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web dans le poireau tout est bon attention à ne pas le confondre avec hercule le détective celui dont on parle nous est plutôt un cousin éloigné de l'ail et de l'oignon il est bicolore et polyvalent en cuisine son origine remonte à la nuit des temps c'est peut-être pour cette raison que ce légume fait partie de notre

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web partager on sait que le poireau est faible en calories puisqu'il renferme 28 kcal pour 100 g ce légume est bon pour notre santé pour découvrir toutes les qualités de ce produit poursuivez votre lecture les poireaux comment les sélectionner