

Declarație valori nutriționale 12 Doispe

Categorie Ramen.

Ramen Cu Porc.

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Dried Rice Noodles	50	345	0	0	81	0	0	6	1.5
Pulpa porc fara grasime	100	143	4	0	0	0	0	26	0
Baby Spinach - Oaklands (Lidl)	50	19	1	0	1	0.8	0	2	0.12
Edamame (seminte de soia imature), frige, gatite	50	122	5.2	0	9.94	0	5	10	6
Pasta supa Miso	50	130	4	0	20	4.6	0	9	13
Morcovi julienne, Brescia	50	41	0.3	0	8.5	0	0	1	0
Ou fiert	50	155	10.6	0	1.1	0	0	12	0
Alge de mare Sushi Nori, Blue Dragon	10	455	0	0	91	0	45	45	0.9
Total per 100g/ml	100g/ml	145.00	3.55	0.00	17.04	0.66	1.71	12.32	2.54
Total per 410g/ml	410g/ml	594.50	14.55	0.00	69.87	2.70	7.00	50.50	10.40

Ramen Cu Pui.

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Dried Rice Noodles	50	345	0	0	81	0	0	6	1.5
Korean Miso Soupe	50	344	7	0	55	12	0	16	5.07
Baby spanac - Green Garden	50	25	0	0	2	1.1	0	4	0.07
Piept de Pui Dezosat, Coco Rico	100	109.8	1	0	1.5	0	0	23	0
Edamame (seminte de soia imature), frige, gatite	20	122	5.2	0	9.94	0	5	10	6
Morcovi julienne, Brescia	50	41	0.3	0	8.5	0	0	1	0
Ou fiert	50	155	10.6	0	1.1	0	0	12	0
Alge de mare Sushi Nori, Blue Dragon	10	455	0	0	91	0	45	45	0.9
Ghimbir proaspat	10	80	0.8	0	17.8	0	2	1.8	0
Total per 100g/ml	100g/ml	164.79	2.84	0.00	22.61	1.68	1.46	12.61	1.18
Total per 390g/ml	390g/ml	642.70	11.07	0.00	88.17	6.55	5.70	49.18	4.61

Ramen Veggies.

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Korean Miso Soupe	50	344	7	0	55	12	0	16	5.07
Edamame (seminte de soia imature), frige, gatite	50	122	5.2	0	9.94	0	5	10	6
Dried Rice Noodles	50	345	0	0	81	0	0	6	1.5
Branza Tofu afumata - Alnatura	50	160	9	0	1	0.6	0	18	0.34
Morcovi julienne, Brescia	50	41	0.3	0	8.5	0	0	1	0
Baby spanac - Green Garden	50	25	0	0	2	1.1	0	4	0.07
Alge de mare Sushi Nori, Blue Dragon	20	455	0	0	91	0	45	45	0.9
Ou fiert	50	155	10.6	0	1.1	0	0	12	0
Total per 100g/ml	100g/ml	185.68	4.34	0.00	26.34	1.85	3.11	11.49	1.80
Total per 370g/ml	370g/ml	687.00	16.05	0.00	97.47	6.85	11.50	42.50	6.67

Ramen Cu Pork Belly.

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Dried Rice Noodles	50	345	0	0	81	0	0	6	1.5
Korean Miso Soupe	50	344	7	0	55	12	0	16	5.07
Piept de porc cu coaste	100	241	17.6	0	0	0	0	12.4	0
Morcovi julienne, Brescia	50	41	0.3	0	8.5	0	0	1	0
Baby Spinach - Oaklands (Lidl)	50	19	1	0	1	0.8	0	2	0.12
Edamame (seminte de soia imature), frige, gatite	50	122	5.2	0	9.94	0	5	10	6
Ou fiert	50	155	10.6	0	1.1	0	0	12	0
Foi alge de mare Sushi Nori Japonez Blue Dragon	20	349	0	0	41	0	33	46	0
Total per 100g/ml	100g/ml	196.14	7.06	0.00	20.59	1.52	2.17	10.74	1.51
Total per 420g/ml	420g/ml	823.80	29.65	0.00	86.47	6.40	9.10	45.10	6.34

Categorii Tapas

Creveti

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Creveti cruzi 26/30 Black Tiger	100	60	0.1	0	0	0	0	14.9	0
Ulei masline 100% extravirgin, Dico	30	824	91.6	0	0	0	0	0	0
Frunze de patrunjel	30	36	0.8	0	6.3	0	3.3	3	0
Total per 100g/ml	100g/ml	198.75	17.39	0.00	1.18	0.00	0.62	9.88	0.00
Total per 160g/ml	160g/ml	318.00	27.82	0.00	1.89	0.00	0.99	15.80	0.00

Humus

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

Ardei Copt

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ardei copti si decojiti 680g Sera	140	9	1	0	2	0	0	0	0.88
Otet alb Real	40	29	0	0	0.5	0	0	0.1	0
Frunze de patrunjel	20	36	0.8	0	6.3	0	3.3	3	0
Total per 100g/ml	100g/ml	15.70	0.78	0.00	2.13	0.00	0.33	0.32	0.62
Total per 200g/ml	200g/ml	31.40	1.56	0.00	4.26	0.00	0.66	0.64	1.23

Vita

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Antricot vita la grătar	125	236	18.5	0	0	0	0	17	0
Ulei de masline Extra Virgin, Argolis	20	800	93.3	0	0	0	0	0	0
Frunze de patrunjel	20	36	0.8	0	6.3	0	3.3	3	0
Total per 100g/ml	100g/ml	280.12	25.42	0.00	0.76	0.00	0.40	13.24	0.00
Total per 165g/ml	165g/ml	462.20	41.95	0.00	1.26	0.00	0.66	21.85	0.00

Legume Marinate

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Vinete la gratar	100	80	7	0	4.7	0	2	0	0
Dovlecel zucchini (baby)	100	21	0.4	0	3.11	0	1.1	2.71	3
Ulei de masline Extra Virgin, Argolis	100	800	93.3	0	0	0	0	0	0
Frunze de patrunjel	20	36	0.8	0	6.3	0	3.3	3	0
Total per 100g/ml	100g/ml	283.81	31.52	0.00	2.83	0.00	1.18	1.03	0.94
Total per 320g/ml	320g/ml	908.20	100.86	0.00	9.07	0.00	3.76	3.31	3.00

Categorie Mic Dejun

Maxi Bagel

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Covrig cu susan	120	265	7.1	0	56.6	0	0	10	0
Ou de gaina	100	143	11.9	0	0.8	0	0	12	0
Bacon afumat	50	183	10.9	0	0.2	0	0	20.9	11
Somon afumat 365	50	230.3	17.1	0	0.6	0	0.1	18.5	0
Avocado	50	160	14.7	0	8.5	0	6	2	0
Total per 100g/ml	100g/ml	226.21	17.86	0.00	10.76	0.00	0.34	8.28	0.62
Total per 890g/ml	890g/ml	2013.25	158.97	0.00	95.77	0.00	3.05	73.70	5.51

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Susan - Natural Seeds	20	703	61	0	12	0	0	20	0.05
Crema de branza Philadelphia Original	500	225	21	0	4	0	0	5	0
Total per 100g/ml	100g/ml	226.21	17.86	0.00	10.76	0.00	0.34	8.28	0.62
Total per 890g/ml	890g/ml	2013.25	158.97	0.00	95.77	0.00	3.05	73.70	5.51

Ouă Poșate 12

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ou fiert	100	155	10.6	0	1.1	0	0	12	0
Sos Hollandaise praf, Knorr	30	480	29	0	43	0	2	11	29
Baby spanac - Green Garden	50	25	0	0	2	1.1	0	4	0.07
Bacon afumat	50	183	10.9	0	0.2	0	0	20.9	11
Humus cu tahini	40	131.8	7.8	0	9.5	0	0	6	0
Total per 100g/ml	100g/ml	168.79	10.32	0.00	7.00	0.20	0.22	11.17	5.27
Total per 270g/ml	270g/ml	455.72	27.87	0.00	18.90	0.55	0.60	30.15	14.24

Ouă Poșate 12.1

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ou fiert	100	155	10.6	0	1.1	0	0	12	0
Sos Hollandaise praf, Knorr	50	480	29	0	43	0	2	11	29
Somon afumat 365	50	230.3	17.1	0	0.6	0	0.1	18.5	0
Crema de branza Original Philadelphia Kraft	50	245	23	0	3.2	0	0.2	5.8	0
Baby spanac - Green Garden	50	25	0	0	2	1.1	0	4	0.07
Briose englezesti, din grau	100	223	2	0	44.8	0	4	8	3.82
Total per 100g/ml	100g/ml	217.04	11.79	0.00	17.57	0.14	1.29	9.91	4.59
Total per 400g/ml	400g/ml	868.15	47.15	0.00	70.30	0.55	5.15	39.65	18.36

Mic Dejun Clasic

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Briose englezesti, din grau	100	223	2	0	44.8	0	4	8	3.82
Ou de gaina prajit	100	196	15.3	0	0.9	0	0	13.6	0
Cheddar Kaufland	30	416	35	0	0	0	0	25	1.8
Bacon afumat	40	183	10.9	0	0.2	0	0	20.9	11
Crema de branza Philadelphia Original	50	225	21	0	4	0	0	5	0
Castravete, cu coaja, crud	50	15	0.11	0	3.63	0	0	0	2
Total per 100g/ml	100g/ml	199.19	11.54	0.00	13.40	0.00	1.08	10.80	2.64
Total per 370g/ml	370g/ml	737.00	42.72	0.00	49.59	0.00	4.00	39.96	9.76

Mic Dejun De Reveneală

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Briose englezești, din grau	100	223	2	0	44.8	0	4	8	3.82
Omleta 2 oua intregi cu putin ulei	120	180	12	0	0.7	0	0	10.6	0
Carnati Cabanos, Caroli	50	315	29	0	1	0	0	12	0
Bacon afumat	50	183	10.9	0	0.2	0	0	20.9	11
Ciuperci sote	50	79	5.4	0	6.8	0	0	2	0
Conserva Fasole Rosie Giana	50	102	0	0	13	1.1	0	8	0.4
Telemea vaca in saramura Lidl	50	150	11.3	0	0.5	0	0	11.6	0
Total per 100g/ml	100g/ml	181.60	9.51	0.00	12.00	0.12	0.85	10.21	2.03
Total per 470g/ml	470g/ml	853.50	44.70	0.00	56.39	0.55	4.00	47.97	9.52

Iaurt Cu Granola

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Iaurt grecesc 10% Olympus	130	124	10	0	3.5	0	0	5	0
Cereale granola Tilo's	80	395	10	0	70	0	8	10	0
Fructe de padure - Edenia	30	58	1	0	9	6.1	0	1	0.01
Total per 100g/ml	100g/ml	206.08	8.88	0.00	26.35	0.76	2.67	6.17	0.00
Total per 240g/ml	240g/ml	494.60	21.30	0.00	63.25	1.83	6.40	14.80	0.00

Omleta Casei

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Omleta 2 oua intregi cu putin ulei	150	180	12	0	0.7	0	0	10.6	0
Bacon afumat	50	183	10.9	0	0.2	0	0	20.9	11
Total per 100g/ml	100g/ml	180.75	11.72	0.00	0.57	0.00	0.00	13.17	2.75
Total per 200g/ml	200g/ml	361.50	23.45	0.00	1.15	0.00	0.00	26.35	5.50

Paine Prajita

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Paine ciabatta	120	229	0.7	0	46.9	0	1.1	8.5	0
Total per 100g/ml	100g/ml	229.00	0.70	0.00	46.90	0.00	1.10	8.50	0.00
Total per 120g/ml	120g/ml	274.80	0.84	0.00	56.28	0.00	1.32	10.20	0.00

Croissant Bavarez

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Croissant cu unt - Graftschaffer	80	370	16	0	46	9.9	0	9	0.95
Total per 100g/ml	100g/ml	370.00	16.00	0.00	46.00	9.90	0.00	9.00	0.95
Total per 80g/ml	80g/ml	296.00	12.80	0.00	36.80	7.92	0.00	7.20	0.76

Croissant Cu Unt Si Dulceata

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Croissant cu unt - Grafsschaffer	80	370	16	0	46	9.9	0	9	0.95
Dulceata Afine Raureni	50	295	0	0	72	55	0	0	0
Total per 100g/ml	100g/ml	341.15	9.85	0.00	56.00	27.25	0.00	5.54	0.58
Total per 130g/ml	130g/ml	443.50	12.80	0.00	72.80	35.42	0.00	7.20	0.76

Bread Extra + (Paine Prajita, Unt, Dulceata & Miere)

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Paine ciabatta	80	229	0.7	0	46.9	0	1.1	8.5	0
Dulceata Afine Raureni	50	295	0	0	72	55	0	0	0
Unt 82% President	50	738	82	0	0	0	0	0	0
Total per 100g/ml	100g/ml	388.72	23.09	0.00	40.84	15.28	0.49	3.78	0.00
Total per 180g/ml	180g/ml	699.70	41.56	0.00	73.52	27.50	0.88	6.80	0.00

Croissandwich

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Croissant cu unt - Grafsschaffer	80	370	16	0	46	9.9	0	9	0.95
Bacon afumat	50	183	10.9	0	0.2	0	0	20.9	11
Ou de gaina prajit	50	196	15.3	0	0.9	0	0	13.6	0
Cheddar Kaufland	30	416	35	0	0	0	0	25	1.8
Crema de branza Philadelphia Original	30	225	21	0	4	0	0	5	0
Total per 100g/ml	100g/ml	282.42	17.79	0.00	16.06	3.30	0.00	13.94	2.83
Total per 240g/ml	240g/ml	677.80	42.70	0.00	38.55	7.92	0.00	33.45	6.80

Omelta Cu Chorizo.

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Omleta 2 oua intregi cu putin ulei	120	180	12	0	0.7	0	0	10.6	0
Carnați Chorizo in vid	50	456	40	0	1	0.2	0	21	4.42
Total per 100g/ml	100g/ml	261.18	20.24	0.00	0.79	0.06	0.00	13.66	1.30
Total per 170g/ml	170g/ml	444.00	34.40	0.00	1.34	0.10	0.00	23.22	2.21

Categorii Sandwiches

Pulled Beef Sandwich

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Chifla hamburger Castello	80	277	4	0	48	0	4	10	0
Brisket de manzat la cuptor Moldovan	200	142	8	0	1	0.32	0	18	1.21
Total per 100g/ml	100g/ml	160.03	6.60	0.00	12.39	0.18	1.03	13.22	1.08
Total per 360g/ml	360g/ml	576.10	23.76	0.00	44.60	0.64	3.70	47.60	3.90

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Sos de branza, preparat dupa reteta	30	197	14.92	0	5.48	0	0	10.33	4.93
Ceapa rosie	20	39	0.1	0	8.3	0	1	1	0
Castraveti murati	30	12	0.2	0	3	0	1	1	0
Total per 100g/ml	100g/ml	160.03	6.60	0.00	12.39	0.18	1.03	13.22	1.08
Total per 360g/ml	360g/ml	576.10	23.76	0.00	44.60	0.64	3.70	47.60	3.90

New Yorker Pastrami

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Covrig cu susan	80	265	7.1	0	56.6	0	0	10	0
Pastrama de vita feliată Clasic	80	107	3	0	3	0.5	0	17	3
Crema de branza Philadelphia Original	50	225	21	0	4	0	0	5	0
Baby spanac – Green Garden	30	25	0	0	2	1.1	0	4	0.07
Ceapa rosie	20	39	0.1	0	8.3	0	1	1	0
Castraveti murati	20	12	0.2	0	3	0	1	1	0
Hrean preparat	20	48	0.69	0	11.29	0	3.3	1.18	420
Total per 100g/ml	100g/ml	145.80	6.26	0.00	18.27	0.24	0.35	8.65	28.81
Total per 300g/ml	300g/ml	437.40	18.78	0.00	54.80	0.73	1.06	25.94	86.42

Burger 12

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Chifla hamburger cu susan Castello	80	277	4	0	48	0	4	10	0
Burger Black Angus – Integra	150	330	30	0	0	0	0	15	2
Bacon afumat	20	183	10.9	0	0.2	0	0	20.9	11
Salata verde – romana	20	20	0	0	3	0	2	1	0
Branza Brie 365	30	349	31	0	0.5	0	0	17	0
Sos de branza, preparat dupa reteta	30	197	14.92	0	5.48	0	0	10.33	4.93
Total per 100g/ml	100g/ml	279.09	19.44	0.00	12.37	0.00	1.09	13.05	2.02
Total per 330g/ml	330g/ml	921.00	64.16	0.00	40.83	0.00	3.60	43.08	6.68

Burger 12.1

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Chifla hamburger cu susan Castello	80	277	4	0	48	0	4	10	0
Burger Black Angus – Integra	150	330	30	0	0	0	0	15	2
Bacon afumat	20	183	10.9	0	0.2	0	0	20.9	11
Cheddar Kaufland	30	416	35	0	0	0	0	25	1.8
Total per 100g/ml	100g/ml	281.88	18.81	0.00	14.35	0.00	1.12	13.17	1.99
Total per 340g/ml	340g/ml	958.40	63.94	0.00	48.78	0.00	3.80	44.77	6.78

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Sos de branza, preparat dupa reteta	20	197	14.92	0	5.48	0	0	10.33	4.93
Salata verde - romana	20	20	0	0	3	0	2	1	0
Dulceata de ceapa 140g Delhaize	20	185	0.4	0	43.2	0	1	1.6	0.25
Total per 100g/ml	100g/ml	281.88	18.81	0.00	14.35	0.00	1.12	13.17	1.99
Total per 340g/ml	340g/ml	958.40	63.94	0.00	48.78	0.00	3.80	44.77	6.78

Burger 12.2

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Chifla hamburger cu susan Castello	80	277	4	0	48	0	4	10	0
Burger Black Angus - Integra	150	330	30	0	0	0	0	15	2
Bacon afumat	20	183	10.9	0	0.2	0	0	20.9	11
Salata verde - romana	20	20	0	0	3	0	2	1	0
Gorgonzola	30	334	27.6	0	0.4	0	0	20	0
Sos de branza, preparat dupa reteta	20	197	14.92	0	5.48	0	0	10.33	4.93
Total per 100g/ml	100g/ml	280.25	19.26	0.00	12.58	0.00	1.13	13.42	1.93
Total per 320g/ml	320g/ml	896.80	61.64	0.00	40.26	0.00	3.60	42.95	6.19

Bagel Cu Crema De Branza, Salata, Bacon, Ou, Cheddar Cheese

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

Bagel Cu Crema De Branza, Salata, Ton, Pickels

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

Sandwich Club

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Paine toast Secara K-Classic	80	260	2.5	0	47	0	1	12	0
Sunca presata Gilde	80	105	3.2	0	1	0	0	18	0
Branza Cheddar	60	403	33.1	0	1.3	0	0	24.9	0
Sos Maioneza	80	291	29.8	0	2.6	0	0	2	1.09
Cartofi prajiti congelati Steakhouse Fries	120	120	4	0	20	0.5	0	2	0.1
Total per 100g/ml	100g/ml	216.81	12.63	0.00	15.54	0.14	0.19	10.22	0.24
Total per 420g/ml	420g/ml	910.60	53.06	0.00	65.26	0.60	0.80	42.94	0.99

Bagel Omlette&Pesto

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

Sandwich Cu Pui Crispy, Sos Tartar, Salata, Cheddar Cheese

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Chifla hamburger cu susan Castello	80	277	4	0	48	0	4	10	0
Sos Tartare	60	654	70.4	0	3.5	0	0	1	0
Piept de pui crocant, doar carne, fara piele si fara geam, K...	150	153	4.82	0	0.25	0	0	27	4.77
Branza Cheddar	40	403	33.1	0	1.3	0	0	24.9	0
Castravete, cu coaja, crud	40	15	0.11	0	3.63	0	0	0	2
Total per 100g/ml	100g/ml	273.16	17.83	0.00	11.58	0.00	0.86	15.96	2.15
Total per 370g/ml	370g/ml	1010.70	65.95	0.00	42.85	0.00	3.20	59.06	7.96

Pulled Pork Sandwich

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Chifla hamburger cu susan Castello	80	277	4	0	48	0	4	10	0
Spata de porc gatita	150	234	13.5	0	0	0	0	26.3	0
Branza Cheddar	30	403	33.1	0	1.3	0	0	24.9	0
Crema de branza Philadelphia Original	40	225	21	0	4	0	0	5	0
Castraveti murati	30	12	0.2	0	3	0	1	1	0
Ceapa rosie	20	39	0.1	0	8.3	0	1	1	0
Total per 100g/ml	100g/ml	227.11	11.96	0.00	12.27	0.00	1.06	16.41	0.00
Total per 350g/ml	350g/ml	794.90	41.86	0.00	42.95	0.00	3.70	57.42	0.00

Bagel Cu Somon.

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

Healthy Bagel.

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

Categorii Niste Chestii...

Onion Rings

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Inele de ceapa	150	410	25	0	44	5	2.7	3.9	0.78
Total per 100g/ml	100g/ml	410.00	25.00	0.00	44.00	5.00	2.70	3.90	0.78
Total per 150g/ml	150g/ml	615.00	37.50	0.00	66.00	7.50	4.05	5.85	1.17

Jalapeno Balls

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

French Fries

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Cartofi prajiti congelati Steakhouse Fries	200	120	4	0	20	0.5	0	2	0.1
Total per 100g/ml	100g/ml	120.00	4.00	0.00	20.00	0.50	0.00	2.00	0.10
Total per 200g/ml	200g/ml	240.00	8.00	0.00	40.00	1.00	0.00	4.00	0.20

French Fries Cu Parmezan

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Cartofi prajiti congelati Steakhouse Fries	200	120	4	0	20	0.5	0	2	0.1
Parmezan bucata (parmezan neras)	60	392	25.83	0	3.22	0	0	35.75	16.02
Total per 100g/ml	100g/ml	182.77	9.04	0.00	16.13	0.38	0.00	9.79	3.77
Total per 260g/ml	260g/ml	475.20	23.50	0.00	41.93	1.00	0.00	25.45	9.81

Country Potatoes Cu Telemea Si Oregano

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Cartofi prajiti congelati Steakhouse Fries	200	120	4	0	20	0.5	0	2	0.1
Branza de vaca slaba	80	78	0.5	0	3.8	0	0	14.1	0
Total per 100g/ml	100g/ml	108.00	3.00	0.00	15.37	0.36	0.00	5.46	0.07
Total per 280g/ml	280g/ml	302.40	8.40	0.00	43.04	1.00	0.00	15.28	0.20

Curry Veggie

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Orez basmati fiert	150	77	0	0	16.88	0	2	1	0
Amestec legume caribbean Frosta	100	42	0.9	0	5.7	0	0	1.7	0
Smantana lichida pentru gatit 32% - LaDorna	50	307	32	0	2	2	0	2	0.07
Curry pudra	10	325	14	0	55.9	0	0	14.3	0
Total per 100g/ml	100g/ml	110.81	5.90	0.00	12.13	0.32	0.97	1.82	0.01
Total per 310g/ml	310g/ml	343.50	18.30	0.00	37.61	1.00	3.00	5.63	0.04

Polenta Sticks

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

Categorie Sosuri

Roze

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Sos Maioneza	30	291	29.8	0	2.6	0	0	2	1.09
Ketchup Mild Hellman's	30	100	0.1	0	25	0	0	1	0
Total per 100g/ml	100g/ml	195.50	14.95	0.00	13.80	0.00	0.00	1.50	0.55
Total per 60g/ml	60g/ml	117.30	8.97	0.00	8.28	0.00	0.00	0.90	0.33

Guacamole

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
guacamole	60	97	5.8	0	10.5	0	3	1.7	0
Total per 100g/ml	100g/ml	97.00	5.80	0.00	10.50	0.00	3.00	1.70	0.00
Total per 60g/ml	60g/ml	58.20	3.48	0.00	6.30	0.00	1.80	1.02	0.00

Jalapeno

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Sos de branza, preparat dupa reteta	60	197	14.92	0	5.48	0	0	10.33	4.93
Total per 100g/ml	100g/ml	197.00	14.92	0.00	5.48	0.00	0.00	10.33	4.93
Total per 60g/ml	60g/ml	118.20	8.95	0.00	3.29	0.00	0.00	6.20	2.96

Salsa

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Sos salsa cocktail Heinz	60	398	36	0	15	0	0	2.2	0
Total per 100g/ml	100g/ml	398.00	36.00	0.00	15.00	0.00	0.00	2.20	0.00
Total per 60g/ml	60g/ml	238.80	21.60	0.00	9.00	0.00	0.00	1.32	0.00

Sweet Chilli

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Sweet chilli sauce - Tao Tao	60	192	0	0	47	44.7	0	0	3.7
Total per 100g/ml	100g/ml	192.00	0.00	0.00	47.00	44.70	0.00	0.00	3.70
Total per 60g/ml	60g/ml	115.20	0.00	0.00	28.20	26.82	0.00	0.00	2.22

Sos Samurai

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Sos Samurai Univer	60	501	53	0	6	3.3	0	0	1.7
Total per 100g/ml	100g/ml	501.00	53.00	0.00	6.00	3.30	0.00	0.00	1.70
Total per 60g/ml	60g/ml	300.60	31.80	0.00	3.60	1.98	0.00	0.00	1.02

Categorii Paste

Fusilli Integrale Cu Ton,Anchois Si Capere.

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Fusilli integrale fierte, Barilla	120	163.1	0.9	0	31.4	0	2	5	0
Conserva ton in ulei Giana	80	178	9	0	0	0	0	25	1.5
Rosii Intregi Mutti	100	22	0	0	4	2.9	0	1	0
Total per 100g/ml	100g/ml	111.22	2.59	0.00	13.08	0.88	1.02	8.40	0.36
Total per 330g/ml	330g/ml	367.02	8.55	0.00	43.15	2.90	3.36	27.72	1.20

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Capere conservate	30	23	0.9	0	4.9	0	3.2	2.4	0
Total per 100g/ml	100g/ml	111.22	2.59	0.00	13.08	0.88	1.02	8.40	0.36
Total per 330g/ml	330g/ml	367.02	8.55	0.00	43.15	2.90	3.36	27.72	1.20

Spaghetti Cu Vita Și Parmezan

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Paste fainoase Spaghetti nr 5 500g Barilla	125	359	2	0	71.2	0	3	12.5	0.01
Antricot de vita	120	566	555	0	55	76	6	55	64
Rosii Intregi Mutti	100	22	0	0	4	2.9	0	1	0
Total per 100g/ml	100g/ml	333.32	193.77	0.00	46.09	27.28	3.17	23.95	22.26
Total per 345g/ml	345g/ml	1149.95	668.50	0.00	159.00	94.10	10.95	82.63	76.81

Spaghetti Carbonara

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Paste fainoase Spaghetti nr 5 500g Barilla	125	359	2	0	71.2	0	3	12.5	0.01
Bacon afumat	80	183	10.9	0	0.2	0	0	20.9	11
Parmezan Reggiano	50	392	28.4	0	0	0	0	33	0
Galbenus de ou	50	322	26.5	0	3.6	0	0	15.9	0
Total per 100g/ml	100g/ml	312.18	12.68	0.00	29.82	0.00	1.23	18.62	2.89
Total per 305g/ml	305g/ml	952.15	38.67	0.00	90.96	0.00	3.75	56.79	8.81

Spaghetti Proaspete Cu Rosii Cherry, Usturoi, Busuioc Proaspat Si Parmezan

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Paste fainoase Spaghetti nr 5 500g Barilla	125	359	2	0	71.2	0	3	12.5	0.01
Rosii Intregi Mutti	125	22	0	0	4	2.9	0	1	0
Busuioc maruntit, Horeca	20	268.4	4	0	43.9	0	18	14	0
Rosii Cherry	50	24.7	0.7	0	4.2	0	0	0	7.1
Total per 100g/ml	100g/ml	169.46	1.14	0.00	32.77	1.13	2.30	6.15	1.11
Total per 320g/ml	320g/ml	542.28	3.65	0.00	104.88	3.63	7.35	19.68	3.56

Penne Cu Chorizo.

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Paste fainoase Penne rigate nr 73 500g Barilla	125	356	1.5	0	72.2	0	3	12	0
Rosii Intregi Mutti	100	22	0	0	4	2.9	0	1	0
Carnați Chorizo in vid	80	456	40	0	1	0.2	0	21	4.42
Total per 100g/ml	100g/ml	272.72	11.11	0.00	31.16	1.00	1.23	10.75	1.16
Total per 305g/ml	305g/ml	831.80	33.88	0.00	95.05	3.06	3.75	32.80	3.54

Categorii Carne

Schnitzel.

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Curcan, snitel (carne curcan amestec cu ou)	180	180.4	9.4	0	0.1	0	0	22	65
Baby spanac - Green Garden	50	25	0	0	2	1.1	0	4	0.07
Parmezan Reggiano	50	392	28.4	0	0	0	0	33	0
Ulei de masline extravirgin, Vitae d'Oro	20	824	91.6	0	0	0	0	0	0
Total per 100g/ml	100g/ml	232.67	16.48	0.00	0.39	0.18	0.00	19.37	39.01
Total per 300g/ml	300g/ml	698.02	49.44	0.00	1.18	0.55	0.00	58.10	117.03

Butter Chicken.

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Orez basmati fiert	150	77	0	0	16.88	0	2	1	0
Piept de Pui Dezosat, Coco Rico	120	109.8	1	0	1.5	0	0	23	0
Smantana lichida pentru gatit 32% - LaDorna	80	307	32	0	2	2	0	2	0.07
Rosii Intregi Mutti	80	22	0	0	4	2.9	0	1	0
Unt 82% grasime 200g President	40	743	82	0	0.5	0	0	0.7	0.03
Curry pudra	20	325	14	0	55.9	0	0	14.3	0
Total per 100g/ml	100g/ml	178.09	12.73	0.00	8.84	0.80	0.61	7.07	0.01
Total per 490g/ml	490g/ml	872.66	62.40	0.00	43.30	3.92	3.00	34.64	0.07

Pui Tandoori.

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Orez basmati fiert	150	77	0	0	16.88	0	2	1	0
Piept de pui la gratar	150	131	3.6	0	2.4	0	0	22	5.71
Amestec de condimente Indian - Tandoori Masala - Herbal Sana	20	361	16	0	63	0	0	14	11.8
Curry pudra	20	325	14	0	55.9	0	0	14.3	0
Sos de usturoi (sos de usturoi), Heinz	20	335	32.2	0	9.1	0	0	1.6	0
Total per 100g/ml	100g/ml	143.39	4.96	0.00	15.14	0.00	0.83	11.24	3.03
Total per 360g/ml	360g/ml	516.20	17.84	0.00	54.52	0.00	3.00	40.48	10.93

Creveti Usor Picanti Cu Orez Basmati

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Creveti cruzi 16/20 Black Tiger	80	57	1	0	0	0	0	12	0
Total per 100g/ml	100g/ml	72.42	0.47	0.00	12.53	3.73	0.83	3.56	0.31
Total per 360g/ml	360g/ml	260.70	1.70	0.00	45.12	13.41	3.00	12.80	1.11

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Orez basmati fiert	150	77	0	0	16.88	0	2	1	0
Amestec legume caribbean Frosta	100	42	0.9	0	5.7	0	0	1.7	0
Sweet chilli sauce - Tao Tao	30	192	0	0	47	44.7	0	0	3.7
Total per 100g/ml	100g/ml	72.42	0.47	0.00	12.53	3.73	0.83	3.56	0.31
Total per 360g/ml	360g/ml	260.70	1.70	0.00	45.12	13.41	3.00	12.80	1.11

Curry De Creveti Langa Orez Basmati

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Creveti cruzi 26/30 Black Tiger	80	60	0.1	0	0	0	0	14.9	0
Amestec legume caribbean Frosta	130	42	0.9	0	5.7	0	0	1.7	0
Orez basmati fiert	140	77	0	0	16.88	0	2	1	0
Curry pudra	30	325	14	0	55.9	0	0	14.3	0
Smantana de gatit 20% Meggle	80	211	20	0	4.2	0	0	3.6	0
Total per 100g/ml	100g/ml	103.63	4.66	0.00	11.12	0.00	0.61	4.93	0.00
Total per 460g/ml	460g/ml	476.70	21.45	0.00	51.17	0.00	2.80	22.70	0.00

Pui Teriyaki Cu Orez Basmati

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
File piept de pui crud pentru gratar 365	150	158	3.6	0	0	0	0	30.9	0
Orez basmati fiert	150	77	0	0	16.88	0	2	1	0
Teriyaki sauce Vitasia	50	233	2	0	53	51.1	0	1	8.92
Total per 100g/ml	100g/ml	134.00	1.83	0.00	14.81	7.30	0.86	13.81	1.27
Total per 350g/ml	350g/ml	469.00	6.40	0.00	51.82	25.55	3.00	48.35	4.46

Pui Chimichurri Cu Orez Curry

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
File piept de pui crud pentru gratar 365	150	158	3.6	0	0	0	0	30.9	0
Orez basmati fiert	150	77	0	0	16.88	0	2	1	0
Curry pudra	30	325	14	0	55.9	0	0	14.3	0
Total per 100g/ml	100g/ml	136.36	2.91	0.00	12.75	0.00	0.91	15.80	0.00
Total per 330g/ml	330g/ml	450.00	9.60	0.00	42.09	0.00	3.00	52.14	0.00

Crispy Wings

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Aripioare de pui cu piele, gatite	150	290	19.5	0	0	0	0	26	0
Pesmet (alb) dulce	80	398	5.1	0	74.2	0	2.4	11.3	0
Ou de gaina	50	143	11.9	0	0.8	0	0	12	0
Total per 100g/ml	100g/ml	204.15	9.23	0.00	17.70	0.10	0.40	11.88	0.02
Total per 480g/ml	480g/ml	979.90	44.28	0.00	84.96	0.50	1.92	57.04	0.10

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Cartofi prajiti congelati Steakhouse Fries	100	120	4	0	20	0.5	0	2	0.1
Salata de rosii	100	35	1	0	5.2	0	0	1	0
Total per 100g/ml	100g/ml	204.15	9.23	0.00	17.70	0.10	0.40	11.88	0.02
Total per 480g/ml	480g/ml	979.90	44.28	0.00	84.96	0.50	1.92	57.04	0.10

Humus Cu Vită,Legume&Ciabatta

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Humus cu tahini	120	131.8	7.8	0	9.5	0	0	6	0
Antricot de vita	120	566	555	0	55	76	6	55	64
Zucchini	60	16	0.2	0	3.4	0	1.1	1.2	0
Morcovi intregi, Dujardin	60	27	2	0	5	0	3	7	0
Ciabata	60	251	2.5	0	48	0	0	9	7.3
Total per 100g/ml	100g/ml	241.37	161.47	0.00	26.49	21.71	2.30	19.89	19.33
Total per 420g/ml	420g/ml	1013.76	678.18	0.00	111.24	91.20	9.66	83.52	81.18

Steak&Eggs

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Antricot vita la grătar	120	236	18.5	0	0	0	0	17	0
Oua ochiuri	100	157.7	12.9	0	0.4	0	0	10	0
Ciabata	60	251	2.5	0	48	0	0	9	7.3
Mamaliga	80	70	0	0	15	0	1	2	0
Dulceata de ardei iute Bunatati de Topoloveni	60	236.1	0	0	57	0	0	0.5	0
Dulceata de ceapa 140g Delhaize	80	185	0.4	0	43.2	0	1	1.6	0.25
Baby spanac - Green Garden	60	25	0	0	2	1.1	0	4	0.07
Total per 100g/ml	100g/ml	170.03	6.59	0.00	19.85	0.12	0.29	7.39	0.83
Total per 560g/ml	560g/ml	952.16	36.92	0.00	111.16	0.66	1.60	41.38	4.62

Vita Picanta Cu Legume Si Soia Langa Orez Basmati Cu Ulei De Susan

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Antricot de vita	120	566	555	0	55	76	6	55	64
Orez basmati fiert	120	77	0	0	16.88	0	2	1	0
Amestec legume caribbean Frosta	120	42	0.9	0	5.7	0	0	1.7	0
Seminte de susan	20	573	49.67	0	23.45	0	11.8	17.73	11
Total per 100g/ml	100g/ml	246.47	178.16	0.00	25.73	24.00	3.15	19.15	20.79
Total per 380g/ml	380g/ml	936.60	677.01	0.00	97.79	91.20	11.96	72.79	79.00

Muschiulet De Porc Picant Cu Legume Si Soia Langa Orez Basmati Cu Ulei De...

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 Picant Cu Legume Si Soia Langa Orez Basmati Cu Ulei De 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 la grătar	150	131	3.6	0	2.4	0	0	22	5.71
Amestec legume caribbean Frosta	100	42	0.9	0	5.7	0	0	1.7	0
Orez basmati fiert	120	77	0	0	16.88	0	2	1	0
Seminte de susan	20	573	49.67	0	23.45	0	11.8	17.73	11
Total per 100g/ml	100g/ml	114.23	4.16	0.00	8.78	0.00	1.22	10.11	2.76
Total per 390g/ml	390g/ml	445.50	16.23	0.00	34.25	0.00	4.76	39.45	10.76

Pui Kentucky Style Cu Country Fries Si Salata

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, Coco Rico	150	109.8	1	0	1.5	0	0	23	0
Ou de gaina	50	143	11.9	0	0.8	0	0	12	0
Pesmet (alb) dulce	80	398	5.1	0	74.2	0	2.4	11.3	0
Cartofi prajiti congelati Steakhouse Fries	100	120	4	0	20	0.5	0	2	0.1
Salata de rosii	80	35	1	0	5.2	0	0	1	0
Total per 100g/ml	100g/ml	152.74	3.55	0.00	18.73	0.11	0.42	11.38	0.02
Total per 460g/ml	460g/ml	702.60	16.33	0.00	86.17	0.50	1.92	52.34	0.10

Curry De Pui Cu Legume Si Ghimbir Langa Orez Basmati

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
File piept de pui crud pentru gratar 365	150	158	3.6	0	0	0	0	30.9	0
Amestec legume caribbean Frosta	100	42	0.9	0	5.7	0	0	1.7	0
Curry pudra	20	325	14	0	55.9	0	0	14.3	0
Smantana de gatit 20% Meggle	40	211	20	0	4.2	0	0	3.6	0
Seminte de susan	20	573	49.67	0	23.45	0	11.8	17.73	11
Total per 100g/ml	100g/ml	164.55	8.19	0.00	7.05	0.00	0.72	16.94	0.67
Total per 330g/ml	330g/ml	543.00	27.03	0.00	23.25	0.00	2.36	55.90	2.20

Puiut In Ierburi La Gratar Cu Legume Mediteraneene Si Chimichurri

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Piept de pui la grătar	150	131	3.6	0	2.4	0	0	22	5.71
Zucchini gatit	80	16	0	0	3.9	0	1.4	0.6	0
Total per 100g/ml	100g/ml	76.44	2.82	0.00	3.94	0.00	0.70	8.73	2.32
Total per 390g/ml	390g/ml	298.10	11.00	0.00	15.36	0.00	2.72	34.04	9.04

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Vinete la gratar	80	80	7	0	4.7	0	2	0	0
Ardei Kapia rosu intreg, copt 450g Symposium	80	31	0	0	6.1	0	0	0.7	0.6
Total per 100g/ml	100g/ml	76.44	2.82	0.00	3.94	0.00	0.70	8.73	2.32
Total per 390g/ml	390g/ml	298.10	11.00	0.00	15.36	0.00	2.72	34.04	9.04

Muschiulet De Porc La Gratar Cu Legume Mediteraneene Si Chimichurri

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

Curry De Vită

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Antricot de vita	120	566	555	0	55	76	6	55	64
Orez basmati fiert	100	77	0	0	16.88	0	2	1	0
Amestec legume caribbean Frosta	100	42	0.9	0	5.7	0	0	1.7	0
Seminte de susan	20	573	49.67	0	23.45	0	11.8	17.73	11
Curry pudra	20	325	14	0	55.9	0	0	14.3	0
Total per 100g/ml	100g/ml	271.61	188.79	0.00	29.01	25.33	3.21	20.86	21.94
Total per 360g/ml	360g/ml	977.80	679.63	0.00	104.45	91.20	11.56	75.11	79.00

Curry De Porc.

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

Muschiulet De Porc Cu Polenta Si Parmezan.

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

Categorii Bruschetteria

Rosii, Usturoi Si Busuioc

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ciabata	120	251	2.5	0	48	0	0	9	7.3
Rosii decojite 365	80	15	0.1	0	2.5	0	0	1.3	0
Usturoi 200g Delhaize	20	136	0.9	0	28	0	0	6	0
Ulei de masline extravirgin Costa d'Oro	20	824	91.6	0	0	0	0	0	0
Total per 100g/ml	100g/ml	210.50	8.99	0.00	27.17	0.00	0.00	5.43	3.65
Total per 240g/ml	240g/ml	505.20	21.58	0.00	65.20	0.00	0.00	13.04	8.76

Ton, Capere, Baby Spanac

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ciabata	120	251	2.5	0	48	0	0	9	7.3
Conserva ton in suc propriu Calvo	120	101	0.6	0	0	0	0	24	0
Maioneza 25% grasime, Hellmann's	50	280	27	0	9	0	0	0	0
Capere Vera	20	26	0	0	2	0	0	2	5.6
Total per 100g/ml	100g/ml	183.10	5.55	0.00	20.16	0.00	0.00	12.90	3.19
Total per 310g/ml	310g/ml	567.60	17.22	0.00	62.50	0.00	0.00	40.00	9.88

Zucchini, Vanata, Capere, Oregano

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Ciabata	120	251	2.5	0	48	0	0	9	7.3
Zucchini gatit	80	16	0	0	3.9	0	1.4	0.6	0
Vinete la gratar	80	80	7	0	4.7	0	2	0	0
Total per 100g/ml	100g/ml	135.00	3.07	0.00	23.03	0.00	0.97	4.03	3.13
Total per 280g/ml	280g/ml	378.00	8.60	0.00	64.48	0.00	2.72	11.28	8.76

Categorii Salata

Salata 12

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

Categorii Cartofi

Country Fries

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Cartofi prajiti congelati Steakhouse Fries	120	120	4	0	20	0.5	0	2	0.1
Total per 100g/ml	100g/ml	120.00	4.00	0.00	20.00	0.50	0.00	2.00	0.10
Total per 120g/ml	120g/ml	144.00	4.80	0.00	24.00	0.60	0.00	2.40	0.12

French Fries

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Cartofi prajiti congelati Steakhouse Fries	150	120	4	0	20	0.5	0	2	0.1
Total per 100g/ml	100g/ml	120.00	4.00	0.00	20.00	0.50	0.00	2.00	0.10
Total per 150g/ml	150g/ml	180.00	6.00	0.00	30.00	0.75	0.00	3.00	0.15

French Fries Cu Parmezan

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Cartofi prajiti congelati Steakhouse Fries	150	120	4	0	20	0.5	0	2	0.1
Total per 100g/ml	100g/ml	208.86	11.03	0.00	15.45	0.36	0.00	12.42	4.44
Total per 210g/ml	210g/ml	438.60	23.17	0.00	32.44	0.75	0.00	26.08	9.32

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Parmezan ras	60	431	28.61	0	4.06	0	0	38.46	15.29
Total per 100g/ml	100g/ml	208.86	11.03	0.00	15.45	0.36	0.00	12.42	4.44
Total per 210g/ml	210g/ml	438.60	23.17	0.00	32.44	0.75	0.00	26.08	9.32

Country Fries Cu Oregano Si Telemea.

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Cartofi prajiti congelati Steakhouse Fries	150	120	4	0	20	0.5	0	2	0.1
Telemea vaca Unilact	80	230	16	0	5	0	0	16	0
Total per 100g/ml	100g/ml	158.26	8.17	0.00	14.78	0.33	0.00	6.87	0.07
Total per 230g/ml	230g/ml	364.00	18.80	0.00	34.00	0.75	0.00	15.80	0.15

Categorii Dulce

Papanasi Reloaded

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Papanasi cu branza fierti	140	148.5	4.6	0	17.9	0	0	8.4	0
Dulceata Afine Raureni	80	295	0	0	72	55	0	0	0
Smantana 12% Pilos	80	130	12	0	2.9	0	0	2.8	0
Inghetata vanilie Betty Blue	80	350	23	0	30	29.9	0	6	0
Total per 100g/ml	100g/ml	217.87	9.06	0.00	28.68	17.87	0.00	4.95	0.00
Total per 380g/ml	380g/ml	827.90	34.44	0.00	108.98	67.92	0.00	18.80	0.00

Tartă Tatin Cu Mere Si Inghetată

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Aluat fraged simplu Linco Patisero	80	451	29	0	41	0	0	5.4	0
Mere coapte simplu, fara adaosuri	80	72.8	0	0	19.6	0	2	0	0
Topping Caramel Magic Chef	40	276	0	0	69	32.48	0	0	0.02
Inghetata vanilie Betty Blue	60	350	23	0	30	29.9	0	6	0
Total per 100g/ml	100g/ml	284.40	14.23	0.00	36.18	11.90	0.62	3.05	0.00
Total per 260g/ml	260g/ml	739.44	37.00	0.00	94.08	30.93	1.60	7.92	0.01

Cheesecake

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Biscuiti digestivi 400g Gullon	60	483	21	0	66	0	3	6	1
Crema de branza Philadelphia Clasica, Kraft	80	285	27.5	0	3.1	0	0.2	6.2	0
Ou de gaina	50	143	11.9	0	0.8	0	0	12	0
Unt 82% Meggle	20	748	82.5	0	0.6	0	0	0.7	0
Total per 100g/ml	100g/ml	351.86	27.17	0.00	20.29	0.00	0.93	7.00	0.29
Total per 210g/ml	210g/ml	738.90	57.05	0.00	42.60	0.00	1.96	14.70	0.60

Banana Bagel.

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

Categorii Bowls

Bowl 12

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Baby spanac - Green Garden	80	25	0	0	2	1.1	0	4	0.07
Naut conserva - Freshona	50	119	2	0	16	0.7	0	7	0.02
Conserva Fasole Rosie Giana	60	102	0	0	13	1.1	0	8	0.4
Telemea de vaca 365	60	219	15	0	2	0	0	15	0
Conserva porumb dulce 365	60	120	1.3	0	22.4	0	3.3	3	0
Piept de pui la gratar	120	131	3.6	0	2.4	0	0	22	5.71
Avocado	60	160	14.7	0	8.5	0	6	2	0
Dressing salata Island	40	362	36.8	0	7.1	0	0	0.7	0
Total per 100g/ml	100g/ml	140.02	7.29	0.00	8.09	0.36	1.05	9.47	1.35
Total per 530g/ml	530g/ml	742.10	38.64	0.00	42.86	1.89	5.58	50.18	7.16

Bowl 12.1

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

Ingredient	Cantitate	Calorii	Grasimi	Grasimi Saturate	Glucide	Zaharuri	Fibre	Proteine	Sare
Baby spanac - Green Garden	80	25	0	0	2	1.1	0	4	0.07
Conserva porumb dulce 365	60	120	1.3	0	22.4	0	3.3	3	0
Conserva Fasole Rosie Giana	60	102	0	0	13	1.1	0	8	0.4
Naut conserva - Freshona	40	119	2	0	16	0.7	0	7	0.02
Avocado	60	160	14.7	0	8.5	0	6	2	0
Dressing salata Island	50	362	36.8	0	7.1	0	0	0.7	0
Telemea de vaca 365	60	219	15	0	2	0	0	15	0
Total per 100g/ml	100g/ml	148.59	9.22	0.00	9.53	0.44	1.36	5.65	0.07
Total per 410g/ml	410g/ml	609.20	37.80	0.00	39.09	1.82	5.58	23.15	0.30