

CALCULUL PE 100GR/ PRODUS											
		GRAMAJ TOTAL PRODUS	GRASIMI	ACIZI GRASI SATURAT	GLUCIDE	ZAHARUR	PROTEINE	SARE	VALOARE ENERGETIC A Kcal	VALOARE ENERGETIC A KJ	E-URI
FEL PRINCIPAL											
ARICEI IN SOS DE SMANTANA		250	15.72	6.52	8.88	1.87	10.34	1.66	218.08	911.59	
COLTUNAS CU CARTOFI		350	8.51	3.63	29.98	3.67	4.62	1.16	217.25	908.12	
TOCANITA TARANEASCA		200	9.96	2.89	3.36	1.1	15.1	1	164.72	688.61	
PARJOALE DE CARTOFI CU LEGUME		200	7.11	0.76	19.7	2.09	2.38	1	151.89	634.9	
SNITEL DE PORUMB		200	25.09	2.61	42.43	4.01	6.64	2.06	424.09	1772.68	
PELMENI DE CASA		350	13.62	5.07	23.21	5.13	9.87	0.65	255.18	1066.66	
SNITEL DE PORC		160	23.46	4.75	12.68	1.7	24.29	1.29	361.91	1512.77	
SNITEL DE PUI		160	15.79	2.59	12.83	1.78	23.22	1.26	287.66	1202.4	
PUI CU SMANTANA SI CIUPERCI		200	14.67	5.45	4.22	1.9	17.8	1.23	218.65	913.96	
PUI CU BROCOLI		200	13.4	5.02	3.89	2.08	18.82	1.6	212.05	886.37	
PIEPT DE PUI CU CASCAVAL		180	19.07	8.82	1.44	0.61	20.63	1.59	255.8	1069.24	
CIUPERCI CU SMANTANA		200	12.81	5.65	5.72	2.22	2.9	1.07	146.15	610.91	
CEAFA DE PORC LA GRATAR		150	27.56	10.31	0.8	0.24	34.14	1.33	394.99	1651.07	
CARNAT DE CASA LA GRATAR		130	23.7	8.7	1.9	0.7	13.8	1.9	276.5	1145.4	
PULPA DE PUI LA GRATAR		170	21.91	8.02	0.71	0.22	31.22	1.18	332.66	1390.51	
PULPA DE PUI LA CUPTOR		200	17.52	6.25	1.46	0.21	30.66	1.28	285.92	1195.12	
CARTOFI CU MAZARE		250	3.91	0.44	14.32	2.11	2.09	0.81	99.75	416.95	
TOCHITURA DE PORC		200	24.09	7.52	2.22	0.56	32.09	1.55	360.15	1505.41	
PARJOALA DE PORC		130	27.83	4.42	11.58	0.75	23.89	1.91	374.62	1564.67	
PARJOALA DE PUI		130	19.58	5.02	14.4	0.82	20.45	1.61	315.08	1317.02	
PASTRAV LA GRATAR		100	13.43	1.7	0.93	0.25	28.11	2.14	236.9	990.24	
MACROU LA CUPTOR		100	29.68	6.09	1.58	0.25	33.7	2	415.85	1738.25	
TOCANITA DE PORC		200	12.03	3.05	4.5	1.27	28.2	2	244.9	1023.66	
TOCANITA DE PUI CU MAZARE		250	5.5	1.04	6.18	2.14	14.7	0.95	133.91	559.74	
MERLUCIU PRAJIT CU OU		250	13.55	2.59	8.11	1.09	22.88	0.8	246.02	1028.36	
MERLUCIU IN CRUSTA DE MALAI		200	14.28	2.45	10.04	0.12	25.12	1	269.02	1124.52	
PARJOALE MOLDOVENESTI CU SOS ROSU		250	12.73	2.11	9.92	1.55	12.93	1.8	195.69	817.99	
PIEPT DE PUI LA GRATAR		110	12.42	2.46	5.5	4.52	33.83	2.92	269	1124.42	
DOVLECEI UMPLUTI CU SOMON		270	11.74	4.92	1.91	0.52	7.79	0.27	141.3	590.63	
PULPA DE PUI IN BERE		250	10.52	3.15	1.98	0.44	15.05	0.94	178.89	747.75	
PLOV CU CARNE DE PUI		200	8.64	1.41	18.87	0.49	13.68	1.13	206.72	864.07	
ZRAZE DE PUI CU CIUPERCI		150	19.26	3.53	26.51	2.81	27.93	2.27	390.75	1633.32	
FILE DE COD IN CRUSTA DE PORUMB											
SOMON LA GRATAR		100	22.78	4.02	1.1	0.18	27.94	1.87	328.52	1373.21	
PUI CU LEGUME LA CUPTOR		250	10.01	2.4	3.79	0.72	10.43	0.88	146.41	611.99	
SALAU CU LEGUME LA CUPTOR		250	6.06	0.79	3.64	0.72	9.94	0.8	109.17	456.32	
CIORBE											
CIORBA DE FASOLE		400	2.42	0.26	4.67	0.62	0.94	0.54	44.53	186.11	
CIORBA DE LEGUME		400	2.6	2.19	4.39	0.74	0.72	0.53	42.86	179.14	
CIORBA DE FASOLE CU AFUMATURA		400	5.55	1.25	4.92	0.69	2.94	0.91	81.4	340.25	
CIORBA DE PIU CU OREZ		400	3.95	0.67	4.03	0.04	5.5	0.53	73.49	307.18	
CIORBA DE VACUTA		400	2.5	0.31	4.48	0.82	4.57	0.53	58.11	242.89	
CIORBA DE CARTOFI CU AFUMATURA		400	8.37	2.75	4.72	0.86	2.76	0.9	104.05	434.93	
ZEAMA DE PUI		400	4.22	0.73	4	0.39	5.95	0.53	77.85	325.41	
BORS ROSU		400	2.38	0.26	5.91	2.2	0.78	0.4	47.47	198.41	
SOLEANCA		400	7.23	2.94	2.57	1.15	6.45	1.21	100.81	421.4	
SUPA CREMA DE CIUPERCI		400	8.13	3.25	5.27	1.44	1.55	0.04	98.78	412.88	
SUPA DE PERISOARE		400	3.45	0.71	5.03	0.26	2.62	0.5	60.92	254.94	
SALATE											
VITAMINA CU CASTRAVETI		200	3.45	0.35	5.33	0	1.25	1	57.84	241.77	
FASOLE BATUTA		200	5.3	0.61	15.25	2.38	8.07	1.51	151.91	634.96	
SALATA DE PUI		100	19.48	3.89	7.17	2.23	17.36	0.81	271.2	1133.61	
SALATA DE ROSII CU CASTTRAVETI		200	3.89	0.4	3.73	0	0.89	1	50.74	212.09	
SALATA SHUBA		100	16.26	3.31	11.42	2.58	5.02	0.67	209.6	876.13	
VARZA MARINATA		200	4.96	0.51	9.45	3.06	1.77	1.02	89.94	375.93	
LIMBA SOACREI		100	17.25	3.23	11.96	2.48	3.81	2.08	216.24	903.88	
VINEGRED		200	7.09	0.76	10.41	2.97	1.98	2.19	110.9	463.56	
SALATA OLIVIE		200	13.45	2.5	7.59	1.47	10.54	1.37	192.88	806.24	
SALATA ORIENTALA CU CARTOFI		200	5.27	0.52	12.67	1.34	1.55	1.25	101.29	423.39	
SFECLA MARINATA		200	7.41	0.85	11.02	7.74	1.69	1.03	116.54	487.14	
SALATA DE VINETE		200	7.68	0.94	3.8	1.37	1.44	1.53	94.98	397.02	
SALATA FITNES		200	4.8	0.51	12.89	5.79	0.79	1	96.33	402.66	
VARZARI		200	4.81	0.5	7.44	0.32	1.5	2.5	78.05	326.25	
BRANZA CU SMANTANA		200	16.1	8.74	3.4	1.65	10.25	1.12	202	844.36	
CASTRAVETI MURATI		150	0.2	0	3	1.1	1	1.2	12	50.16	
GOGONELE MURATE		150	0.5	0	0.5	0	2.3	1.5	16	66.88	
GOGOSARI IN OTET		150	0.5	0.3	2.7	1	0.7	2	18	75.24	
GARNITURI											
FASOLITA		300	3.32	0.35	6.15	0.89	1.99	0.77	65.02	271.7	
HRISCA CU CIUPERCI		200	5.68	0.96	23.46	19.93	4.56	2	153.9	643.3	
ARPACAS CU LEGUME		200	5.33	0.8	26.89	0.53	3.27	1	167.31	699.36	
BROCOLI SOTE		200	5.01	0.6	3.48	1.63	1.92	1.52	69.35	289.86	
DOVLECEI TARANESTI		200	15.03	2.24	11.87	1.42	6.19	1.51	207.5	867.35	
CIUPERCI SOTE		200	4.9	0.5	4.47	0.43	3.1	1	67.99	284.2	
CARTOFI TARANESTI CU CIUPERCI		250	9.99	4.14	13.34	1.26	1.84	0.81	146.6	612.77	
CARTOFI TARANESTI CU BACON		250	16.34	7.66	13.03	1.38	3.33	1.29	209.44	875.44	
MIX DE LEGUME		200	4.8	0.5	4.95	0.04	1.28	1	65.03	271.8	
OLADII DIN DOVLECEI		200	10.01	1.17	13.92	1.37	3.15	1	158.26	661.53	
LEGUME LA GRATAR		200	4.81	0.5	5.67	1.3	1.35	1	67.45	281.94	
TAIETEI CU CIUPERCI		200	3.98	0.35	26.48	0.7	4.75	1.64	162.33	678.54	
PASTAI		200	4.1	0.4	5.8	0.54	2.08	1	74.86	312.99	
PIURE DE CARTOFI		200	4.07	2.6	14.29	1.9	2.06	1.53	100.89	421.72	
CARTOFI COPTI		200	3.9	0.46	22.64	1.8	2.51	1.01	132.79	555.08	
MANCARICA DE CARTOFI		250	3.82	0.42	14.41	1.93	1.64	0.81	96.89	404.67	
CONOPIDA PANE		200	26.61	3.5	13.57	2.75	6.83	1.08	324.77	1357.56	
CUS CUS		200	5.59	0.77	22.72	1.9	4.29	1.08	159.43	666.4	
MAMALIGA		200	5.2	0.61	27.2	0.34	2.98	1.5	169.5	708.51	
VARZA CALITA		200	3.98	0.43	8.93	1.06	1.98	1	78.32	327.36	
OREZ CU MIX DE LEGUME		200	4.96	0.64	25.81	0.32	2.36	1	146.93	655.95	
SPANAC SOTE		200	4.62	0.5	1.86	0.54	2.98	1	60.38	253.43	
CARTOFI PRAJITI		200	28.4	12.55	21	0.5	2.1	0.07	349	1458.2	
PLACINTE											
PLACINTA CU CARTOFI CIUPERCI		320	15.19	1.92	24.65	4.19	3.86	1.27	250.5	1047.09	
PLACINTA CU BRANZA SI VERDEATA		320	24.68	4.63	20.31	3.54	13.72	0.98	362.19	1513.94	
PLACINTA CU SPANAC SI TELEMEA		320	16.95	4.56	18.43	3.94	7.6	1.47	258.36	1079.94	
PLACINTA VISINA		320	10.49	1.38	30.58	16.67	3.18	0.65	232.25	970.7	
PLACINTA CU CASCAVAL		320	28.3	15.95	17.73	3.99	16.9	1.56	228.59	1624.32	
INVARTITA CU VARZA		140	11.86	1.76	44.36	6.19	6.53	2.86	313.31	1309.65	
INVARTITA CU MERE		140	8.51	1.5	51.96	18.34	5.39	1.44	311.44	1301.8	
TURTA SIMPLA		250	16.56	1.72	54.09	7.27	7.34	0.01	403.7	1687.45	
MATRYOSHKI CU VISINE		150	13.59	2.07	48.81	18.51	6.21	1.35	347.33	1451.83	
MATRYOSHKI CU BR.SARATA		150	21.75	6.81	37.53	5.51	17.35	2.03	422.14	1764.55	
MATRYOSHKI CU MERE		150	13.42	2.15	48.97	17.73	5.9	1.34	345.11	1442.55	
MATRYOSHKI CU BR.DULCE		150	21.06	5.55	48.07	15.71	17.17	1.47	457.83	1913.72	
DESERT SI COMPOT											
SMETANIC											
TORT DE WAFE		110	43.56	23.7	76.28	9.52	14.76	0.75	755.22	3156.81	
TRUBOCIKI		150	23.53	11.93	14.59	13.07	6.19	0.03	290.59	1214.65	
NAPOLEON		190	27.85	7.37	38.79	10.68	7.65	0.71	434.59	1816.61	
NUCI DE CASA		150	27.81	12.98	31.21	19	9.54	0.04	407.43	1703.07	
MEDOVIC		100	22.81	12.51	50.62	37.46	6.55	0.05	398.87	1667.28	
CUSMA LUI GUGUTA		300	9.84	5.49	25.37	15.91	4.42	0.4	211.69	884.88	
CLATITE CU BRANZA		150	15.93	8.31	25.3	11.38	15.03	0.83	309.78	1294.88	
COMPOT DE MERE		250	0.01	0.01	10.92	10.91	0.02	0	44.44	185.76	
COMPOT DE CATINA											
COMPOT DE FRUCTE MIX		350	0.16	0.03	12.48	12.13	0.14	0	52.38	218.94	
TORT DE CASA CU NUCI		130	22.7	8.9	34.8	23	5.5	1	366		