



CALCUL NUTRIȚIONAL
FORKLOR

Ciorbă de salată 10 portii									
INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* 1200g capatani de salata	852	204	3.6	0	39.6	14.4	14.4	15.6	0.33
* 200g legătură de ceapă verde	268	64	0.4	0	14.6	4.4	3.6	7	0.008
* 10g catei de usturoi	16.7	4	0	0	0.8	0	0.2	0	0
* 360g oua	2088	499.35	34.23	11.23	2.59	1.33	45.21	0	0.5
* 10g legatura marar	12.5	2.98	0.08	0.003	0.09	0.08	0.36	0	0.006
* 250g bacon	2542.5	607.5	43.75	20	2.5	2.25	50	0	10
* 50 ml Ulei	1732	414	46	5.5	0	0	0	0	0
* 8g sare	0	0	0	0	0	0	0	0	8
* 5g piper	53.35	12.75	0.16	0.05	3.24	0.03	0.55	1.32	0.002
* 150g ceapa	264	63	0.15	0	15.15	6.3	1.35	2.55	0.006
* 250g smantana grasa	3127.5	747.25	77.25	48.25	7.5	0.25	5.5	0	0.08
* 50ml otet	37.5	9	0	0	0	0	0	0	0.001
* 100g un morcov	172	41	0.2	0.03	9.6	4.74	0.9	2.8	0.069
Total 2631g	11166.1	2668.8	205.82	85.063	95.67	33.78	122.07	29.27	19.002
Total 100g	424.40	101.44	7.82	3.23	3.64	1.28	4.64	1.11	0.72
Ouă umplute 1 portie									
INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)

* 3g piper alb	28.02	28.02	0.04	0.01	1.37	0	0.2	0.52	0.0001
* 100g lapte	188	46	1.5	1.1	4.6	2.8	3.3	0	0.1
* 10g patrunjel	15.1	3.6	0.08	0.01	0.63	0.09	0.3	0.33	0.005
* 20g parmezan	360.6	86.2	5.72	3.46	0.82	0.18	7.7	0	0.3
* 100g prosciutto	1033	247	18	5.4	0.5	0.5	27	0	0.58
Total 927g	8144.4	1958.7	163.21	79.35	41.61	10.97	86.43	5.93	9.3457
Total 100g	878.58	211.29	17.61	8.56	4.49	1.18	9.32	0.64	1.01

Platou cu gust de casă 1 portie

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* Zacusca 150g	715.5	171	10.2	1.5	15	10.05	2.4	3.75	1
* Fasole batuta 150g	1024.5	244.8	12.3	1.5	22.66	1.35	8.31	5.1	1.33
* Salata vinete 150g	1387.5	331.5	30	2.4	9.9	1.5	5.1	0	1.65
* Ceapa rosie 100g	75	18	0.2	0	3.9	2.6	0.9	1.2	0.005
* Paine 150g	1563	369	2.25	0.45	70.95	4.65	13.5	5.55	1.65
* Jumari 100g	2628	628	35	17	0	0	54	0	5
Total 800g	7393.5	1762.3	89.95	22.85	122.41	20.15	84.21	15.6	10.635
Total 100g	924.19	220.29	11.24	2.86	15.30	2.52	10.53	1.95	1.33

Fasole batuta 2 portii

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* 400g fasole boabe	1708	408	0.32	0.12	52	0.28	28.8	28.4	2.72
* 100g ceapa alba	176	72	0.1	0	10.1	4.2	0.9	1.7	0.004
* 10g usturoi	16.7	4	0	0	0.8	0	0.2	0	0
* 15g ulei	519.6	124.2	13.8	1.65	0	0	0	0	0
* 4g sare	0	0	0	0	0	0	0	0	4
* 3g piper	53.35	12.75	0.16	0.05	3.24	0.03	0.55	1.32	0.002
* 70g pasta de rosii	287	65.1	0.35	0.07	11.83	11.13	3.71	0	0.09
* 4g boia dulce	36.27	8.67	0.39	0.06	1.67	0.3	0.44	1.12	0.001
* 5g zahar	83.65	19.99	0	0	4.99	4.99	0	0	0.001
Total 611g	2880.57	714.71	15.12	1.95	84.63	20.93	34.6	32.54	6.818
Total 100g	471.45	116.97	2.47	0.32	13.85	3.43	5.66	5.33	1.12

Salata de vinete 10 portii

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* 3kg vinete	3000	720	6	0	171	72	30	102	60
* 240ml ulei	8313.6	1987.2	220.8	26.4	0	0	0	0	0
* 20g otet	15	3.6	0	0	0	0	0	0	0.0004
* 150g ceapa alba	264	108	0.15	0	15.15	6.3	1.2	2.55	0.006
* 2g usturoi	12.46	2.98	0.01	0.001	0.66	0.02	0.12	0.04	0.0003
* 5g sare	0	0	0	0	0	0	0	0	5
* 3g piper	53.35	12.75	0.16	0.05	3.24	0.03	0.55	1.32	0.002

Total	3420g	11658.4	2834.5	227.12	26.451	190.05	78.35	31.87	105.9	65.009
Total 100g		340.89	82.88	6.64	0.77	5.56	2.29	0.93	3.10	1.90
Terina ficat de pui 10 portii										
				DIN CARE						
	VALOARE			ACIZI		DIN CARE				
INGREDIE	ENERGETICA	GRASIM	SATURATI	GLUCIDE	ZAHARURI	PROTEINE	FIBRE	SARE		
NTE	(kj/kCal)	(g)	(g)	(g)	(g)	(g)	(g)	(g)		
* Ficat de										
pui 1.5kg	7470	1785	72.45	23.4	10.95	0	253.5	0	2.65	
* Unt 50g	1558.5	372.5	41	26	0.3	0.3	0.3	0.25	0.07	
* Ceapa										
400g	704	168	0.4	0	40.4	16.8	3.6	6.8	0.016	
* Ulei 20g	519.6	124.2	13.8	1.65	0	0	0	0	0	
*										
Smochine										
250g	860	205.75	0.75	0.25	48	40.75	1.75	7.25	0.002	
* Vin rosu										
150ml	534	127.5	0	0	3.9	0.9	0.15	0	0.006	
* Prune										
200g	500	119.4	0	0	26.2	19.8	1.4	2.8	0	
* Zahar										
100g	1673	399.92	0	0	99.98	99.98	0	0	0.001	
* Ghimbir										
4g	14.24	3.4	0.03	0.008	0.71	0.06	0.07	0.08	0.0005	
*										
Portocale										
150g	333	79.5	0.45	0	19.5	16.5	1.2	2.7	0.003	
* Sare 6g	0	0	0	0	0	0	0	0	6	
* Piper 5g	53.35	12.75	0.16	0.05	3.24	0.03	0.55	1.32	0.002	
Total										
2835g	14219.7	3397.9	129.04	51.358	253.18	195.12	262.52	21.2	8.7505	
Total100g										
	501.58	119.86	4.55	1.81	8.93	6.88	9.26	0.75	0.31	
Platou pentru vin 1 portie										
				DIN CARE						
	VALOARE			ACIZI		DIN CARE				
INGREDIE	ENERGETICA	GRASIM	SATURATI	GLUCIDE	ZAHARURI	PROTEINE	FIBRE	SARE		
NTE	(kj/kCal)	(g)	(g)	(g)	(g)	(g)	(g)	(g)		
* Fagure	680	162.5	0.02	0	40.6	40.6	0.09	0	0	

* Pastrama mangalita 100g	108	455	3.09	1.13	2.73	1.42	17.73	0.77	3.29
* Parmezan 70g	1262.1	301.7	20.02	12.11	2.87	0.63	26.95	0	1.06
* Emmentaler 100g	1544	369	29	20	0	0	27	0	0.001
* Brie 70g	975.1	233.1	19.6	11.9	0.35	0.35	14.7	0	1.09
* Miez de nuca 15g	410.4	98.1	9.78	0.91	2.05	0.39	2.28	1.005	0.0003
Total 405g	4979.6	1619.4	81.51	46.05	48.6	43.39	88.75	1.775	5.4413
Total 100g	1230	400	20	11	12	11	22	0	1

Tomahawk de porc 1 portie

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* 500g cotlet porc pe os	3475	830	41.65	13.8	0	0	106.5	0	0.23
* 5g sare	53.35	12.75	0.16	0.05	3.24	0.03	0.55	1.32	0.002
* 3g piper	53.35	12.75	0.16	0.05	3.24	0.03	0.55	1.32	0.002
* 10g unt	311.7	74.5	8.2	5.2	0.06	0.06	0.06	0.05	0.01
* 2g cimbrisor	8.46	2.02	0.03	0	0.49	0	0.11	0	0
* 2g sare afumata	0	0	0	0	0	0	0	0	4
* 170g cartofi noi	547.4	130.9	0.17	0	29.75	0	3.4	0	0
* 15ml dressing usturoi	12.63	3.02	0.00	0.00	0.69	0.00	0.08	0.00	0.00
Total 707g	4461.89	1065.94	50.37	19.10	37.47	0.12	111.25	2.69	4.24
Total 100g	631	151	7	3	5	0	16	0	1

Ciolan de curcan 1 portie

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* 400g ciolan de curcan	2880	692	43.2	9.6	0.4	0.12	74.8	0	2.56
* 3g cimbrisor	8.46	2.02	0.03	0	0.49	0	0.11	0	0
* 3g sare afumata	0	0	0	0	0	0	0	0	3
* 5g unt	155.85	37.25	4.1	2.6	0.03	0.03	0.03	0.02	0.007
* 3g usturoi	12.46	2.98	0.01	0.001	0.66	0.02	0.12	0.04	0.0003
* 10g concentrat de pui	81.5	19.47	0.47	0.12	2.35	0	1.46	0	2.4
Total 424g	3138.27	753.72	47.81	12.321	3.93	0.17	76.52	0.06	7.9673
Total 100g	740	178	11	3	1	0	18	0	2

Steak de conopida 1 portie

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* 350g conopida	367.5	87.5	0.35	0	18.55	6.68	6.72	7	0.1
* 20ml ulei	519.6	124.2	13.8	1.65	0	0	0	0	0
* 5g boia de ardei dulce	36.27	8.67	0.39	0.06	1.67	0.3	0.44	1.12	0.001
* 3g usturoi granulat	41.67	9.96	0.02	0	2.18	0	0.5	0	0
* 10g unt	311.7	74.5	8.2	5.2	0.06	0.06	0.06	0.05	0.01
* 30ml sos chimichurri	594.6	144.3	15.3	1.89	1.26	0.54	0.36	0.15	0.51
* 4g sare	0	0	0	0	0	0	0	0	4
* 15g parmezan	270.45	64.65	4.29	2.59	0.61	0.13	5.77	0	0.22

* 150g fasole batuta	1024.5	244.8	12.3	1.5	22.66	1.35	8.31	5.1	1.33
Total 587g	3166.29	758.58	54.65	12.89	46.99	9.06	22.16	13.42	6.171
Total 100g	539	129	9	2	8	2	4	2	1
Sos chimichurri 10 portii									
INGREDIENTE	VALOARE ENERGETICA (kj/kCal)	GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)	
* 100g coriandru	96	23	0.5	0.1	3.7	0.9	2.1	2.8	0.115
* 100g patrunjel	151	36	0.8	0.1	6.3	0.9	3	3.3	0.056
* 50g ceapa verde	67	16	0.1	0	3.65	1.05	0.9	0	0.002
* 30g ardei iute rosu	50.1	12	0	0	2.7	0	0.6	0	0
* 200ml ulei de masline	6896	1648	200	0	0	0	0	0	0
* 50ml lamaie	58.5	14	0.15	0	4.5	1.25	0.55	1.4	0.001
* 3g sare	0	0	0	0	0	0	0	0	3
* 3g piper	53.35	12.75	0.16	0.05	3.24	0.03	0.55	1.32	0.002
Total 536g	7371.95	1761.8	201.71	0.25	24.09	4.13	7.7	8.82	3.176
Total 100g	1375	329	38	0	4	1	1	2	1
Coasta de vitel 1 portie									
INGREDIENTE	VALOARE ENERGETICA (kj/kCal)	GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)	
* Coasta de vitel 350g	5617.5	1361.5	133	70	1.75	1.75	45.5	0	0.52
* 20g pasta de tomate	82	19.6	0.1	0.02	3.38	3.18	1.06	0	0.02

* 15g concentra t de pui	81.5	19.47	0.47	0.12	2.35	0	1.46	0	2.4
* 50g vin rosu	178	42.5	0	0	1.3	0.3	0.05	0	0.002
* 100g morcov	172	41	0.2	0.03	9.6	4.74	0.9	2.8	0.069
* 70g ceapa	123.2	29.4	0.07	0	7.07	2.94	0.63	1.19	0.002
* 100g telina	59	14	0.17	0	2.97	1.34	0.69	1.6	0.08
* 10g usturoi	16.7	4	0	0	0.8	0	0.2	0	0
* 3g piper	53.35	12.75	0.16	0.05	3.24	0.03	0.55	1.32	0.002
* 4g sare	0	0	0	0	0	0	0	0	4
* 50g faina	761.5	182	0.5	0	38.15	0	5.15	0	0
* 30g zahar	501.9	119.97	0	0	29.98	29.98	0	0	0.0003
* 3g cimbru	8.46	2.02	0.03	0	0.49	0	0.11	0	0
* 100g ceapa alba	176	72	0.1	0	10.1	4.2	0.9	1.7	0.004
* 0.1g foi de dafin	1.31	0.31	0.008	0.002	0.07	0	0.007	0.02	2E-05
* 30ml ulei	519.6	124.2	13.8	1.65	0	0	0	0	0
* 50g unt	1558.5	372.5	41	26	0.3	0.3	0.3	0.25	0.07
* 250g cartofi	805	192.5	0.25	0	43.75	0	5	0	0
* 100ml lapte	188	46	1.5	1.1	4.6	2.8	3.3	0	0.1
* 20g ceapa verde	35.2	8.4	0.02	0	2.02	0.84	0.18	0.34	0.0008
Total 1355g	10938.7	2664.1	191.378	98.972	161.92	52.4	65.987	9.22	7.2701
Total 100g	807	197	14	7	12	4	5	1	1

Mamaliga toponita 1 portie

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)	GRASIM (g)	DIN CARE ACIZI GRASI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
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* 400g Malai	5656	1352	4	0.8	312	2	28	0	0.04
* 70g kaiser	591.5	141.4	10.08	3.71	1.75	1.4	10.92	0	1.54
* 100g branza de burduf	1247	298	22.5	14.6	2	0.5	22	0	2
* 100g telemea de vaca	1092	261	22	15.4	0.7	0.7	15	0	2.2
* 1 ou	348	83.22	5.7	1.87	0.43	0.22	7.53	0	0.08
* 3 g sare	0	0	0	0	0	0	0	0	3
* 2g boia	36.27	8.67	0.39	0.06	1.67	0.3	0.44	1.12	0.001
Total 735g	8970.77	2144.3	64.67	36.44	318.55	5.12	83.89	1.12	8.861
Total 100g	1221	292	9	5	43	1	11	0	1

Jumari din aripi de pui 1 portie

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* 200g Aripi de pui	1532	366	24	10	3	0.4	34	0	2.5
* 5g usturoi	12.46	2.98	0.01	0.001	0.66	0.02	0.12	0.04	0.0003
* 3g fulgi de chilli	5.01	1.2	0.01	0.001	0.026	0.15	0.05	0.05	0.0002
* 4g sare	0	0	0	0	0	0	0	0	4
Total 212g	1549.47	370.18	24.02	10.002	3.686	0.57	34.17	0.09	6.5005
Total 100g	731	175	11	5	2	0	16	0	3

Spata de pui la cuptor 1 portie

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* 100g branza de burduf	1247	298	22.5	14.6	2	0.5	22	0	2

* 220g spata de pui	1031.8	246.4	5.76	2.2	0.96	0.22	47.69	0	0.5
* 10g concentra t de pui	81.5	19.47	0.47	0.12	2.35	0	1.46	0	2.4
* 10g usturoi	16.7	4	0	0	0.8	0	0.2	0	0
* 50g ulei	1732	414	46	5.5	0	0	0	0	0
* 15g vin alb	52.65	12.6	0.001	0	0.32	0.14	0.01	0	0
* 400g malai	5656	1352	4	0.8	312	2	28	0	0.04
* 100g ciuperci brune	114	27.3	0.1	0	4.1	0	2.5	0.6	0
* 50g unt	1558.5	372.5	41	26	0.3	0.3	0.3	0.25	0.07
* 10g patrunjel	15.1	3.6	0.08	0.01	0.63	0.09	0.3	0.33	0.05
* 10g ceapa verde	13.4	3.2	0.73	0.21	0	0	0.18	0.35	0.004
* 5g chives	67.8	16.2	1.45	0.52	0.05	0.03	0.72	0	0.08
Total 980g	11586.5	2769.3	122.091	49.96	323.51	3.28	103.36	1.53	5.144
Total 100g	1182	283	12	5	33	0	11	0	1

Ficat de vitel 1 portie

INGREDIENTE	VALOARE			DIN CARE		DIN CARE			
	ENERGETICA		GRASIM	ACIZI		ZAHARURI	PROTEINE	FIBRE	SARE
	(kj/kCal)		(g)	GRASI		(g)	(g)	(g)	(g)
				SATURATI	GLUCIDE				
				(g)	(g)				
* 300g	2124	507.3	14.1	4.5	15.6	0	79.5	0	0.23
* 100g									
ceapa									
alba	176	42	0.1	0	10.1	4.2	0.9	1.7	0.004
* 10g									
usturoi	16.7	4	0	0	0.8	0	0.2	0	0
* 15g vin									
alb	52.65	12.6	0.001	0	0.32	0.14	0.01	0	0
* 100g									
rosii									
conserva	84	20.1	0.1	0	4	2.4	0.8	1	0.14
* 50ml									
ulei	1732	59	0.19	0	0	0	0	0	0

* 3g sare	109	26	0.3	0.2	0	0	0	0	0
* 3g piper	1732	39.75	0.15	0.05	0	0	0	0	0
* 50g unt	1558.5	372.5	41	26	0.3	0.3	0.3	0.25	0.07
* 10g otet balsamic	28	6.7	0	0	1.33	1.5	0	0	0.002
* 10g miere	136	32.5	0	0	8.1	8.21	0.04	0.02	0.0004
* 10g ardei iute	19.4	4.64	0.04	0	0.88	0.53	0.19	0.15	0.0009
* 250g cartofi	805	192.5	0.25	0	43.75	0	5	0	0
Total 911g	8573.25	1319.6	56.231	30.75	85.18	17.28	86.94	3.12	0.4473
Total 100g	941	145	6	3	9	2	10	0	0

Bors de curcan 10 portii

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* 1100g Tacam de curcan	1521.3	363.66	33.22	8.47	0.22	0.22	15.95	0	0.17
* 200g morcov	344	82	0.4	0.06	19.2	8.94	1.8	5.6	0.13
* 200g telina	118	28	0.38	0	5.94	2.68	1.38	3.2	16
* 200g ardei kapia	218	52	0.6	0.4	12	8.4	2	4.2	0.008
* 100g pastarnac	333	79.5	0.3	0.1	11+8	4.8	1.2	4.9	0.01
* 100g ulei	3464	828	92	11	0	0	0	0	0
* 300g oua	1740	416.13	28.53	9.36	2.16	1.11	37.68	0	0.42
* 20g sare	0	0	0	0	0	0	0	0	20
* 500g bors	65	15	0.5	0.5	4	1	1.5	0	0.1
* 250g ceapa	440	105	0.25	0	25.25	10.5	2.25	4.25	0.01

* 35g leustean	54.25	12.95	0.28	0	2.24	0	1.05	0.7	0
Total 3005g	8297.55	1982.2	156.46	29.89	71.01	37.65	64.81	22.85	36.848
Total 100g	276	66	5	1	2	1	2	1	1

Chefal la plita 1 portie

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* 300g Chefal	1470	351	11.4	0	0	0	58.2	0	0
* 400g Malai	5656	1352	4	0.8	312	2	28	0	0.04
* 30g Ulei	519.6	124.2	13.8	1.65	0	0	0	0	0
* 3g sare	0	0	0	0	0	0	0	0	3
* 10g ardei iute	19.4	4.64	0.04	0	0.88	0.53	0.19	0.15	0.0009
* 70g rosii	52.5	12.6	0.14	0	2.73	1.82	0.63	0.84	0.003
* 15g usturoi	16.7	4	0	0	0.8	0	0.2	0	0
Total 828g	7734.2	1848.4	29.38	2.45	316.41	4.35	87.22	0.99	3.0439
Total 100g	934	223	4	0	38	1	11	0	0

Salata cu fasole verde, galbena si cartofi 1 portie

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* 100g Cartofi noi	322	77	0.1	0	17.5	0	2	0	0
* 80g fasole verde	100.8	24	0.08	0	5.6	0	1.44	2.72	0.004
* 80g fasole galbena	87.2	20.8	0.08	0	2.56	0.4	1.36	2	0.5
* 20g ridichie rosie	13.4	3.2	0.02	0	0.68	0.37	0.13	0.32	0

* 120g oua	696	166.45	11.41	3.74	0.86	0.44	15.07	0	0.17
* 20g marar	25	5.97	0.16	0.006	0.18	0.16	0.73	0	0.01
* 50ml ulei de masline	1724	412	50	0	0	0	0	0	0
* 50g ceapa rosie	81.5	19.5	0.05	0	4.15	2.1	0.6	0.85	0.002
* 40g padron pepper	77.6	18.56	0.16	0	3.52	2.12	0.76	0.6	0.003
* 20ml dressing mustar	145.6	34.8	2.4	0.16	3	2.2	0.18	0.08	0.34
* 80g crutoane paine	1678	401	6.6	1.5	73.5	0	11.9	5.1	0.69
Total 660g	4951.1	1183.3	71.06	5.406	111.55	7.79	34.17	11.67	1.719
Total 100g	750	179	11	1	17	1	5	2	0

Salata cu legume arse si halloumi la gratar 1 portie

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* 80g Crutoane paine	1678	401	6.6	1.5	73.5	0	11.9	5.1	0.69
* 150g halloumi	2022	483.3	37.5	22.5	3.45	3.45	33	0	3.9
* 70g ardei gras verde	58.8	14	0.14	0.07	3.22	1.68	0.63	1.19	0
* 70g ardei gras rosu	58.8	14	0.14	0.07	3.22	1.68	0.63	1.19	0
* 70g ardei gras galben	58.8	14	0.14	0.07	3.22	1.68	0.63	1.19	0

* 50g ceapa rosie	81.5	19.5	0.05	0	4.15	2.1	0.6	0.85	0.002
* 70g castraveti	44.1	10.5	0.07	0.02	2.54	1.16	0.45	0.35	0.001
* 20g vinegreta	270.2	64.6	5.1	0.82	4.44	4.44	0.12	0	0.12
* 2g oregano	25.6	6.12	0.2	0.05	1.28	0.08	0.22	0.85	0.0003
* 2g praf de usturoi	27.78	6.64	0.01	0.002	1.45	0.48	0.33	0.19	0.0005
* 10g ulei de masline	344.8	82.4	10	0	0	0	0	0	0
* 2g susan	40.58	9.7	0.46	0.04	1.1	0.14	0.24	0.1	0.03
* 50g ceapa verde	67	16	0.1	0	3.65	1.05	0.9	0	0.002
* 50g zucchini	33.5	8	0.1	0	1.7	1.25	0.6	0.5	0.001
Total 696g	4811.46	1149.8	60.61	25.142	106.92	19.19	50.25	11.51	4.7468
Total 100g	691	165	9	4	15	3	7	2	1

Cartofi zdrobiti 1 portie

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* 200g cartofi	805	192.5	0.25	0	43.75	0	5	0	0
* 30g unt	1558.5	372.5	41	26	0.3	0.3	0.3	0.25	0.07
* 5g usturoi	12.46	2.98	0.01	0.001	0.66	0.02	0.12	0.04	0.0003
* 10g patrunjel	15.1	3.6	0.08	0.01	0.63	0.09	0.3	0.33	0.005
* 3g sare	0	0	0	0	0	0	0	0	3
* 3g piper	53.35	12.75	0.16	0.05	3.24	0.03	0.55	1.32	0.002
Total 251g	2444.41	584.33	41.5	26.061	48.58	0.44	6.27	1.94	3.0773
Total 100g	974	233	17	10	19	0	2	1	1

Legume trase la tigaie 1 portie									
INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* Ardei gras verde 50g	58.8	14	0.14	0.07	3.22	1.68	0.63	1.19	0
* Ardei gras rosu 50g	58.8	14	0.14	0.07	3.22	1.68	0.63	1.19	0
* Ardei gras galben 50g	58.8	14	0.14	0.07	3.22	1.68	0.63	1.19	0
* Ceapa rosie 30g	81.5	19.5	0.05	0	4.15	2.1	0.6	0.85	0.002
* Zucchini 50g	33.5	8	0.1	0	1.7	1.25	0.6	0.5	0.001
* Usturoi granulat 3g	27.78	6.64	0.01	0.002	1.45	0.48	0.33	0.19	0.0005
* Vinegreta usturoi 10ml	0.43	0.10	0.00	0.00	0.02	0.01	0.01	0.00	0.00
* 2g sare	0	0	0	0	0	0	0	0	2
* 2g piper	53.35	12.75	0.16	0.05	3.24	0.03	0.55	1.32	0.002
Total 247g	372.96	88.99	0.74	0.26	20.22	8.91	3.98	6.43	2.01
Total 100g	151	36	0	0	8	4	2	3	1
Brocolini 1 portie									
INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* 150g brocolini	163.5	39	0	0	3	3	4.5	4.65	0.04
* 30g unt	1558.5	372.5	41	26	0.3	0.3	0.3	0.25	0.07
* 10g usturoi	16.7	4	0	0	0.8	0	0.2	0	0
* 5g ardei iute	9.7	2.32	0.02	0	0.44	0.26	0.09	0.07	0.0004

* 3g sare	0	0	0	0	0	0	0	0	3
* 2g piper	53.35	12.75	0.16	0.05	3.24	0.03	0.55	1.32	0.002
Total 200g	1801.75	430.57	41.18	26.05	7.78	3.59	5.64	6.29	3.1124
Total 100g	901	215	21	13	4	2	3	3	2

Cartofi prajiti 1 portie

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* Cartofi 350g	1.127	269.5	0.35	0	61.25	0	7	0	0
* Piper 2g	53.35	12.75	0.16	0.05	3.24	0.03	0.55	1.32	0.002
* Sare 4g	0	0	0	0	0	0	0	0	4
Total 356g	54.477	282.25	0.51	0.05	64.49	0.03	7.55	1.32	4.002
Total 100g	15	79	0	0	18	0	2	0	1

Cartofi prajiti cu branza 1 portie

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* cartofi 350g	1.127	269.5	0.35	0	61.25	0	7	0	0
* Telemea 50g	657	157	13	7.8	0.5	0.5	9.5	0	1.25
Total 400g	658.127	426.5	13.35	7.8	61.75	0.5	16.5	0	1.25
Total 100g	165	107	3	2	15	0	4	0	0

Inimi de salata verde 1 portie

INGREDIENTE	VALOARE ENERGETICA (kj/kCal)		GRASIM (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* Baby gem salad 150g	159	38.14	0.42	0	10.47	6.6	1.86	0	0.09

* Vinegreta 20g	270.2	64.6	5.1	0.82	4.44	4.44	0.12	0	0.12
* Ardei iute 5g	9.7	2.32	0.02	0	0.44	0.26	0.09	0.07	0.0004
* Sare 3g	0	0	0	0	0	0	0	0	3
Total 178g	438.9	105.06	5.54	0.82	15.35	11.3	2.07	0.07	3.2104
Total 100g	247	59	3	0	9	6	1	0	2

Salata de sfecla 1 portie

Salata de sfecla 1 porție										
INGREDIENTE	VALOARE ENERGETICA (kj/kCal)			GRASIMI (g)	DIN CARE ACIZI GRASI SATURATI (g)	GLUCIDE (g)	DIN CARE ZAHARURI (g)	PROTEINE (g)	FIBRE (g)	SARE (g)
* Sfecla 150g	270	64.5	0.3	0	15	10.5	2.4	4.2	0.11	
* Hrean la borcan 10g	28	6.7	0	0.01	1.3	0.8	0.7	0.33	0.31	
* Ulei de masline 10g	344.8	82.4	10	0	0	0	0	0	0	0
* Otet 5g	3.75	0.9	0	0	0	0	0	0	0	0.0001
* Zahar 5g	83.65	19.99	0	0	4.99	4.99	0	0	0.001	
Total 180g	730.2	174.49	10.3	0.01	21.29	16.29	3.1	4.53	0.4211	
Total 100g	406	97	6	0	12	9	2	3	0	

Placinta de iaurt cu merisoare 10 portii

Placinta de Iaurt cu mure si nuci de portocala									
INGREDIENTE	VALOARE		GRASIMI	DIN CARE ACIZI GRASI SATURATI	GLUCIDE	DIN CARE ZAHARURI	PROTEINE	FIBRE	SARE
	ENERGETICA	(kj/kCal)							
* Foi placinta 500g	6065	1450	5.5	1.25	293	8.4	48	0	4.2
* Iaurt grecesc 1000g	5150	1230	97	64	50	50	40	0	10
* Oua 480g	2088	499.35	34.23	11.23	2.59	1.33	45.21	0	0.5

[illegible]