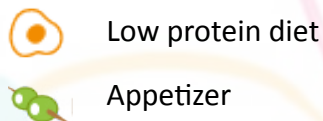


PEPPER AND LETTUCE BONBONS



Kcal Kcal Hypercaloric



INGREDIENTS RECIPE FOR 4 PEOPLE

- 160g canned piquillo peppers
- Large lettuce leaves
- 60g low protein cheese
- 20g black olives
- Basil leaves
- 80g potato puree
- 20ml olive oil
- Salt

NUTRITIONAL VALUES (PER SERVING)

- Protein (brut) (g): 0.8g (Kcal 1.7 %)
- Lipids total (g): 10.5 g (Kcal 47 %)
- Carbohydrates (g) 25 g (Kcal 50 %)
- Energy (Kcal): 199
- Polyunsaturates (g): 0.67
- Tryptophane (mg): 2.6
- Leucine (mg): 70
- Lysine (mg) 18.8
- Methionine (mg): 3.6
- Phenylalanine (mg): 48.9
- Tyrosine (mg): 6.7

METHOD

- Chop up the olives and basil and mix with the low protein cheese and potato puree.
- Place the peppers and lettuce leaves in an ice tray to make round cubes.
- Put the filling into each space and make a ball.
- Cover with plastic film and leave in the fridge for 2 hours or in the freezer for 20 minutes.
- Take out the bonbons and put them on a plate.