

TRIPES MODE



PRESENTATION

Tripes prepared in Caen style, is a traditional meal from Normandy, France. Delicately prepared with carrots, they just need to be slowly heated before enjoying them with french fries on the side, as it should be served.

COOKING ADVICE

Heat over low heat in a saucepan or on medium power in a suitable dish in microwave. Season to taste (butter, gravy, etc). Serve hot.

NUTRITION FACTS

for 100 g

Protein	16,4 g
Carbohydrates	2,39 mg
Fat	3,24 g
Calories	104 Kcal

INGREDIENTS

Tripe 54%, cooked sauce 36%, carrots 10%.

AVAILABLE IN

420 g and 840 g.

