

Declarație valori nutriționale **My Way**

Categorii Pizza

Pizza My Way

Valorile nutriționale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Sunca	50	164	12	0	2	0	0	12	0
Salam	50	403	35	0	1	0	0	21	0
Ciuperci	35	29	0.5	0	3	0	0	2.5	0
Rosii	25	23.7	0.1	0	3.2	0	0	1.2	0
Ardei copt	25	55	0.5	0	10.8	0	3	1	7
Mozzarella	100	308	23	0	2	2	0	23	1.3
Total per 100g/ml	100g/ml	253.06	10.06	0.00	27.84	2.42	0.15	12.35	0.81
Total per 485g/ml	485g/ml	1227.32	48.77	0.00	135.00	11.75	0.75	59.88	3.95

Pizza Chicken

Valorile nutriționale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Piept de Pui	100	109.8	1	0	1.5	0	0	23	0
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Ardei copt	25	55	0.5	0	10.8	0	3	1	7
Rosii	25	23.7	0.1	0	3.2	0	0	1.2	0
Total per 100g/ml	100g/ml	206.15	4.29	0.00	27.51	1.95	0.15	12.38	0.53
Total per 500g/ml	500g/ml	1030.73	21.43	0.00	137.57	9.75	0.75	61.90	2.65

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ceapa	15	580	31	0	25	0	0	1	0
Total per 100g/ml	100g/ml	206.15	4.29	0.00	27.51	1.95	0.15	12.38	0.53
Total per 500g/ml	500g/ml	1030.73	21.43	0.00	137.57	9.75	0.75	61.90	2.65

Pizza Taraneasca

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	60	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Bacon	50	375	35	0	1	0	0	14	0
Cabanos	50	289	24	0	1	0.8	0	17	2.5
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Branza	30	349	31	0	0.5	0	0	17	0
Ardei copt	15	55	0.5	0	10.8	0	3	1	7
Ardei iute	15	10	0	0	2	0	0	0	0
Rosii	100	23.7	0.1	0	3.2	0	0	1.2	0
Total per 100g/ml	100g/ml	214.18	9.02	0.00	22.74	2.00	0.07	9.96	0.56
Total per 605g/ml	605g/ml	1295.80	54.60	0.00	137.59	12.10	0.45	60.25	3.38

Pizza Quattro Stagioni

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Pizza Carbonara

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Smantana	50	114	10	0	2.8	0	0	3.1	0
Sunca	50	120	16	0	2.3	0	0	6	0
Ciuperci	35	29	0.5	0	3	0	0	2.5	0
Piept de Pui	50	109.8	1	0	1.5	0	0	23	0
Ardei copt	25	55	0.5	0	10.8	0	3	1	7
Total per 100g/ml	100g/ml	204.52	6.36	0.00	26.63	0.00	0.16	11.55	0.38
Total per 460g/ml	460g/ml	940.80	29.25	0.00	122.50	0.00	0.75	53.13	1.75

Pizza Quattro Stagioni Ton

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	60	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Sunca	50	120	16	0	2.3	0	0	6	0
Ton	35	109	1	0	0	0	0	25	0.11
Masline	25	232	19.4	0	13.2	0	0	1.2	0
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Total per 100g/ml	100g/ml	215.78	6.34	0.00	29.84	2.57	0.00	11.07	0.25
Total per 455g/ml	455g/ml	981.80	28.82	0.00	135.77	11.70	0.00	50.35	1.12

Pizza Fumoso

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Total per 100g/ml	100g/ml	279.04	11.80	0.00	28.77	2.17	0.00	14.11	0.20
Total per 450g/ml	450g/ml	1255.67	53.10	0.00	129.47	9.75	0.00	63.50	0.90

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Cascaval	100	260	16	0	0.1	0	0	29	0
Bacon	100	375	35	0	1	0	0	14	0
Rosii	25	23.7	0.1	0	3.2	0	0	1.2	0
Ciuperci	25	35	0.5	0	2.5	0	0	5	0
Total per 100g/ml	100g/ml	279.04	11.80	0.00	28.77	2.17	0.00	14.11	0.20
Total per 450g/ml	450g/ml	1255.67	53.10	0.00	129.47	9.75	0.00	63.50	0.90

Pizza Capriciosa

Valorile nutritionalie ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Bacon	50	375	35	0	1	0	0	14	0
Cabanos	50	289	24	0	1	0.8	0	17	2.5
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Rosii	25	23.7	0.1	0	3.2	0	0	1.2	0
Ceapa	15	580	31	0	25	0	0	1	0
Total per 100g/ml	100g/ml	260.88	10.48	0.00	28.29	2.14	0.00	11.40	0.45
Total per 475g/ml	475g/ml	1239.17	49.80	0.00	134.38	10.15	0.00	54.15	2.15

Pizza Tonno

Valorile nutritionalie ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Total per 100g/ml	100g/ml	211.75	4.42	0.00	28.11	2.01	0.20	13.11	0.61
Total per 485g/ml	485g/ml	1027.00	21.42	0.00	136.33	9.75	0.95	63.60	2.96

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ton	100	109	1	0	0	0	0	25	0.11
Ceapa	15	580	31	0	25	0	0	1	0
Ardei copt	25	55	0.5	0	10.8	0	3	1	7
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Lamaie	10	30	0.2	0	10.5	0	2	0	2
Total per 100g/ml	100g/ml	211.75	4.42	0.00	28.11	2.01	0.20	13.11	0.61
Total per 485g/ml	485g/ml	1027.00	21.42	0.00	136.33	9.75	0.95	63.60	2.96

Pizza Vegetariana

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	60	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Ciuperci	75	35	0.5	0	2.5	0	0	5	0
Ardei copt	25	55	0.5	0	10.8	0	3	1	7
Masline	25	232	19.4	0	13.2	0	0	1.2	0
Rosii	25	23.7	0.1	0	3.2	0	0	1.2	0
Porumb dulce	25	120	1.3	0	22.4	0	3.3	3	0
Total per 100g/ml	100g/ml	195.32	4.36	0.00	29.84	2.41	0.32	8.64	0.58
Total per 485g/ml	485g/ml	947.33	21.15	0.00	144.72	11.70	1.57	41.90	2.83

Pizza Romana

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Total per 100g/ml	100g/ml	232.79	5.62	0.00	33.72	2.53	0.00	11.48	0.23
Total per 385g/ml	385g/ml	896.25	21.63	0.00	129.83	9.75	0.00	44.20	0.90

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Sunca	50	164	12	0	2	0	0	12	0
Total per 100g/ml	100g/ml	232.79	5.62	0.00	33.72	2.53	0.00	11.48	0.23
Total per 385g/ml	385g/ml	896.25	21.63	0.00	129.83	9.75	0.00	44.20	0.90

Pizza Margherita E Funghi

Valorile nutritionalie ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Total per 100g/ml	100g/ml	265.70	5.48	0.00	40.82	0.00	0.00	13.23	0.00
Total per 285g/ml	285g/ml	757.25	15.62	0.00	116.33	0.00	0.00	37.70	0.00

Pizza Mexicana

Valorile nutritionalie ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Salam	100	403	35	0	1	0	0	21	0
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Porumb dulce	30	120	1.3	0	22.4	0	3.3	3	0
Ceapa	25	580	31	0	25	0	0	1	0
Ardei iute	15	10	0	0	2	0	0	0	0
Total per 100g/ml	100g/ml	277.18	11.64	0.00	28.34	1.93	0.20	11.95	0.18
Total per 505g/ml	505g/ml	1399.75	58.77	0.00	143.09	9.75	0.99	60.35	0.90

Pizza Sinatra

Valorile nutritionalie ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	229	17	0	1	0	0	18	0
Piept de Pui	35	109.8	1	0	1.5	0	0	23	0
Bacon	35	375	35	0	1	0	0	14	0
Salam	35	403	35	0	1	0	0	21	0
Branza	35	349	31	0	0.5	0	0	17	0
Ciuperci	25	35	0.5	0	2.5	0	0	5	0
Rosii	25	23.7	0.1	0	3.2	0	0	1.2	0
Total per 100g/ml	100g/ml	261.75	11.18	0.00	26.69	1.99	0.00	13.21	0.18
Total per 490g/ml	490g/ml	1282.56	54.80	0.00	130.78	9.75	0.00	64.75	0.90

Pizza Pesce

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Pastrav afumat	50	150	6.3	0	0.1	0	0	23	0
Somon fume	30	170	8	0	0	0	0	24	2.51
Ton	30	116	1	0	0	0	0	26	0
Ceapa	15	580	31	0	25	0	0	1	0
Ardei copt	25	55	0.5	0	10.8	0	3	1	7
Masline	25	232	19.4	0	13.2	0	0	1.2	0
Lamaie	25	30	0.2	0	10.5	0	2	0	2
Total per 100g/ml	100g/ml	225.81	6.19	0.00	28.07	1.95	0.25	12.73	0.78
Total per 500g/ml	500g/ml	1129.05	30.97	0.00	140.37	9.75	1.25	63.65	3.90

Pizza Deliciosa E Funghi

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Sunca	50	164	12	0	2	0	0	12	0
Ton	50	235	15	0	0	0	0	24	0.75
Masline	25	232	19.4	0	13.2	0	0	1.2	0
Ceapa	15	580	31	0	25	0	0	1	0
Total per 100g/ml	100g/ml	243.95	8.13	0.00	28.82	2.05	0.00	11.93	0.27
Total per 475g/ml	475g/ml	1158.75	38.63	0.00	136.88	9.75	0.00	56.65	1.27

Pizza Hot

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	60	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Sunca	50	164	12	0	2	0	0	12	0
Salam	50	403	35	0	1	0	0	21	0
Ardei iute	25	10	0	0	2	0	0	0	0
Total per 100g/ml	100g/ml	236.52	8.32	0.00	28.37	2.49	0.00	11.66	0.23
Total per 470g/ml	470g/ml	1111.65	39.13	0.00	133.33	11.70	0.00	54.80	1.08

Pizza Traditionala

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Total per 100g/ml	100g/ml	236.11	9.17	0.00	27.02	1.94	0.15	11.03	1.27
Total per 510g/ml	510g/ml	1204.17	46.77	0.00	137.82	9.87	0.75	56.25	6.50

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Bacon	100	254	21	0	0	0.1	0	17	2.6
Masline	25	465	40	0	22	0.1	0	2	5
Ardei copt	25	55	0.5	0	10.8	0	3	1	7
Rosii	25	23.7	0.1	0	3.2	0	0	1.2	0
Total per 100g/ml	100g/ml	236.11	9.17	0.00	27.02	1.94	0.15	11.03	1.27
Total per 510g/ml	510g/ml	1204.17	46.77	0.00	137.82	9.87	0.75	56.25	6.50

Pizza Salami

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Salami	100	403	35	0	1	0	0	21	0
Rosii	25	23.7	0.1	0	3.2	0	0	1.2	0
Porumb dulce	25	120	1.3	0	22.4	0	3.3	3	0
Total per 100g/ml	100g/ml	275.76	11.29	0.00	30.08	2.17	0.18	13.00	0.20
Total per 450g/ml	450g/ml	1240.92	50.80	0.00	135.35	9.75	0.82	58.50	0.90

Pizza California

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	339	0	0	71.8	0	4	10.6	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Total per 100g/ml	100g/ml	200.86	4.90	0.00	25.27	1.99	1.22	12.76	0.18
Total per 490g/ml	490g/ml	984.20	24.01	0.00	123.84	9.75	6.00	62.53	0.90

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Piept curcan	100	102	2	0	1	0	0	20	0
Gorgonzola	30	334	27.6	0	0.4	0	0	20	0
Brocoli	25	33	0.2	0	2.6	0	0	3.5	0
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Total per 100g/ml	100g/ml	200.86	4.90	0.00	25.27	1.99	1.22	12.76	0.18
Total per 490g/ml	490g/ml	984.20	24.01	0.00	123.84	9.75	6.00	62.53	0.90

Pizza Pollo

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Piept de Pui	100	109.8	1	0	1.5	0	0	23	0
Gorgonzola	30	334	27.6	0	0.4	0	0	20	0
Rosii Cherry	30	24.7	0.7	0	4.2	0	0	0	7.1
Total per 100g/ml	100g/ml	234.73	6.08	0.00	28.86	0.00	0.00	15.84	0.52
Total per 410g/ml	410g/ml	962.41	24.94	0.00	118.33	0.00	0.00	64.95	2.13

Pizza Parma

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Sunca	35	164	12	0	2	0	0	12	0
Salam	35	447	38	0	0.1	0	0	26.1	0
Bacon	35	245	20	0	1	0.66	0	15	1.65
Total per 100g/ml	100g/ml	232.19	9.03	0.00	26.05	1.94	0.15	11.23	0.63
Total per 515g/ml	515g/ml	1195.78	46.52	0.00	134.16	10.01	0.75	57.84	3.23

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Masline	25	249	25	0	3	0.1	0	2	0
Rosii	25	23.7	0.1	0	3.2	0	0	1.2	0
Ardei copt	25	55	0.5	0	10.8	0	3	1	7
Total per 100g/ml	100g/ml	232.19	9.03	0.00	26.05	1.94	0.15	11.23	0.63
Total per 515g/ml	515g/ml	1195.78	46.52	0.00	134.16	10.01	0.75	57.84	3.23

Pizza Olteneasca

Valorile nutritionalie ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Piept de Pui	100	109.8	1	0	1.5	0	0	23	0
Ciuperci	25	35	0.5	0	2.5	0	0	5	0
Rosii	25	23.7	0.1	0	3.2	0	0	1.2	0
Praz	25	61	0	0	14.2	0	1	1	0
Porumb dulce	25	120	1.3	0	22.4	0	3.3	3	0
Total per 100g/ml	100g/ml	194.35	3.39	0.00	28.00	1.95	0.22	12.40	0.18
Total per 500g/ml	500g/ml	971.73	16.93	0.00	140.03	9.75	1.08	62.00	0.90

Pizza Quatro Formaggi Gorgonzola

Valorile nutritionalie ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Pizza Calzone

Valorile nutritionalie ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Sunca	50	164	12	0	2	0	0	12	0
Bacon	50	245	20	0	1	0.66	0	15	1.65
Ciuperci	25	35	0.5	0	2.5	0	0	5	0
Ardei copt	25	55	0.5	0	10.8	0	3	1	7
Total per 100g/ml	100g/ml	238.00	5.20	0.00	37.65	2.88	0.21	9.70	0.99
Total per 350g/ml	350g/ml	833.00	18.20	0.00	131.78	10.08	0.75	33.95	3.47

Pizza Americana

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Piept curcan	50	102	2	0	1	0	0	20	0
Bacon	50	245	20	0	1	0.66	0	15	1.65
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Masline	25	249	25	0	3	0.1	0	2	0
Ardei copt	25	55	0.5	0	10.8	0	3	1	7
Total per 100g/ml	100g/ml	219.33	6.80	0.00	27.48	2.08	0.15	11.64	0.72
Total per 485g/ml	485g/ml	1063.75	33.00	0.00	133.28	10.11	0.75	56.45	3.47

Pizza Homemade - Blat Cu Mozzarella

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Total per 100g/ml	100g/ml	246.90	9.90	0.00	26.30	2.06	0.00	12.89	0.80
Total per 500g/ml	500g/ml	1234.51	49.51	0.00	131.51	10.28	0.00	64.44	3.98

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Bacon	50	375	35	0	1	0	0	14	0
Rosii Cherry	30	24.7	0.7	0	4.2	0	0	0	7.1
Parmezan	30	402	30	0	0	0	0	32	0
Piept de curcan	50	102	2	0	1	1	0	21	1.9
Masline	25	249	25	0	3	0.1	0	2	0
Salata Rucola	15	25	0.7	0	3.7	0	0	2.6	0
Total per 100g/ml	100g/ml	246.90	9.90	0.00	26.30	2.06	0.00	12.89	0.80
Total per 500g/ml	500g/ml	1234.51	49.51	0.00	131.51	10.28	0.00	64.44	3.98

Pizza Napoletana

Valorile nutritionalie ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza - Univer	50	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Bacon	100	375	35	0	1	0	0	14	0
Branza	40	349	31	0	0.5	0	0	17	0
Ardei copt	25	55	0.5	0	10.8	0	3	1	7
Masline	25	249	25	0	3	0.1	0	2	0
Total per 100g/ml	100g/ml	284.20	14.13	0.00	27.06	1.99	0.15	11.84	0.54
Total per 490g/ml	490g/ml	1392.60	69.23	0.00	132.60	9.78	0.75	58.00	2.65

Pizza Quatro Carni

Valorile nutritionalie ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Pizza Prosciutto Crudo

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	100	114	0	0	25	19.5	0	1	1.8
Prosciutto Crudo	35	235	13	0	0	0.5	0	29	5.5
Carnati	50	192.6	15	0	0.6	0	0	12.3	0
Salata Rucola	15	25	0.7	0	3.7	0	0	2.6	0
Rosii Cherry	25	24.7	0.7	0	4.2	0	0	0	7.1
Total per 100g/ml	100g/ml	227.06	3.81	0.00	37.69	5.25	0.00	9.64	1.47
Total per 375g/ml	375g/ml	851.48	14.28	0.00	141.36	19.68	0.00	36.14	5.50

Pizza Wedges Bbq Spices

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Cartofi	80	126	3	0	21	0.4	0	2	0.1
Cabanos	75	289	24	0	1	0.8	0	17	2.5
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Ceapa	15	580	31	0	25	0	0	1	0
Rozmarin	5	131	5.9	0	20.7	0	14.1	3.3	26
Total per 100g/ml	100g/ml	240.26	8.03	0.00	29.64	2.09	0.14	10.37	0.81
Total per 510g/ml	510g/ml	1225.35	40.97	0.00	151.16	10.67	0.70	52.87	4.15

Pizza Somon

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	150	366	1.3	0	76.3	0	0	12.3	0
Total per 100g/ml	100g/ml	222.98	4.74	0.00	30.35	2.29	0.00	14.34	0.94
Total per 425g/ml	425g/ml	947.67	20.12	0.00	129.00	9.75	0.00	60.95	3.98

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Rosii Cherry	25	24.7	0.7	0	4.2	0	0	0	7.1
Mozzarella	100	196	13.5	0	1	0	0	17.5	0
Somon fume	50	170	8	0	0	0	0	24	2.51
Ton	50	109	1	0	0	0	0	25	0.11
Total per 100g/ml	100g/ml	222.98	4.74	0.00	30.35	2.29	0.00	14.34	0.94
Total per 425g/ml	425g/ml	947.67	20.12	0.00	129.00	9.75	0.00	60.95	3.98

Pizza Fructe De Mare

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Pizza Family

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Pizza Party

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Pizza Party

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
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Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Categorii Topping

Topping Cascaval

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Topping Orice Alt Sortiment

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Ketchup Dulce/Picant

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Ou

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Topping Sos Usturoi

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
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Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Categorii Paste

Milaneze

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Paste	100	339.4	2.6	0	69.6	0	0	9.4	0
Bacon	50	245	20	0	1	0.66	0	15	1.65
Sunca	50	164	12	0	2	0	0	12	0
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Bulion	200	71	0	0	13	11	0	5	2
Parmezan	30	402	30	0	0	0	0	32	0
Total per 100g/ml	100g/ml	176.08	5.97	0.00	21.07	4.80	0.00	9.52	1.04
Total per 465g/ml	465g/ml	818.75	27.78	0.00	97.98	22.33	0.00	44.25	4.83

Carbonara

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Paste	100	359	2	0	0	0	0	12	0.01
Parmezan	35	402	30	0	0	0	0	32	0
Bacon	100	254	21	0	0	0.1	0	17	2.6
Usturoi	10	136	0.9	0	28	0	0	6	0
Smantana vegetala	200	177	16.2	0	4.8	0	0	2.5	0
Total per 100g/ml	100g/ml	251.98	14.83	0.00	2.79	0.02	0.00	10.29	0.59
Total per 445g/ml	445g/ml	1121.30	65.99	0.00	12.40	0.10	0.00	45.80	2.61

Amatriciana

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Paste	100	339.4	2.6	0	69.6	0	0	9.4	0
Ceapa	25	580	31	0	25	0	0	1	0
Bulion	200	71	0	0	13	11	0	5	2
Parmezan	35	402	30	0	0	0	0	32	0
Bacon	100	245	20	0	1	0.66	0	15	1.65
Ardei iute	10	10	0	0	2	0	0	0	0
Total per 100g/ml	100g/ml	215.55	8.69	0.00	21.93	4.82	0.00	9.76	1.20
Total per 470g/ml	470g/ml	1013.10	40.85	0.00	103.05	22.66	0.00	45.85	5.65

Penne Cu Piept De Pui La Cuptor

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui	100	109.8	1	0	1.5	0	0	23	0
Dovlecel	25	19	0.13	0	4.51	0	1	0	2
Ciuperci	25	35	0.5	0	2.5	0	0	5	0
Paste	100	359	2	0	0	0	0	12	0.01
Cascaval	30	260	16	0	0.1	0	0	29	0
Total per 100g/ml	100g/ml	200.11	2.84	0.00	1.17	0.00	0.09	16.05	0.18
Total per 280g/ml	280g/ml	560.30	7.96	0.00	3.28	0.00	0.25	44.95	0.51

Penne Quattro Formaggi

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Gorgonzola	30	334	27.6	0	0.4	0	0	20	0
Unt	30	744	82.1	0	0.6	0	0	0.6	0
Branza	30	349	31	0	0.5	0	0	17	0
Smantana	100	114	10	0	3	0	0	3	0
Paste	50	335	1.5	0	67.5	0	6.4	13	0
Total per 100g/ml	100g/ml	284.59	21.11	0.00	13.89	0.00	1.19	9.64	0.00
Total per 270g/ml	270g/ml	768.40	57.01	0.00	37.50	0.00	3.20	26.03	0.00

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Mozzarella	30	196	13.5	0	1	0	0	17.5	0
Total per 100g/ml	100g/ml	284.59	21.11	0.00	13.89	0.00	1.19	9.64	0.00
Total per 270g/ml	270g/ml	768.40	57.01	0.00	37.50	0.00	3.20	26.03	0.00

Paste Zucchini

Valorile nutritionalie ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Bacon	75	245	20	0	1	0.66	0	15	1.65
Ciuperci	50	35	0.5	0	2.5	0	0	5	0
Dovlecel	50	17	0.13	0	3.56	0	1	1	2
Usturoi	5	136	0.9	0	28	0	0	6	0
Parmezan	25	402	30	0	0	0	0	32	0
Paste	50	359	2	0	0	0	0	12	0.01
Total per 100g/ml	100g/ml	194.73	9.36	0.00	2.03	0.19	0.20	11.20	0.88
Total per 255g/ml	255g/ml	496.55	23.86	0.00	5.18	0.49	0.50	28.55	2.24

Tagliatelle Cu Somon

Valorile nutritionalie ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Usturoi	15	136	0.9	0	28	0	0	6	0
Parmezan	25	402	30	0	0	0	0	32	0
Patrunjel	15	68	4	0	3	0	0	3	0
Fiti somon	75	221	14.3	0	0.8	0	0	22	1.1
Paste	50	339.4	2.6	0	69.6	0	0	9.4	0
Total per 100g/ml	100g/ml	259.19	11.26	0.00	22.25	0.00	0.00	16.97	0.46
Total per 180g/ml	180g/ml	466.55	20.26	0.00	40.05	0.00	0.00	30.55	0.83

Categorii Sandwich

Sandwich Cu Salam Usat

Valorile nutritionalie ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Salam	100	403	35	0	1	0	0	21	0
Amestec salata verde	15	47	0.3	0	6.1	0	7.2	3.2	0
Sos remoulade	25	629	66.9	0	6.2	0	0	0.6	0
Rosii	25	23.7	0.1	0	3.2	0	0	1.2	0
Cascaval	50	260	16	0	0.1	0	0	29	0
Total per 100g/ml	100g/ml	327.08	27.81	0.00	2.01	0.00	0.50	16.94	0.00
Total per 215g/ml	215g/ml	703.22	59.80	0.00	4.31	0.00	1.08	36.43	0.00

Sandwich Cu Sunca

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Sunca	100	164	12	0	2	0	0	12	0
Amestec salata verde	15	47	0.3	0	6.1	0	7.2	3.2	0
Sos remoulade	25	629	66.9	0	6.2	0	0	0.6	0
Rosii	25	23.7	0.1	0	3.2	0	0	1.2	0
Cascaval	50	260	16	0	0.1	0	0	29	0
Total per 100g/ml	100g/ml	215.92	17.11	0.00	2.47	0.00	0.50	12.76	0.00
Total per 215g/ml	215g/ml	464.22	36.80	0.00	5.32	0.00	1.08	27.43	0.00

Sandwich Cu Bacon

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Bacon	100	254	21	0	0	0.1	0	17	2.6
Amestec salata verde	15	47	0.3	0	6.1	0	7.2	3.2	0
Sos remoulade	25	629	66.9	0	6.2	0	0	0.6	0
Rosii	25	17	0.13	0	4	0	1	0.78	10
Cascaval	50	260	16	0	0.1	0	0	29	0
Total per 100g/ml	100g/ml	257.00	21.30	0.00	1.63	0.05	0.62	15.03	2.37
Total per 215g/ml	215g/ml	552.55	45.80	0.00	3.51	0.10	1.33	32.32	5.10

Sandwich Cu Pui

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui	100	109.8	1	0	1.5	0	0	23	0
Rosii	25	23.7	0.1	0	3.2	0	0	1.2	0
Cartofi pai	75	175	6.7	0	26	0	0	2	0
Sos remoulade	25	629	66.9	0	6.2	0	0	0.6	0
Total per 100g/ml	100g/ml	179.66	10.12	0.00	10.38	0.00	0.00	11.09	0.00
Total per 225g/ml	225g/ml	404.22	22.78	0.00	23.35	0.00	0.00	24.95	0.00

Sandwich Cu Ton

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ton	100	201	10.1	0	0	0	0	25	100
Sos remoulade	20	629	66.9	0	6.2	0	0	0.6	0
Cascaval	50	260	16	0	0.1	0	0	29	0
Total per 100g/ml	100g/ml	268.71	18.52	0.00	0.76	0.00	0.00	23.31	58.82
Total per 170g/ml	170g/ml	456.80	31.48	0.00	1.29	0.00	0.00	39.62	100.00

Sandwich Cu Snitel Pui

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	80	366	1.3	0	76.3	0	0	12.3	0
Piept de pui	75	119	2.6	0	0.6	0	0	22.6	0
Rosii	30	23.7	0.1	0	3.2	0	0	1.2	0
Castraveti	30	25	0.5	0	4	0	0	1.5	0
Amestec salata verde	25	47	0.3	0	6.1	0	7.2	3.2	0
Sos remoulade	20	629	66.9	0	6.2	0	0	0.6	0
Total per 100g/ml	100g/ml	205.47	6.39	0.00	25.54	0.00	0.69	10.97	0.00
Total per 260g/ml	260g/ml	534.21	16.63	0.00	66.41	0.00	1.80	28.52	0.00

Categorii Preparate De Pui Si Porc

Frigarui Pui

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui	120	109.8	1	0	1.5	0	0	23	0
Ceapa	25	580	31	0	25	0	0	1	0
Ardei gras	25	29	0.2	0	6	0	0	0.8	0
Ciuperci	25	35	0.5	0	2.5	0	0	5	0
Total per 100g/ml	100g/ml	150.13	4.68	0.00	5.22	0.00	0.00	15.03	0.00
Total per 195g/ml	195g/ml	292.76	9.12	0.00	10.17	0.00	0.00	29.30	0.00

Rulou Pui Cu Sunca Si Cascaval

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Cordon Bleu

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui	120	109.8	1	0	1.5	0	0	23	0
Mozzarella	35	196	13.5	0	1	0	0	17.5	0
Bacon	40	375	35	0	1	0	0	14	0
Total per 100g/ml	100g/ml	179.67	10.22	0.00	1.31	0.00	0.00	20.17	0.00
Total per 195g/ml	195g/ml	350.36	19.92	0.00	2.55	0.00	0.00	39.33	0.00

Piept De Pui Cu Sos Alb

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui	120	109.8	1	0	1.5	0	0	23	0
Smantana	80	163	15	0	3.2	0	0	3	0
Ciuperci	30	35	0.5	0	2.5	0	0	5	0
Usturoi	20	136	0.9	0	28	0	0	6	0
Total per 100g/ml	100g/ml	119.94	5.41	0.00	4.28	0.00	0.00	13.08	0.00
Total per 250g/ml	250g/ml	299.86	13.53	0.00	10.71	0.00	0.00	32.70	0.00

Rulouri De Ficatii Cu Bacon

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Snitel Pui

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui	120	109.8	1	0	1.5	0	0	23	0
Total per 100g/ml	100g/ml	109.80	1.00	0.00	1.50	0.00	0.00	23.00	0.00
Total per 120g/ml	120g/ml	131.76	1.20	0.00	1.80	0.00	0.00	27.60	0.00

Snitel Milanez

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui	120	109.8	1	0	1.5	0	0	23	0
Mozzarella	40	165	8.5	0	1.5	0	0	20.5	3
Total per 100g/ml	100g/ml	123.60	2.88	0.00	1.50	0.00	0.00	22.38	0.75
Total per 160g/ml	160g/ml	197.76	4.60	0.00	2.40	0.00	0.00	35.80	1.20

Piept Pui La Gratar

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
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Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Piept De Pui Crocant

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui Dezosat	160	109.8	1	0	1.5	0	0	23	0
Fulgi porumb	40	391	1.8	0	85.2	0	1.4	7.8	0
Total per 100g/ml	100g/ml	166.04	1.16	0.00	18.24	0.00	0.28	19.96	0.00
Total per 200g/ml	200g/ml	332.08	2.32	0.00	36.48	0.00	0.56	39.92	0.00

Piept De Pui Cu Susan

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui	120	109.8	1	0	1.5	0	0	23	0
Seminte Susan	50	592	55	0	0.6	0	12	20	40
Total per 100g/ml	100g/ml	251.62	16.88	0.00	1.24	0.00	3.53	22.12	11.76
Total per 170g/ml	170g/ml	427.76	28.70	0.00	2.10	0.00	6.00	37.60	20.00

Piept Pui Cu Legume

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Pui Mexican

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui	120	109.8	1	0	1.5	0	0	23	0
Total per 100g/ml	100g/ml	133.49	3.00	0.00	9.44	3.82	0.88	12.05	0.39
Total per 255g/ml	255g/ml	340.41	7.65	0.00	24.08	9.75	2.24	30.74	1.00

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Sos pizza	50	114	0	0	25	19.5	0	1	1.8
Ceapa	20	580	31	0	25	0	0	1	0
Ardei gras	25	29	0.2	0	6	0	0	0.8	0
Fasole boabe	40	71	0.5	0	8.2	0	5.6	5.6	0.25
Total per 100g/ml	100g/ml	133.49	3.00	0.00	9.44	3.82	0.88	12.05	0.39
Total per 255g/ml	255g/ml	340.41	7.65	0.00	24.08	9.75	2.24	30.74	1.00

Aripioare Crispy

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Aripioare pui	250	149	6.6	0	1.6	0	0	20.8	0
Cartofi pai	100	175	6.7	0	26	0	0	2	0
Amestec salata verde	100	47	0.3	0	6.1	0	7.2	3.2	0
Sos sweet chilli	50	14	0	0	2	0.9	0	0	1.2
Total per 100g/ml	100g/ml	120.30	4.70	0.00	7.42	0.09	1.44	11.44	0.12
Total per 500g/ml	500g/ml	601.50	23.50	0.00	37.10	0.45	7.20	57.20	0.60

Sufle De Pui

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Rulou De Pui Cu Sunca Si Cascaval

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Parmachef

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui	150	109.8	1	0	1.5	0	0	23	0
Mozzarella	75	196	13.5	0	1	0	0	17.5	0
Sunca	50	164	12	0	2	0	0	12	0
Smantana	100	114	10	0	3	0	0	3	0
Total per 100g/ml	100g/ml	135.39	7.37	0.00	1.87	0.00	0.00	15.10	0.00
Total per 375g/ml	375g/ml	507.70	27.63	0.00	7.00	0.00	0.00	56.63	0.00

Box Aripioare Crispy

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Box Pui Crispy

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Categorii Preparate Din Porc Si Tochituri

Ceafa De Porc La Gratar

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ceafa de porc	200	232	18.8	0	0	0	0	15	0
Total per 100g/ml	100g/ml	232.00	18.80	0.00	0.00	0.00	0.00	15.00	0.00
Total per 200g/ml	200g/ml	464.00	37.60	0.00	0.00	0.00	0.00	30.00	0.00

Tochitura De Pui

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ardei gras	25	29	0.2	0	6	0	0	0.8	0
Ceapa	50	580	31	0	25	0	0	1	0
Branza	30	349	31	0	0.5	0	0	17	0
Usturoi	10	136	0.9	0	28	0	0	6	0
Malai	120	341	1.1	0	74	0	4.9	6.4	0.01
Ficat	80	167	6.5	0	0	0	0	24	0
Rosii	300	23.7	0.1	0	3.2	0	0	1.2	0
Piept de Pui	80	109.8	1	0	1.5	0	0	23	0
Total per 100g/ml	100g/ml	160.76	4.68	0.00	16.77	0.00	0.85	7.95	0.00
Total per 695g/ml	695g/ml	1117.29	32.56	0.00	116.55	0.00	5.88	55.28	0.01

Tochitura Moldoveneasca

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ceafa de porc	80	232	18.8	0	0	0	0	15	0
Piept de Pui	80	109.8	1	0	1.5	0	0	23	0
Ciuperci	80	35	0.5	0	2.5	0	0	5	0
Ardei gras	25	29	0.2	0	6	0	0	0.8	0
Ceapa	50	580	31	0	25	0	0	1	0
Branza	30	349	31	0	0.5	0	0	17	0
Usturoi	10	136	0.9	0	28	0	0	6	0
Malai	120	341	1.1	0	74	0	4.9	6.4	0.01
Rosii	300	23.7	0.1	0	3.2	0	0	1.2	0
Total per 100g/ml	100g/ml	154.49	5.52	0.00	15.30	0.00	0.76	6.72	0.00
Total per 775g/ml	775g/ml	1197.29	42.80	0.00	118.55	0.00	5.88	52.08	0.01

Tochitura Olteneasca

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ceafa de porc	80	232	18.8	0	0	0	0	15	0
Cabanos	80	289	24	0	1	0.8	0	17	2.5
Ciuperci	80	35	0.5	0	2.5	0	0	5	0
Ceapa	50	580	31	0	25	0	0	1	0
Branza	30	349	31	0	0.5	0	0	17	0
Usturoi	10	136	0.9	0	28	0	0	6	0
Malai	120	348	1	0	75.1	0	0	8.9	0
Rosii	300	23.7	0.1	0	3.2	0	0	1.2	0
Ardei gras	25	29	0.2	0	6	0	0	0.8	0
Total per 100g/ml	100g/ml	174.07	7.88	0.00	15.42	0.08	0.00	6.49	0.26
Total per 775g/ml	775g/ml	1349.05	61.08	0.00	119.47	0.64	0.00	50.28	2.00

Categorii Deserturi

Clatite Brasovene

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Branza	70	349	31	0	0.5	0	0	17	0
Stafide	20	276	0	0	65	0	0	2.4	0
Zahar	75	380	0	0	95	95	0	0	0
Total per 100g/ml	100g/ml	354.24	13.15	0.00	51.27	43.18	0.00	7.50	0.00
Total per 165g/ml	165g/ml	584.50	21.70	0.00	84.60	71.25	0.00	12.38	0.00

Clatite Cu Dulceata 2 Buc

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Dulceata	40	295	0	0	72	55	0	0	0
Faina	50	366	1.3	0	76.3	0	0	12.3	0
Total per 100g/ml	100g/ml	334.44	0.72	0.00	74.39	24.44	0.00	6.83	0.00
Total per 90g/ml	90g/ml	301.00	0.65	0.00	66.95	22.00	0.00	6.15	0.00

Clatite Cu Nutella 2 Buc

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Faina	50	366	1.3	0	76.3	0	0	12.3	0
Nutella	40	539	31	0	58	56.3	0	6	0.1
Total per 100g/ml	100g/ml	442.89	14.50	0.00	68.17	25.02	0.00	9.50	0.04
Total per 90g/ml	90g/ml	398.60	13.05	0.00	61.35	22.52	0.00	8.55	0.04

Categorii Platouri (1 Persoana)

Platou Snitel Pui

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui	130	109.8	1	0	1.5	0	0	23	0
Cartofi	200	207	9.6	0	20.7	0	0	3.7	0
Rosii	70	23.7	0.1	0	3.2	0	0	1.2	0
Castraveti	60	25	0.5	0	4	0	0	1.5	0
Cabanos	50	289	24	0	1	0.8	0	17	2.5
Total per 100g/ml	100g/ml	143.69	6.45	0.00	9.51	0.08	0.00	9.32	0.25
Total per 510g/ml	510g/ml	732.83	32.87	0.00	48.49	0.40	0.00	47.54	1.25

Platou Ceafa Porc

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ceafa porc	120	202	14	0	2	1	0	17	1.5
Cartofi	200	126	3	0	21	0.4	0	2	0.1
Cabanos	50	289	24	0	1	0.8	0	17	2.5
Rosii	50	23.7	0.1	0	3.2	0	0	1.2	0
Castraveti	60	25	0.5	0	4	0	0	1.5	0
Total per 100g/ml	100g/ml	138.70	7.32	0.00	10.19	0.50	0.00	7.17	0.68
Total per 480g/ml	480g/ml	665.75	35.15	0.00	48.90	2.40	0.00	34.40	3.25

Platou Ficategi Cu Bacon

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Platou Piept Pui Cu Ciuperci

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Platou Ciolan Porc Cu Cartofi Wedges

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ciolan de porc	700	337	29	0	0.3	0	0	16	0
Cartofi Wedges	200	355	18	0	43	0	3	6	0
Rosii	200	23.7	0.1	0	3.2	0	0	1.2	0
Total per 100g/ml	100g/ml	283.31	21.75	0.00	8.59	0.00	0.55	11.49	0.00
Total per 1100g/ml	1100g/ml	3116.40	239.20	0.00	94.50	0.00	6.00	126.40	0.00

Platou Rulou Vanatoresc

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Sunca	50	164	12	0	2	0	0	12	0
Cotlet de porc	200	247	14.2	0	0	0	0	27	0
Ciuperci	100	35	0.5	0	2.5	0	0	5	0
Cartofi	200	207	9.6	0	20.7	0	0	3.7	0
Muraturi asortate	100	18	0.1	0	4.1	0	1	0	3
Total per 100g/ml	100g/ml	160.46	8.34	0.00	7.54	0.00	0.15	11.14	0.46
Total per 650g/ml	650g/ml	1043.00	54.20	0.00	49.00	0.00	1.00	72.40	3.00

Platou Rulou Sarbesc

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ciolan de porc	200	337	29	0	0.3	0	0	16	0
Ardei copt	50	55	0.5	0	10.8	0	3	1	7
Cartofi	200	126	3	0	21	0.4	0	2	0.1
Ciuperci	100	35	0.5	0	2.5	0	0	5	0
Muraturi asortate	80	18	0.1	0	4.1	0	1	0	3
Total per 100g/ml	100g/ml	159.19	10.29	0.00	8.54	0.13	0.37	6.59	0.97
Total per 630g/ml	630g/ml	1002.90	64.83	0.00	53.78	0.80	2.30	41.50	6.10

Platou Pui Shanghai Cartofi

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui Dezosat	160	109.8	1	0	1.5	0	0	23	0
Cabanos	60	339	30	0	0.7	0	0	16	0
Ciuperci	160	35	0.5	0	2.5	0	0	5	0
Cartofi	200	126	3	0	21	0.4	0	2	0.1
Seminte susan	10	702	61.2	0	11.7	0	11.6	20.4	0
Total per 100g/ml	100g/ml	128.35	5.51	0.00	8.47	0.14	0.20	10.24	0.03
Total per 590g/ml	590g/ml	757.28	32.52	0.00	49.99	0.80	1.16	60.44	0.20

Platou De Iarna

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ceafa de porc	130	232	18.8	0	0	0	0	15	0
Cabanos	60	289	24	0	1	0.8	0	17	2.5
Muraturi asortate	130	18	0.1	0	4.1	0	1	0	3
Cartofi	170	188	8	0	26	0.5	0	3	1
Total per 100g/ml	100g/ml	166.94	10.73	0.00	10.23	0.27	0.27	7.10	1.45
Total per 490g/ml	490g/ml	818.00	52.57	0.00	50.13	1.33	1.30	34.80	7.10

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	166.94	10.73	0.00	10.23	0.27	0.27	7.10	1.45
Total per 490g/ml	490g/ml	818.00	52.57	0.00	50.13	1.33	1.30	34.80	7.10

Platou De Pui In Crusta De Parmezan Nou

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Platou Primavara

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui Dezosat	150	109.8	1	0	1.5	0	0	23	0
Ciuperci	35	35	0.5	0	2.5	0	0	5	0
Mozzarella	30	196	13.5	0	1	0	0	17.5	0
Vinete	100	30	1	0	3	1	0	1	0.03
Ardei copt	80	55	0.5	0	10.8	0	3	1	7
Cartofi	450	207	9.6	0	20.7	0	0	3.7	0
Total per 100g/ml	100g/ml	146.89	5.96	0.00	12.81	0.12	0.28	7.09	0.67
Total per 845g/ml	845g/ml	1241.25	50.32	0.00	108.21	1.00	2.40	59.95	5.63

Platou Rustic

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui Dezosat	120	109.8	1	0	1.5	0	0	23	0
Cabanos	60	241	20	0	1	0.8	0	15	2
Rosii	50	23.7	0.1	0	3.2	0	0	1.2	0
Ceapa	25	580	31	0	25	0	0	1	0
Ardei copt	60	55	0.5	0	10.8	0	3	1	7
Total per 100g/ml	100g/ml	164.25	8.03	0.00	11.12	0.11	0.42	7.79	0.87
Total per 715g/ml	715g/ml	1174.41	57.38	0.00	79.54	0.81	3.00	55.70	6.23

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Vinete	60	35	0.2	0	8.7	0	2	0	0
Ardei gras	20	29	0.2	0	6	0	0	0.8	0
Bacon	50	245	20	0	1	0.66	0	15	1.65
Cartofi	270	207	9.6	0	20.7	0	0	3.7	0
Total per 100g/ml	100g/ml	164.25	8.03	0.00	11.12	0.11	0.42	7.79	0.87
Total per 715g/ml	715g/ml	1174.41	57.38	0.00	79.54	0.81	3.00	55.70	6.23

Platou Coaste Porc

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Cartofi	200	207	9.6	0	20.7	0	0	3.7	0
Rosii	75	23.7	0.1	0	3.2	0	0	1.2	0
Castraveti	75	25	0.5	0	4	0	0	1.5	0
Coaste de porc	200	295	22.6	0	6.1	0	0.5	16.5	0
Total per 100g/ml	100g/ml	189.19	11.79	0.00	10.73	0.00	0.18	7.71	0.00
Total per 550g/ml	550g/ml	1040.53	64.85	0.00	59.00	0.00	1.00	42.43	0.00

Categorii Platouri (3 Persoane)

Platou My Way

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui	150	109.8	1	0	1.5	0	0	23	0
Rosii	150	23.7	0.1	0	3.2	0	0	1.2	0
Castraveti	150	25	0.5	0	4	0	0	1.5	0
Ciuperci	150	35	0.5	0	2.5	0	0	5	0
Masline	25	249	25	0	3	0.1	0	2	0
Total per 100g/ml	100g/ml	56.40	1.50	0.00	2.81	0.00	0.00	7.45	0.00
Total per 625g/ml	625g/ml	352.50	9.40	0.00	17.55	0.03	0.00	46.55	0.00

Platou Rece 4 Persoane

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Sunca	100	164	12	0	2	0	0	12	0
Salam	100	403	35	0	1	0	0	21	0
Bacon	100	245	20	0	1	0.66	0	15	1.65
Rosii	150	23.7	0.1	0	3.2	0	0	1.2	0
Castraveti	150	28	0	0	6	5.5	0	0	0.09
Masline	50	249	25	0	3	0.1	0	2	0
Mozzarella	150	196	13.5	0	1	0	0	17.5	0
Branza	230	349	31	0	0.5	0	0	17	0
Ardei gras	50	29	0.2	0	6	0	0	0.8	0
Total per 100g/ml	100g/ml	196.78	15.86	0.00	2.31	0.83	0.00	10.79	0.17
Total per 1080g/ml	1080g/ml	2125.25	171.30	0.00	24.95	8.96	0.00	116.55	1.79

Platou Asortat 4 Persoane (Aperitiv Rece Si Cald)

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Branza	120	349	31	0	0.5	0	0	17	0
Mozzarella	250	196	13.5	0	1	0	0	17.5	0
Masline	90	232	19.4	0	13.2	0	0	1.2	0
Sunca	90	164	12	0	2	0	0	12	0
Salam	90	447	38	0	0.1	0	0	26.1	0
Bacon	90	245	20	0	1	0.66	0	15	1.65
Rosii	160	23.7	0.1	0	3.2	0	0	1.2	0
Castraveti	160	20	0	0	2	1.2	0	1	2.5
Faina	10	366	1.3	0	76.3	0	0	12.3	0
Total per 100g/ml	100g/ml	188.16	14.31	0.00	3.18	0.24	0.00	11.11	0.52
Total per 1060g/ml	1060g/ml	1994.52	151.70	0.00	33.72	2.51	0.00	117.77	5.48

Platou Fructe De Mare

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Calamar	200	92	1.4	0	3.1	0	0	15.6	0
Creveti	200	87	1	0	0	0	0	19	0
Peste File	200	73	0.6	0	0	0	0	16.9	0.5
Mozzarella	150	196	13.5	0	1	0	0	17.5	0
Cartofi fingers	300	207	9.6	0	20.7	0	0	3.7	0
Rosii Cherry	150	24.7	0.7	0	4.2	0	0	0	7.1
Total per 100g/ml	100g/ml	121.34	4.68	0.00	6.34	0.00	0.00	11.70	0.97
Total per 1200g/ml	1200g/ml	1456.05	56.10	0.00	76.10	0.00	0.00	140.35	11.65

Platou Cald 4 Persoane

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Platou Branzeturi

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Gorgonzola	150	334	27.6	0	0.4	0	0	20	0
Branza Brie	200	334	27.68	0	0.45	0	0	20.75	6.29
Branza	150	97	4.3	0	1.5	0	0	13	0
Parmezan	150	402	30	0	0	0	0	32	0
Cascaval	100	260	16	0	0.1	0	0	29	0
Miez de nuca	50	690	65.2	0	7	0	6	15	2
Rosii Cherry	200	24.7	0.7	0	4.2	0	0	0	7.1
Mere	150	25	0.3	0	5.7	0	0	0.6	0
Total per 100g/ml	100g/ml	226.90	17.27	0.00	2.11	0.00	0.26	15.34	2.42
Total per 1150g/ml	1150g/ml	2609.40	198.66	0.00	24.30	0.00	3.00	176.40	27.78

Platou Week-End 4/5 Pers

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Aripioare de pui	200	183	12	0	2	0.2	0	17	1.25
Piept de Pui	200	109.8	1	0	1.5	0	0	23	0
Ficat	120	101	2.9	0	0	0	0	18	0
Bacon	30	375	35	0	1	0	0	14	0
Muraturi asortate	200	18	0.1	0	4.1	0	1	0	3
Carnati	150	192.6	15	0	0.6	0	0	12.3	0
Total per 100g/ml	100g/ml	127.13	6.96	0.00	1.82	0.04	0.22	13.81	0.94
Total per 900g/ml	900g/ml	1144.20	62.68	0.00	16.40	0.40	2.00	124.25	8.50

Platou Vegetarian

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Dovlecel	200	24	0.48	0	5.09	0	2.8	0.62	1
Ciuperci	500	35	0.5	0	2.5	0	0	5	0
Masline	150	249	25	0	3	0.1	0	2	0
Rosii	150	23.7	0.1	0	3.2	0	0	1.2	0
Vinete	150	35	0.2	0	8.7	0	2	0	0
Ceapa	150	580	31	0	25	0	0	1	0
Cartofi	100	207	9.6	0	20.7	0	0	3.7	0
Total per 100g/ml	100g/ml	125.82	6.96	0.00	7.37	0.01	0.61	2.59	0.14
Total per 1400g/ml	1400g/ml	1761.55	97.51	0.00	103.23	0.15	8.60	36.24	2.00

Platou Coaste Porc

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Coaste de porc	300	295	22.6	0	6.1	0	0.5	16.5	0
Total per 100g/ml	100g/ml	197.19	14.01	0.00	9.58	0.36	0.27	8.82	0.63
Total per 1300g/ml	1300g/ml	2563.50	182.10	0.00	124.50	4.73	3.50	114.60	8.13

Cartofi Pai

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Cartofi	200	126	3	0	21	0.4	0	2	0.1
Total per 100g/ml	100g/ml	126.00	3.00	0.00	21.00	0.40	0.00	2.00	0.10
Total per 200g/ml	200g/ml	252.00	6.00	0.00	42.00	0.80	0.00	4.00	0.20

Piure De Cartofi

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Margarina	25	180	20	0	0	0	0	0	3
Cartofi	280	77	0.1	0	17.5	0	2	2	0
Total per 100g/ml	100g/ml	85.44	1.73	0.00	16.07	0.00	1.84	1.84	0.25
Total per 305g/ml	305g/ml	260.60	5.28	0.00	49.00	0.00	5.60	5.60	0.75

Cartofi Wedges

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Cartofi Wedges	200	207	9.6	0	20.7	0	0	3.7	0
Total per 100g/ml	100g/ml	207.00	9.60	0.00	20.70	0.00	0.00	3.70	0.00
Total per 200g/ml	200g/ml	414.00	19.20	0.00	41.40	0.00	0.00	7.40	0.00

Ciuperci Gratinat

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Ciuperci La Gratar

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ciuperci	150	35	0.5	0	2.5	0	0	5	0
Total per 100g/ml	100g/ml	35.00	0.50	0.00	2.50	0.00	0.00	5.00	0.00
Total per 150g/ml	150g/ml	52.50	0.75	0.00	3.75	0.00	0.00	7.50	0.00

Legume Mexicane

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Amestec legume mexicane	150	73	1.5	0	9.4	0	3.9	3.4	0
Total per 100g/ml	100g/ml	73.00	1.50	0.00	9.40	0.00	3.90	3.40	0.00
Total per 150g/ml	150g/ml	109.50	2.25	0.00	14.10	0.00	5.85	5.10	0.00

Cartofi Gratinati

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Mozarella	50	251	19	0	1	1	0	19	0.7
Smantana	50	114	10	0	3	0	0	3	0
Cartofi	250	76	0	0	18	0	3	1	0
Total per 100g/ml	100g/ml	106.43	4.14	0.00	13.43	0.14	2.14	3.86	0.10
Total per 350g/ml	350g/ml	372.50	14.50	0.00	47.00	0.50	7.50	13.50	0.35

Focaccia Cu Cascaval

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Lipie Calda

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Lipie Calda	200	317	7	0	54.2	0	0	9.3	0
Total per 100g/ml	100g/ml	317.00	7.00	0.00	54.20	0.00	0.00	9.30	0.00
Total per 200g/ml	200g/ml	634.00	14.00	0.00	108.40	0.00	0.00	18.60	0.00

Orez Cu Ciuperci

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Orez	120	111	0.9	0	23	0	1	2	5
Ciuperci	30	35	0.5	0	2.5	0	0	5	0
Total per 100g/ml	100g/ml	95.80	0.82	0.00	18.90	0.00	0.80	2.60	4.00
Total per 150g/ml	150g/ml	143.70	1.23	0.00	28.35	0.00	1.20	3.90	6.00

Cartofi Super Crunch

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Cartofi	200	207	9.6	0	20.7	0	0	3.7	0
Total per 100g/ml	100g/ml	207.00	9.60	0.00	20.70	0.00	0.00	3.70	0.00
Total per 200g/ml	200g/ml	414.00	19.20	0.00	41.40	0.00	0.00	7.40	0.00

Wedges Cu Mirodenii

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Cartofi	200	288	15	0	33	26.14	0	6	0
Total per 100g/ml	100g/ml	288.00	15.00	0.00	33.00	26.14	0.00	6.00	0.00
Total per 200g/ml	200g/ml	576.00	30.00	0.00	66.00	52.28	0.00	12.00	0.00

Rondele De Ceapa

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ceapa	200	580	31	0	25	0	0	1	0
Total per 100g/ml	100g/ml	580.00	31.00	0.00	25.00	0.00	0.00	1.00	0.00
Total per 200g/ml	200g/ml	1160.00	62.00	0.00	50.00	0.00	0.00	2.00	0.00

Jalapeno Snacks

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Crispy Snacks

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Crispy Snack	100	200.53	3.38	0	31.89	2.42	1.93	11.6	0
Total per 100g/ml	100g/ml	200.53	3.38	0.00	31.89	2.42	1.93	11.60	0.00
Total per 100g/ml	100g/ml	200.53	3.38	0.00	31.89	2.42	1.93	11.60	0.00

Categorii Salate

Salata Italiana

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ton	50	201	10.1	0	0	0	0	25	100
Rosii	170	23.7	0.1	0	3.2	0	0	1.2	0
Castraveti	170	25	0.5	0	4	0	0	1.5	0
Masline	10	249	25	0	3	0.1	0	2	0
Branza	50	349	31	0	0.5	0	0	17	0
Varza	80	42	0.6	0	8.32	0	1	2	70
Maioneza	20	335	35	0	4.6	0	0	0.3	7
Total per 100g/ml	100g/ml	133.81	5.77	0.00	13.20	0.00	0.12	5.80	16.65
Total per 645g/ml	645g/ml	863.09	37.24	0.00	85.16	0.01	0.80	37.44	107.40

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ceapa	15	580	31	0	25	0	0	1	0
Faina	80	366	1.3	0	76.3	0	0	12.3	0
Total per 100g/ml	100g/ml	133.81	5.77	0.00	13.20	0.00	0.12	5.80	16.65
Total per 645g/ml	645g/ml	863.09	37.24	0.00	85.16	0.01	0.80	37.44	107.40

Salata My Way

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Sunca	50	164	12	0	2	0	0	12	0
Rosii	170	23.7	0.1	0	3.2	0	0	1.2	0
Castraveti	170	25	0.5	0	4	0	0	1.5	0
Varza	80	42	0.6	0	8.32	0	1	2	70
Ceapa	20	580	31	0	25	0	0	1	0
Maioneza	20	335	35	0	4.6	0	0	0.3	7
Branza	50	349	31	0	0.5	0	0	17	0
Faina	80	366	1.3	0	76.3	0	0	12.3	0
Total per 100g/ml	100g/ml	132.61	5.82	0.00	13.61	0.00	0.13	4.81	8.97
Total per 640g/ml	640g/ml	848.69	37.24	0.00	87.11	0.00	0.80	30.79	57.40

Salata Bulgareasca

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Rosii	170	23.7	0.1	0	3.2	0	0	1.2	0
Castraveti	170	25	0.5	0	4	0	0	1.5	0
Ardei gras	50	29	0.2	0	6	0	0	0.8	0
Ceapa	20	580	31	0	25	0	0	1	0
Varza	80	42	0.6	0	8.32	0	1	2	70
Branza	20	349	31	0	0.5	0	0	17	0
Total per 100g/ml	100g/ml	110.90	3.61	0.00	14.58	0.00	0.13	3.29	9.41
Total per 610g/ml	610g/ml	676.49	22.04	0.00	88.96	0.00	0.80	20.09	57.40

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Maioneza	20	335	35	0	4.6	0	0	0.3	7
Faina	80	366	1.3	0	76.3	0	0	12.3	0
Total per 100g/ml	100g/ml	110.90	3.61	0.00	14.58	0.00	0.13	3.29	9.41
Total per 610g/ml	610g/ml	676.49	22.04	0.00	88.96	0.00	0.80	20.09	57.40

Salata Piept De Pui

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Salata Taraneasca

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Rosii	120	23.7	0.1	0	3.2	0	0	1.2	0
Castraveti	120	25	0.5	0	4	0	0	1.5	0
Ceapa	50	580	31	0	25	0	0	1	0
Branza	50	349	31	0	0.5	0	0	17	0
Total per 100g/ml	100g/ml	153.81	9.33	0.00	6.29	0.00	0.00	3.60	0.00
Total per 340g/ml	340g/ml	522.94	31.72	0.00	21.39	0.00	0.00	12.24	0.00

Salata De Vinete Cu Ardei Copt

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Rosii	50	23.7	0.1	0	3.2	0	0	1.2	0
Ceapa	25	580	31	0	25	0	0	1	0
Ardei copt	70	55	0.5	0	10.8	0	3	1	7
Vinete	70	30	1	0	3	1	0	1	0.03
Total per 100g/ml	100g/ml	100.63	4.12	0.00	8.14	0.33	0.98	1.05	2.29
Total per 215g/ml	215g/ml	216.35	8.85	0.00	17.51	0.70	2.10	2.25	4.92

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	100.63	4.12	0.00	8.14	0.33	0.98	1.05	2.29
Total per 215g/ml	215g/ml	216.35	8.85	0.00	17.51	0.70	2.10	2.25	4.92

Salata De Varza

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Salata de varza	150	45	2.3	0	5.8	0	0	1.3	0
Total per 100g/ml	100g/ml	45.00	2.30	0.00	5.80	0.00	0.00	1.30	0.00
Total per 150g/ml	150g/ml	67.50	3.45	0.00	8.70	0.00	0.00	1.95	0.00

Salata De Muraturi Asortate

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Total per 100g/ml	100g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total per 0g/ml	0g/ml	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Salata De Sfecla Rosie Cu Hrean

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Sfecla rosie	180	22	0.13	0	4.33	0	3.7	2.2	226
Total per 100g/ml	100g/ml	22.00	0.13	0.00	4.33	0.00	3.70	2.20	226.00
Total per 180g/ml	180g/ml	39.60	0.23	0.00	7.79	0.00	6.66	3.96	406.80

Salata Mixta Cu Pui Crocant

Valorile nutritionale ale fiecarui ingredient sunt declarate per 100g/ml

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de Pui	80	109.8	1	0	1.5	0	0	23	0
Salata iceberg	100	14	0.1	0	3	0	1.2	0.9	0
Salata Rucola	60	25	0.7	0	3.7	0	0	2.6	0
Total per 100g/ml	100g/ml	94.46	2.64	0.00	7.30	0.00	0.92	7.28	0.00
Total per 310g/ml	310g/ml	292.84	8.17	0.00	22.62	0.00	2.85	22.56	0.00

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Porumb dulce	50	120	1.3	0	22.4	0	3.3	3	0
Ceapa	20	580	31	0	25	0	0	1	0
Total per 100g/ml	100g/ml	94.46	2.64	0.00	7.30	0.00	0.92	7.28	0.00
Total per 310g/ml	310g/ml	292.84	8.17	0.00	22.62	0.00	2.85	22.56	0.00

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