g | 0 mg



Puree

81
kcal

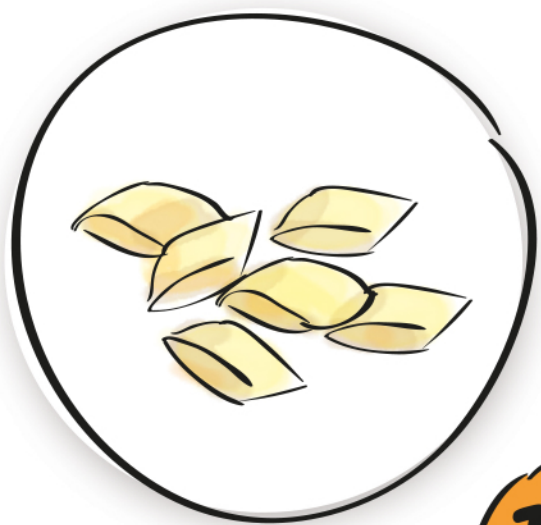
tłuszcz | cholesterol
1,5 g | 5 mg



Ziemniaki
z masłem

96
kcal

tłuszcz | cholesterol
3,2 g | 10 mg



Kopytka

151
kcal

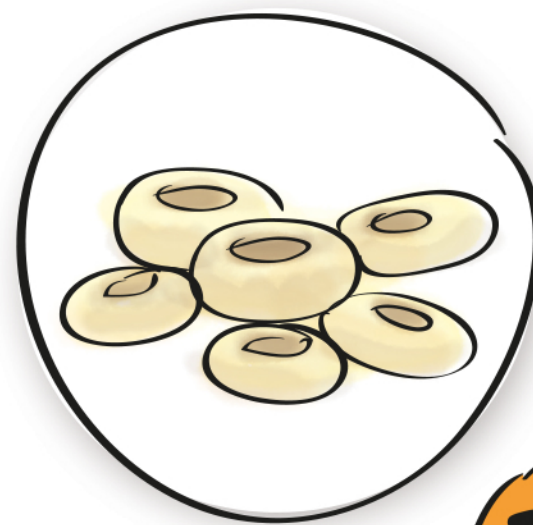
tłuszcz | cholesterol
0,9 g | 18 mg



Kopytka
z masłem

155
kcal

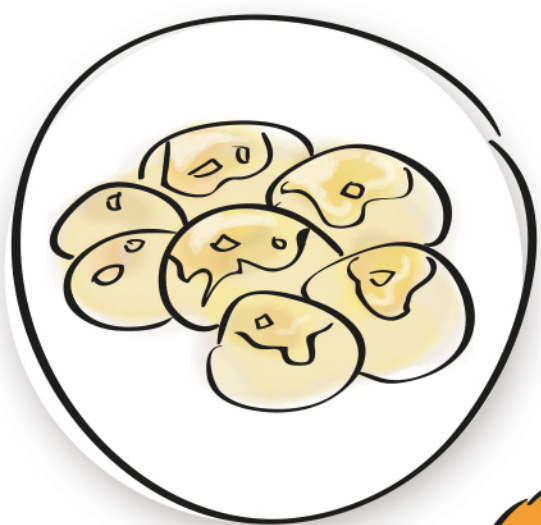
tłuszcz | cholesterol
1,8 g | 10 mg



Kluski
śląskie

174
kcal

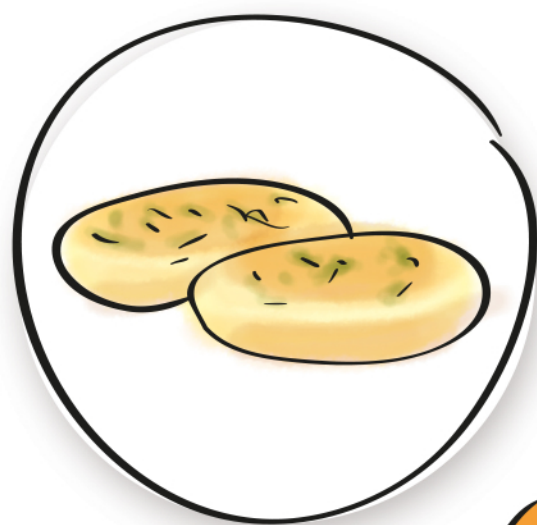
tłuszcz | cholesterol
4,2 g | 24 mg



Pyzy
ziemniaczane
z okrasą

207
kcal

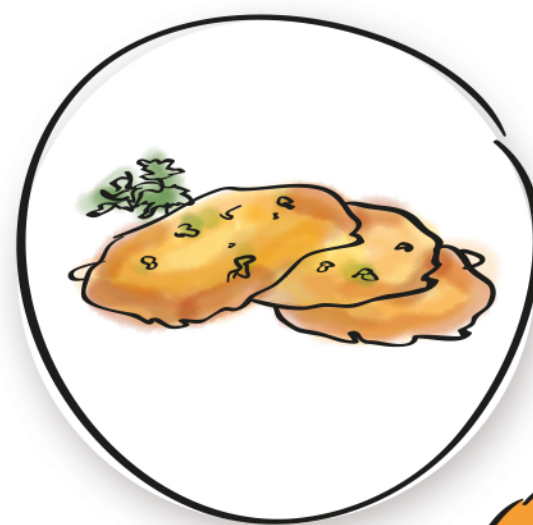
tłuszcz | cholesterol
6,6 g | 8 mg



Kotlety
ziemniaczane

212
kcal

tłuszcz | cholesterol
12 g | 36 mg



Placki
ziemniaczane

263
kcal

tłuszcz | cholesterol
16,2 g | 28 mg

