

Valori energetice si nutritive				Valori energetice si nutritive					
Denumire produs	Valoare nutritivă	per 100 g	% din DZR per porție	Denumire produs	Valoare	per 100 g	% din DZR per porție		
PULPE DE PUI DESIRATE DE PE OS, LA GRATAR	Valoare energetica	kJ/ kcal	813,8 / 193.76	121.47/29.064	SNITZELWICH	Valoare energetica	kJ/ kcal	807.03 / 193.07	201.77/48.27
	Grăsimi	g	13.45	57.64		Grăsimi	g	7.84	55.97
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	8.50	127.50		* saturate	g	0.00	0.00
	Glucide	g		0.00		Glucide	g	21.38	41.12
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g		0.00		*zaharuri	g	0.00	0.00
	Proteine	g	16.75	100.50		Proteine	g	7.94	79.36
Sare	g	0.33	16.67	Sare	g	0.11	9.17		
PIEPT DE PUI PE BAT	Valoare energetica	kJ/ kcal	487,2/116	72.73/17.4	OMLETOWICH	Valoare energetica	kJ/ kcal	799.5 / 191.27	119.92/28.69
	Grăsimi	g	6.46	27.71		Grăsimi	g	6.17	26.44
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	1.38	20.80		* saturate	g	0.00	0.00
	Glucide	g	1.60	1.85		Glucide	g	24.10	27.81
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	11.85	71.10		Proteine	g	8.56	51.38
Sare	g	0.14	7.17	Sare	g	0.34	16.83		
MARIII MITITEI	Valoare energetica	kJ/ kcal	487,2 / 116	162.85/38.96	GRECOWICH	Valoare energetica	kJ/ kcal	897.44 / 214.7	134.64/32.21
	Grăsimi	g	19.00	86.86		Grăsimi	g	8.44	36.15
	<i>Din care</i>		0.00			<i>Din care</i>			
	* saturate	g	19.00	304.00		* saturate	g	0.00	0.00
	Glucide	g	2.30	2.83		Glucide	g	25.22	29.10
	<i>Din care</i>		0.00			<i>Din care</i>			
	*zaharuri	g	2.30	8.18		*zaharuri	g	0.00	0.00
	Proteine	g	14.00	89.60		Proteine	g	8.02	48.10
Sare	g	0.93	49.67	Sare	g	0.34	16.83		
PUR SI SIMPLU GRATAR DE PUI	Valoare energetica	kJ/ kcal	487,2/116	121.49/29.064	PENNE PATRAT	Valoare energetica	kJ/ kcal	1843.71/441.08	276.55/66.16
	Grăsimi	g	16.14	57.64		Grăsimi	g	22.40	96.00
	<i>Din care</i>		0			<i>Din care</i>			
	* saturate	g	10.2	127.50		* saturate	g	0.00	0.00
	Glucide	g	0	0.00		Glucide	g	46.24	53.36
	<i>Din care</i>		0			<i>Din care</i>			
	*zaharuri	g	0	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	20.1	100.50		Proteine	g	10.53	63.16
Sare	g	0.4	16.67	Sare	g	0.67	33.50		
CARNATI CUM FUMURI GRATAR	Valoare energetica	kJ/ kcal	487,2/ 116	165.59/39.615	PENNE SPRINGTENE	Valoare energetica	kJ/ kcal	875.04/209.34	153.13/36.635
	Grăsimi	g	11.47	73.71		Grăsimi	g	6.21	31.03
	<i>Din care</i>		0.00			<i>Din care</i>			
	* saturate	g	11.47	258.00		* saturate	g	0.00	0.00
	Glucide	g	11.27	19.50		Glucide	g	28.58	38.47
	<i>Din care</i>		0.00			<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	5.67	51.00		Proteine	g	8.41	58.84
Sare	g	1.00	75.00	Sare	g	0.00	0.17		
NUGGETS FRAGEDE DE PUI	Valoare energetica	kJ/ kcal	879,5/ 209.4	131.29/31.41	CARBONARA	Valoare energetica	kJ/ kcal	1501.28/359.16	262.71/62.85
	Grăsimi	g	10.10	43.30		Grăsimi	g	15.10	75.51
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	4.97	74.60		* saturate	g	0.00	0.00
	Glucide	g	19.03	21.96		Glucide	g	41.75	56.20
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	8.00	26.67		*zaharuri	g	0.00	0.00
	Proteine	g	9.13	54.78		Proteine	g	11.59	81.15
Sare	g	1.47	73.33	Sare	g	0.00	0.17		
FILE DE PORC SUB ACOPERIRE	Valoare energetica	kJ/ kcal	1861,4 / 443.2	229.98/55.02	PENNELOGNES	Valoare energetica	kJ/ kcal	737.56/176.45	129.08/30.88
	Grăsimi	g	15.85	56.61		Grăsimi	g	4.65	23.27
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	7.89	98.65		* saturate	g	0.00	0.00
	Glucide	g	3.74	3.60		Glucide	g	27.54	37.08
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.40	1.11		*zaharuri	g	0.00	0.00
	Proteine	g	18.63	93.14		Proteine	g	4.94	34.56
Sare	g	0.40	16.67	Sare	g				
	Valoare energetica	kJ/ kcal	602,7/143,50	149.94/35.87					
	Grăsimi	g	7.00	50.00					

SARMALE INFOFOLITE-N FOI DE VARZA	<i>Din care</i>				Sare	g	0.00	0.17
	* saturate	g	1.74	43.50	Valoare energetică	kJ/ kcal	1235.06/295.47	185.26/44.32
	Glucide	g	13.56	26.08	Grăsimi	g	13.97	59.87
	<i>Din care</i>				<i>Din care</i>			
	*zaharuri	g	0.00	0.00	* saturat	g	1.68	25.25
	Proteine	g	4.56	45.60	Glucide	g	26.09	30.11
	Sare	g	0.40	33.33	<i>Din care</i>			
SARMALE FARA PACATE	Valoare energeti	kJ/ kcal	494,34 / 117.7	123.02/29.425	*zaharuri	g	0.00	0.00
	Grăsimi	g	4.34	30.97	Proteine	g	14.28	85.70
	<i>Din care</i>				Sare	g	0.18	9.00
	* saturate	g	0.00	0.00	Valoare energetică	kJ/ kcal	954.96/228.46	95.51/22.85
	Glucide	g	16.29	31.32	Grăsimi	g	6.19	17.69
	<i>Din care</i>				<i>Din care</i>			
	*zaharuri	g	0.00	0.00	* saturat	g	1.82	18.18
	Proteine	g	2.58	25.84	Glucide	g	17.91	13.78
	Sare	g	0.40	33.33	<i>Din care</i>			
		* cu 150 g mămliguță și 70 g varză călită				*zaharuri	g	0.00
MASA JUPANULUI	Valoare energeti	kJ/ kcal	690 / 164.3	76.33/18.2625	Proteine	g	23.77	95.06
	Grăsimi	g	8.59	36.83	Sare	g	1.17	39.00
	<i>Din care</i>				Valoare energetică	kJ/ kcal	1374.48/328.824	34.36/8.22
	* saturate	g	0.01	0.15	Grăsimi	g	7.76	5.54
	Glucide	g	2.01	2.32	<i>Din care</i>			
	<i>Din care</i>				* saturat	g	0.00	0.00
	*zaharuri	g	0.00	0.00	Glucide	g	124.80	24.00
	Proteine	g	18.62	111.70	<i>Din care</i>			
Sare	g	1.00	50.00	*zaharuri	g	0.00	0.00	
PUI INVELIT CU VINETE	Valoare energeti	kJ/ kcal	936,22 / 222.91	76.32/18.2625	Proteine	g	18.00	18.00
	Grăsimi	g	17.70	75.84	Sare	g	4.00	33.33
	<i>Din care</i>				Valoare energetică	kJ/ kcal	940.93/171	34.23/8.1855
	* saturate	g	1.42	21.30	Grăsimi	g	1.19	6.81
	Glucide	g	2.84	3.27	<i>Din care</i>			
	<i>Din care</i>				* saturat	g	0.00	0.00
	*zaharuri	g	0.00	0.00	Glucide	g	6.40	9.84
Proteine	g	11.39	68.36	<i>Din care</i>				
Sare	g	0.33	16.67	*zaharuri	g	0.00	0.00	
CEAFA RASFATATA CU MAMALIGUTA	Valoare energeti	kJ/ kcal	1614.56/386.26	76.32/18.2625	Proteine	g	0.88	7.07
	Grăsimi	g	33.77	96.49	Sare	g	0.00	0.14
	<i>Din care</i>				Valoare energetică	kJ/ kcal	376.79/90.14	75.36/18.03
	* saturate	g	6.21	62.05	Grăsimi	g	5.79	33.07
	Glucide	g	1.26	0.97	<i>Din care</i>			
	<i>Din care</i>				* saturat	g	1.04	20.79
	*zaharuri	g	0.00	0.00	Glucide	g	4.83	7.43
	Proteine	g	16.35	65.40	<i>Din care</i>			
	Sare	g	0.50	16.67	*zaharuri	g	0.00	0.00
	mamaliga, 150 g				Proteine	g	4.03	32.21
	Valoare energetică	kJ/ kcal	45.22	14.17/3.39	Sare	g	0.33	22.22
	Grăsimi	g	0.06	0.06	Valoare energetică	kJ/ kcal	316.26/75.66	63.24/15.13
	<i>Din care</i>				Grăsimi	g	3.52	20.12
* saturate	g	0.00	0.00	<i>Din care</i>				
Glucide	g	9.61	37.49	* saturat	g	0.18	3.63	
<i>Din care</i>				Glucide	g	3.42	5.26	
*zaharuri	g	0.00	0.00	<i>Din care</i>				
Proteine	g	1.28	0.96	*zaharuri	g	0.00	0.00	
Sare	g	0.67	0.06	Proteine	g	7.05	56.37	
				Sare	g	0.33	22.22	
VITA CU VERDE LA PIPER	Valoare energeti	kJ/ kcal	560.74/134.15	76.32/18.2625	Valoare energetică	kJ/ kcal	283.82/67.9	56.76/13.58
	Grăsimi	g	9.30	39.87	Grăsimi	g	3.32	18.95
	<i>Din care</i>				<i>Din care</i>			
	* saturate	g	1.67	25.10	* saturat	g	0.06	1.16
	Glucide	g	4.00	4.62	Glucide	g	2.43	3.73
	<i>Din care</i>				<i>Din care</i>			
	*zaharuri	g	0.00	0.00	*zaharuri	g	0.00	0.00
	Proteine	g	7.62	45.70	Proteine	g	6.61	52.89
Sare	g	0.33	16.67	Sare	g	0.35	23.61	
VINETE IMBRATICATE	Valoare energeti	kJ/ kcal	287,3/ 64.8	76.32/18.2625	Valoare energetică	kJ/ kcal	192.9/46.15	38.58/9.23
	Grăsimi	g	4.17	14.90	Grăsimi	g	3.02	17.24
	<i>Din care</i>				<i>Din care</i>			
	* saturate	g	0.00	0.00	* saturat	g	0.00	0.00
					Glucide	g	2.40	3.69

IMBRATISATE CU ROSII	Glucide	g	5.06	4.86	CU BUSUICI cu crutoane	Din care			
	<i>Din care</i>					*zaharuri	g	0.00	0.00
	*zaharuri	g	0.00	0.00		Proteine	g	2.02	16.13
	Proteine	g	1.29	6.46		Sare	g	0.35	23.61
CLATITE SATURATE CU PUI SI CIUPERCI GRATINATE	Valoare energetica	kJ/ kcal	2150 / 512.65	267.86/64.082	CIOCOLATA LA CLATITA	Valoare energetica	kJ/ kcal	1386.46/331.69	99.02/23.69
	Grăsimi	g	40.46	144.50		Grăsimi	g	9.56	19.50
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	3.28	41.00		* saturate	g	1.56	11.14
	Glucide	g	10.15	9.76		Glucide	g	46.72	25.67
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	55.65	88.33
	Proteine	g	21.56	107.80		Proteine	g	12.51	35.73
Sare	g	0.01	0.50	Sare	g	0.00	0.00		
PUR SI SIMPLU MAMALIGA	Valoare nutritiva	per 100 g		% din DZR per 100 g	DULCEATA DE VISINE CLATITA	Valoare energetica	kJ/ kcal	1116.69 /267.15	79.75/19.08
	Valoare energetica	kJ/ kcal	452,76/ 107.8	9.12/21.56		Grăsimi	g	3.78	7.71
	Grăsimi	g	2.59	5.54		<i>Din care</i>			
	<i>Din care</i>					* saturate	g	1.56	11.14
	* saturate	g	0.72			Glucide	g	45.25	24.86
	Glucide	g	17.85	10.27		<i>Din care</i>			
	<i>Din care</i>					*zaharuri	g	50.75	80.56
	*zaharuri	g	0.00			Proteine	g	11.33	32.38
Proteine	g	2.57	7.70	Sare	g	0.00	0.00		
Sare	g	0.33	8.33						
CASCAVAL TOPIT DE PLACERE	Valoare energetica	kJ/ kcal	2205.4/527.615	220.54/52.761	PAPANASI INDOPATI BRANZA VACI DE SI DULCEATA	Valoare energetica	kJ/ kcal	676.24/161.78	135.26/32.36
	Grăsimi	g	38.49	109.97		Grăsimi	g	3.65	20.86
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	6.34	63.35		* saturate	g	1.09	21.78
	Glucide	g	18.34	14.11		Glucide	g	23.63	36.35
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	23.05	92.18		Proteine	g	7.55	60.40
Sare	g	0.50	16.67	Sare	g	0.25	16.67		
DOVLECICA PANE CU SOS DE USTUROI	Valoare energetica	kJ/ kcal	589.17/140.956	73.65/17.62	MERE RASE-N FOI PUFOASE	Valoare energetica	kJ/ kcal	2166.87/518.39	216.69/51.84
	Grăsimi	g	8.82	31.49		Grăsimi	g	20.58	58.79
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	0.17	2.15		* saturate	g	0.00	0.00
	Glucide	g	11.54	11.10		Glucide	g	76.34	58.73
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	15.00	33.33
	Proteine	g	2.84	14.20		Proteine	g	3.43	13.70
Sare	g	0.22	9.00	Sare	g	0.00	0.00		
COASTE SFARAITE PICANTE	Valoare energetica	kJ/ kcal	703.74/ 168.36	105.54/25.25	SALATA SANATOASA DE CRUDITATI	Valoare energetica	kJ/ kcal	285.16/68.22	42.76/10.23
	Grăsimi	g	10.55	44.98		Grăsimi	g	3.60	15.43
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g				* saturate	g	0.00	0.00
	Glucide	g	14.66	16.91		Glucide	g	6.37	7.35
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.18	0.59		*zaharuri	g	0.00	0.00
	Proteine	g	2.60	15.60		Proteine	g	2.11	12.64
Sare	g	1.78	88.88	Sare	g	0.33	16.67		
PILAFOVIC	Valoare energetica	kJ/ kcal	20.59/100.62	63.07/15.09	COASTE SFARAITE	Valoare energetica	kJ/ kcal	709.2/ 168.86	105.88/25.33
	Grăsimi	g	0.25	15.33		Grăsimi	g	10.55	45.21
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	0.00	0.00		* saturate	g		
	Glucide	g	14.46	16.68		Glucide	g	14.66	16.91
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g		0.00
	Proteine	g	1.98	11.85		Proteine	g	2.60	15.60
Sare	g	0.33	16.67	Sare	g	1.78	88.88		
CARTOFI STRIVITI CU SOS DE SOFLEA	Valoare energetica	kJ/ kcal	945.97/226.31	141.91/33.946	CIORBA SATIOASA CAT O ZI DE POST	Valoare energetica	kJ/ kcal	80.47/19.25	16.09/3.85
	Grăsimi	g	7.32	31.36		Grăsimi	g	1.61	9.19
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	2.33	34.98		* saturate	g	0.02	0.33
	Glucide	g	33.50	38.65		Glucide	g	0.84	1.29
<i>Din care</i>				<i>Din care</i>					

RASPUNDERE	Din care				*zaharuri	g		0.00	0.00		
	*zaharuri	g		0.00	0.00	Proteine	g		0.22	1.76	
	Proteine	g		5.10	30.60	Sare	g		0.06	3.98	
	Sare	g		1.00	50.00						
CARTOFI GRATINATI DESAVARSIT	Valoare energetica	kJ/ kcal	1406.4/336.46	210.96/50.469	CAESAR CALARE PE PUI	Valoare energetica	kJ/ kcal	651.16/155.78	97.69/23.37		
	Grăsimi	g		18.03		77.26	Grăsimi	g		10.46	44.84
	Din care						Din care				
	*saturate	g		0.71		10.69	*saturat	g		1.34	20.16
	Glucide	g		35.53		41.00	Glucide	g		6.54	7.55
	Din care						Din care				
	*zaharuri	g		0.00		0.00	*zaharuri	g		0.00	0.00
Proteine	g		5.64	33.84	Proteine	g		7.72	46.31		
Sare	g		0.67	33.33	Sare	g		0.02	1.00		
CARTOFI PRAJITI CA-N AMERICA	Valoare energetica	kJ/ kcal	1765.5/422.37	176.56/42.237	SALATA SANATOASA DE VARZA ALBA	Valoare energetica	kJ/ kcal	62.01	38.87/9.30		
	Grăsimi	g		26.90		76.86	Grăsimi	g		3.49	14.97
	Din care						Din care				
	*saturate	g		0.00		0.00	*saturat	g		0.00	0.00
	Glucide	g		38.00		29.23	Glucide	g		5.62	6.48
	Din care						Din care				
	*zaharuri	g		0.00		0.00	*zaharuri	g		0.00	0.00
Proteine	g		4.00	16.00	Proteine	g		1.58	9.48		
Sare	g		1.00	33.33	Sare	g		0.33	16.67		
CARTOFII ROZMARIEI	Valoare energetica	kJ/ kcal	1573.06/376.335	157.29/37.6335	SALATA SANATOASA ASORTATA DE VARA	Valoare energetica	kJ/ kcal	213.35/51.04	31.98/7.65		
	Grăsimi	g		21.95		62.71	Grăsimi	g		3.52	15.09
	Din care						Din care				
	*saturate	g		0.00		0.00	*saturat	g		0.00	0.00
	Glucide	g		38.00		29.23	Glucide	g		3.22	3.71
	Din care						Din care				
	*zaharuri	g		0.00		0.00	*zaharuri	g		0.00	0.00
Proteine	g		4.00	16.00	Proteine	g		1.25	7.48		
Sare	g		1.50	50.00	Sare	g		0.67	33.33		
SALATA ZORBA	Valoare energetica	kJ/ kcal	651.16/155.78	97.68/23.36727	SALATA SANATOASA DE ARDEI CAPIATI	Valoare energetica	kJ/ kcal	94.84/22.69	14.21/3.40		
	Grăsimi	g		10.46		44.84	Grăsimi	g		0.66	2.83
	Din care						Din care				
	*saturate	g		1.34		20.16	*saturat	g		0.00	0.00
	Glucide	g		6.54		7.55	Glucide	g		0.00	0.00
	Din care						Din care				
	*zaharuri	g		0.00		0.00	*zaharuri	g		0.00	0.00
Proteine	g		7.72	46.31	Proteine	g		0.36	2.16		
Sare	g		0.02	9.33	Sare	g		0.00	0.00		
SALATA SANATOASA DE SFECLA ROSIE CU HREAN	Valoare energetica	kJ/ kcal	206.45/49.39	30.97/7.4089	ACRITURI	Valoare energetica	kJ/ kcal	47.4/11.34	3.55/0.85		
	Grăsimi	g		3.34		14.33	Grăsimi	g		0.00	0.00
	Din care						Din care				
	*saturate	g		0.00		0.00	*saturat	g		0.00	0.00
	Glucide	g		3.90		4.50	Glucide	g		2.17	1.25
	Din care						Din care				
	*zaharuri	g		0.00		0.00	*zaharuri	g		0.00	0.00
Proteine	g		0.56	3.38	Proteine	g		0.60	1.80		
Sare	g		0.00	0.00	Sare	g		1.00	25.00		
GRISULET DE LA BUNICA	Valoare energetica	kJ/ kcal	504.94/120.8	75.74/18.12062	DULCEATA DE LA AFINE CLATITA	Valoare energetica	kJ/ kcal	1511.4/361.58	107.97/25.82		
	Grăsimi	g		1.53		6.55	Grăsimi	g		3.78	7.71
	Din care			0.00			Din care				
	*saturate	g		0.47		7.01	*saturat	g		1.56	11.14
	Glucide	g		21.90		25.27	Glucide	g		68.28	37.52
	Din care			0.00			Din care				
	*zaharuri	g		8.33		27.78	*zaharuri	g		57.75	91.67
Proteine	g		1.64	9.82	Proteine	g		11.33	32.38		
Sare	g		0.08	4.21	Sare	g		0.00	0.00		
LEGUME NAZDRAVANE TRASE IN TIGAI	Valoare energetica	kJ/ kcal	405.88/97.1	50.74/12.138	MAMALIGUTA CU UNT SI BRANZA DE VACI ALINTATA CU SMANTANA CREMOASA	Valoare energetica	kJ/ kcal	372,5/ 86.69	92.67/22.1725		
	Grăsimi	g		5.38		19.21	Grăsimi	g		4.13	29.47
	Din care						Din care				
	*saturate	g		0.00		0.00	*saturat	g		2.65	66.30
	Glucide	g		9.28		8.92	Glucide	g		5.99	11.52
	Din care						Din care				
	*zaharuri	g		0.00		0.00	*zaharuri	g		0.00	0.00
Proteine	g		2.20	11.00	Proteine	g		5.71	57.14		
Sare	g		0.60	25.00	Sare	g		0.07	5.50		
INVARTITURA	Valoare energetica	kJ/ kcal	1238.2/296.22	123.81/29.622	PUI BURGARIT	Valoare energetica	kJ/ kcal	1919/ 456	163.02/39		
	Grăsimi	g		20.22		57.77	Grăsimi	g		21.20	46.00
	Din care						Din care				
	*saturate	g		0.00		0.00	*saturat	g		2.80	30.00
					Glucide	g		5.50	43.00		

DE FASOLE CU CEAPA CALITA	Glucide	g	19.12	14.71
	<i>Din care</i>			
	*zaharuri	g	0.00	0.00
	Proteine	g	7.27	29.08
	Sare	g	0.75	25.00
VITA BURGARITA	Valoare energeti	kJ/ kcal	2235/ 536	163.02/39
	Grăsimi	g	29.00	63.00
	<i>Din care</i>			
	* saturate	g	5.40	53.00
	Glucide	g	21.60	36.00
	<i>Din care</i>			
	*zaharuri	g	1.40	16.00
	Proteine	g	12.90	52.00
	Sare	g	1.99	67.00

<i>Din care</i>			
*zaharuri	g	3.70	23.00
Proteine	g	11.40	58.00
Sare	g	1.72	69.00

Data:15.01.2019