

Valori energetice si nutritive					Valori energetice si nutritiv				
Denumire produs	Valoare nutritivă	per 100 g		% din DZR	Denumire produs	Valoare	per 100 g		
			per porție	per porție					
PULPE DE PUI DESIRATE DE PE OS, LA GRATAR	Valoare energeti	kJ/ kcal	813,8 / 193.76	2441,37 / 581.28	29.06	SNITZELWICH	Valoare energeti	kJ/ kcal	807.03 / 193.07
	Grăsimi	g	13.45	40.35	57.64		Grăsimi	g	7.84
	<i>Din care</i>						<i>Din care</i>		
	* saturate	g	8.50	25.50	127.50		* saturat	g	0.00
	Glucide	g		0.00	0.00		Glucide	g	21.38
	<i>Din care</i>						<i>Din care</i>		
	*zaharuri	g		0.00	0.00		*zaharuri	g	0.00
	Proteine	g	16.75	50.25	100.50		Proteine	g	7.94
Sare	g	0.33	1.00	16.67	Sare	g	0.11		
							* cu chabatta inclusă		
PIEPT DE PUI PE BAT	Valoare energeti	kJ/ kcal	487,2/116	1462 /348	17.40	OMLETOWICH	Valoare energeti	kJ/ kcal	799.5 / 191.27
	Grăsimi	g	6.46	19.40	27.71		Grăsimi	g	6.17
	<i>Din care</i>						<i>Din care</i>		
	* saturate	g	1.38	4.16	20.80		* saturat	g	0.00
	Glucide	g	1.60	4.81	1.85		Glucide	g	24.10
	<i>Din care</i>						<i>Din care</i>		
	*zaharuri	g	0.00	0.00	0.00		*zaharuri	g	0.00
	Proteine	g	11.85	35.55	71.10		Proteine	g	8.56
Sare	g	0.14	0.43	7.17	Sare	g	0.34		
							* cu chabatta inclusa		
MARIII MITITEI	Valoare energeti	kJ/ kcal	487,2 / 116	3272,64 / 779.2	38.96	GRECOWICH	Valoare energeti	kJ/ kcal	897.44 /214.7
	Grăsimi	g	19.00	60.80	86.86		Grăsimi	g	8.44
	<i>Din care</i>		0.00				<i>Din care</i>		
	* saturate	g	19.00	60.80	304.00		* saturat	g	0.00
	Glucide	g	2.30	7.36	2.83		Glucide	g	25.22
	<i>Din care</i>		0.00				<i>Din care</i>		
	*zaharuri	g	2.30	7.36	8.18		*zaharuri	g	0.00
	Proteine	g	14.00	44.80	89.60		Proteine	g	8.02
Sare	g	0.93	2.98	49.67	Sare	g	0.34		
							* cu chabatta inclusa		
PUR SI SIMPLU GRATAR DE PUI	Valoare energeti	kJ/ kcal	487,2/116	581,28 / 2441,37	29.064	PENNE PATRAT	Valoare energeti	kJ/ kcal	1843.71/441.08
	Grăsimi	g	16.14	40.35	57.64		Grăsimi	g	22.40
	<i>Din care</i>		0				<i>Din care</i>		
	* saturate	g	10.2	25.5	127.50		* saturat	g	0.00
	Glucide	g	0	0	0.00		Glucide	g	46.24
	<i>Din care</i>		0				<i>Din care</i>		
	*zaharuri	g	0	0	0.00		*zaharuri	g	0.00
	Proteine	g	20.1	50.25	100.50		Proteine	g	10.53
Sare	g	0.4	1	16.67	Sare	g	0.67		
							* cu chabatta inclusa		
CARNATI FUMURI GRATAR	Valoare energeti	kJ/ kcal	116 / 487,2	3327,66 / 792.3	39.615	PENNE SPRINGTENE	Valoare energeti	kJ/ kcal	875.04/209.34
	Grăsimi	g	11.47	51.6	73.71		Grăsimi	g	6.21
	<i>Din care</i>		0.00				<i>Din care</i>		
	* saturate	g	11.47	51.6	258.00		* saturat	g	0.00
	Glucide	g	11.27	50.7	19.50		Glucide	g	28.58
	<i>Din care</i>		0.00				<i>Din care</i>		
	*zaharuri	g	0.00	0	0.00		*zaharuri	g	0.00
	Proteine	g	5.67	25.5	51.00		Proteine	g	8.41
Sare	g	1.00	4.5	75.00	Sare	g	0.00		
							* cu chabatta inclusa		
NUGGETS FRAGEDE DE PUI	Valoare energeti	kJ/ kcal	879,5/ 209.4	628,2 / 2638,5	31.41	CARBONARA	Valoare energeti	kJ/ kcal	1501.28/359.16
	Grăsimi	g	10.10	30.31	43.30		Grăsimi	g	15.10
	<i>Din care</i>						<i>Din care</i>		
	* saturate	g	4.97	14.92	74.60		* saturat	g	0.00
	Glucide	g	19.03	57.09	21.96		Glucide	g	41.75
	<i>Din care</i>						<i>Din care</i>		
	*zaharuri	g	8.00	24.00	26.67		*zaharuri	g	0.00
	Proteine	g	9.13	27.39	54.78		Proteine	g	11.59
Sare	g	1.47	4.40	73.33	Sare	g	0.00		
							* cu chabatta inclusa		
FILE DE PORC SUB ACOPERIRE	Valoare energeti	kJ/ kcal	1861,4 / 443.2	4627 / 1108.8	55.02	PENNELOGNES	Valoare energeti	kJ/ kcal	737.56/176.45
	Grăsimi	g	15.85	39.63	56.61		Grăsimi	g	4.65
	<i>Din care</i>						<i>Din care</i>		
	* saturate	g	7.89	19.73	98.65		* saturat	g	0.00
	Glucide	g	3.74	9.35	3.60		Glucide	g	27.54
	<i>Din care</i>						<i>Din care</i>		
	*zaharuri	g	0.40	1.00	1.11		*zaharuri	g	0.00
	Proteine	g	18.63	46.57	93.14		Proteine	g	4.94
Sare	g	0.40	1.00	16.67	Sare	g			
							* cu chabatta inclusa		
	Valoare energeti	kJ/ kcal	143,50 / 602,7	717,52 / 3013	35.88				
	Grăsimi	g	7.00	35.00	50.00				

SARMALE INFOFOLITE-N FOI DE VARZA	<i>Din care</i>					Sare	g	0.00
	* saturate	g	1.74	8.70	43.50	Valoare energetică	kJ/ kcal	1235.06/295.47
	Glucide	g	13.56	67.80	26.08	Grăsimi	g	13.97
	<i>Din care</i>					<i>Din care</i>		
	*zaharuri	g	0.00	0.00	0.00	* saturat	g	1.68
	Proteine	g	4.56	22.80	45.60	Glucide	g	26.09
SARMALE FARA PACATE	Sare	g	0.40	2.00	33.33	<i>Din care</i>		
	Valoare energeti	kJ/ kcal	494,34 / 117.7	2471,7 / 588.5	29.43	*zaharuri	g	0.00
	Grăsimi	g	4.34	21.68	30.97	Proteine	g	14.28
	<i>Din care</i>					Sare	g	0.18
	* saturate	g	0.00	0.00	0.00	Valoare energetică	kJ/ kcal	954.96/228.46
	Glucide	g	16.29	81.44	31.32	Grăsimi	g	6.19
	<i>Din care</i>					<i>Din care</i>		
	*zaharuri	g	0.00	0.00	0.00	* saturat	g	1.82
	Proteine	g	2.58	12.92	25.84	Glucide	g	17.91
	Sare	g	0.40	2.00	33.33	<i>Din care</i>		
MASA JUPANULUI	* cu 150 g mămliguță și 70 g varză călită					*zaharuri	g	0.00
	Valoare energeti	kJ/ kcal	690 / 164.3	2070 / 493	18.26	Proteine	g	23.77
	Grăsimi	g	8.59	25.78	36.83	Sare	g	1.17
	<i>Din care</i>					Valoare energetică	kJ/ kcal	328.82
	* saturate	g	0.01	0.03	0.15	Grăsimi	g	7.76
	Glucide	g	2.01	6.02	2.32	<i>Din care</i>		
	<i>Din care</i>					* saturat	g	0.00
	*zaharuri	g	0.00	0.00	0.00	Glucide	g	124.80
	Proteine	g	18.62	55.85	111.70	<i>Din care</i>		
	Sare	g	1.00	3.00	50.00	*zaharuri	g	0.00
PUI INVELIT CU VINETE	Valoare energeti	kJ/ kcal	936,22 / 222.91	2808,75 / 668.75	18.26	Proteine	g	18.00
	Grăsimi	g	17.70	53.09	75.84	Sare	g	4.00
	<i>Din care</i>					Valoare energetică	kJ/ kcal	171./940.93
	* saturate	g	1.42	4.26	21.30	Grăsimi	g	1.19
	Glucide	g	2.84	8.51	3.27	<i>Din care</i>		
	<i>Din care</i>					* saturat	g	0.00
	*zaharuri	g	0.00	0.00	0.00	Glucide	g	6.40
	Proteine	g	11.39	34.18	68.36	<i>Din care</i>		
	Sare	g	0.33	1.00	16.67	*zaharuri	g	0.00
	CEAFA RASFATATA CU MAMALIGUTA	Valoare energeti	kJ/ kcal	1614.56/386.26	3229.13/772.52	18.26	Proteine	g
Grăsimi		g	33.77	67.54	96.49	Sare	g	0.00
<i>Din care</i>						Valoare energetică	kJ/ kcal	376.79/90.14
* saturate		g	6.21	12.41	62.05	Grăsimi	g	5.79
Glucide		g	1.26	2.52	0.97	<i>Din care</i>		
<i>Din care</i>						* saturat	g	1.04
*zaharuri		g	0.00	0.00	0.00	Glucide	g	4.83
Proteine		g	16.35	32.70	65.40	<i>Din care</i>		
Sare		g	0.50	1.00	16.67	*zaharuri	g	0.00
mamaliga, 150 g						Proteine	g	4.03
VITA CU VERDE LA PIPER	Valoare energetică	kJ/ kcal	45.22	67.83	3.39	Sare	g	0.33
	Grăsimi	g	0.06	0.09	0.06	Valoare energetică	kJ/ kcal	316.26/75.66
	<i>Din care</i>					Grăsimi	g	3.52
	* saturate	g	0.00	0.00	0.00	<i>Din care</i>		
	Glucide	g	9.61	14.42	37.49	* saturat	g	0.18
	<i>Din care</i>					Glucide	g	3.42
	*zaharuri	g	0.00	0.00	0.00	<i>Din care</i>		
	Proteine	g	1.28	1.92	0.96	*zaharuri	g	0.00
	Sare	g	0.67	1.00	0.06	Proteine	g	7.05
	VINETE IMBRATICATE	Valoare energeti	kJ/ kcal	560.74/134.15	1682.24/402.45	18.26	Sare	g
Grăsimi		g	9.30	27.91	39.87	Valoare energetică	kJ/ kcal	283.82/67.9
<i>Din care</i>						Grăsimi	g	3.32
* saturate		g	1.67	5.02	25.10	<i>Din care</i>		
Glucide		g	4.00	12.00	4.62	* saturat	g	0.06
<i>Din care</i>						Glucide	g	2.43
*zaharuri		g	0.00	0.00	0.00	<i>Din care</i>		
Proteine		g	7.62	22.85	45.70	*zaharuri	g	0.00
Sare		g	0.33	1.00	16.67	Proteine	g	6.61
SARMALE INFOFOLITE-N FOI DE VARZA		Valoare energeti	kJ/ kcal	287,3/ 64.8	680/ 162	18.26	Sare	g
	Grăsimi	g	4.17	10.43	14.90	Valoare energetică	kJ/ kcal	192.9/46.15
	<i>Din care</i>					Grăsimi	g	3.02
	* saturate	g	0.00	0.00	0.00	<i>Din care</i>		
SARMALE FARA PACATE	Valoare energeti	kJ/ kcal	690 / 164.3	2070 / 493	18.26	* saturat	g	0.00
	Grăsimi	g	8.59	25.78	36.83	Glucide	g	2.40
	<i>Din care</i>							
	*zaharuri	g	0.00	0.00	0.00			
MASA JUPANULUI	Valoare energeti	kJ/ kcal	936,22 / 222.91	2808,75 / 668.75	18.26			
	Grăsimi	g	17.70	53.09	75.84			
	<i>Din care</i>							
	* saturate	g	1.42	4.26	21.30			
PUI INVELIT CU VINETE	Valoare energeti	kJ/ kcal	1614.56/386.26	3229.13/772.52	18.26			
	Grăsimi	g	33.77	67.54	96.49			
	<i>Din care</i>							
	* saturate	g	6.21	12.41	62.05			
CEAFA RASFATATA CU MAMALIGUTA	Valoare energeti	kJ/ kcal	45.22	67.83	3.39			
	Grăsimi	g	0.06	0.09	0.06			
	<i>Din care</i>							
	* saturate	g	0.00	0.00	0.00			
VITA CU VERDE LA PIPER	Valoare energeti	kJ/ kcal	560.74/134.15	1682.24/402.45	18.26			
	Grăsimi	g	9.30	27.91	39.87			
	<i>Din care</i>							
	* saturate	g	1.67	5.02	25.10			
VINETE IMBRATICATE	Valoare energeti	kJ/ kcal	287,3/ 64.8	680/ 162	18.26			
	Grăsimi	g	4.17	10.43	14.90			
	<i>Din care</i>							
	* saturate	g	0.00	0.00	0.00			

IMBRATISATE CU ROSII	Glucide	g	5.06	12.64	4.86	CU BUSTUC CU CRUTOANE	Din care		
	<i>Din care</i>						*zaharuri	g	0.00
	*zaharuri	g	0.00	0.00	0.00		Proteine	g	2.02
	Proteine	g	1.29	3.23	6.46		Sare	g	0.35
CLATITE SATURATE CU PUI SI CIUPERCI GRATINATE	Valoare energeti	kJ/ kcal	2150 / 512.65	5380,2/ 1281.64	64.08	CIOCOLATA LA CLATITA	Valoare €	kJ/ kcal	1386.46/331.69
	Grăsimi	g	40.46	101.15	144.50		Grăsimi	g	9.56
	<i>Din care</i>						<i>Din care</i>		
	* saturate	g	3.28	8.20	41.00		* saturat	g	1.56
	Glucide	g	10.15	25.38	9.76		Glucide	g	46.72
	<i>Din care</i>						<i>Din care</i>		
	*zaharuri	g	0.00	0.00	0.00		*zaharuri	g	55.65
	Proteine	g	21.56	53.90	107.80		Proteine	g	12.51
Sare	g	0.01	0.03	0.50	Sare	g	0.00		
PUR SI SIMPLU MAMALIGA	Valoare nutritivă	per 100 g		per portie	% din DZR p	DULCEATA DE VISINE LA CLATITA	Valoare €	kJ/ kcal	1116.69 /267.15
	Valoare energeti	kJ/ kcal	452,76/ 107.8	678 / 161.6	2156.00		Grăsimi	g	3.78
	Grăsimi	g	2.59	3.88	5.54		<i>Din care</i>		
	<i>Din care</i>						* saturat	g	1.56
	* saturate	g	0.72	1.00			Glucide	g	45.25
	Glucide	g	17.85	26.70	10.27		<i>Din care</i>		
	<i>Din care</i>						*zaharuri	g	50.75
	*zaharuri	g	0.00				Proteine	g	11.33
	Proteine	g	2.57	3.85	7.70		Sare	g	0.00
Sare	g	0.33	0.50	8.33					
CASCAVAL TOPIT DE PLACERE	Valoare energeti	kJ/ kcal	2205.4/527.615	4410.86/1055.23	52.76	PAPANASI INDOPATI CU BRANZA DE VACI SI DULCEATA	Valoare €	kJ/ kcal	676.24/161.78
	Grăsimi	g	38.49	76.98	109.97		Grăsimi	g	3.65
	<i>Din care</i>						<i>Din care</i>		
	* saturate	g	6.34	12.67	63.35		* saturat	g	1.09
	Glucide	g	18.34	36.68	14.11		Glucide	g	23.63
	<i>Din care</i>						<i>Din care</i>		
	*zaharuri	g	0.00	0.00	0.00		*zaharuri	g	0.00
	Proteine	g	23.05	46.09	92.18		Proteine	g	7.55
Sare	g	0.50	1.00	16.67	Sare	g	0.25		
DOVLECICA PANE CU SOS DE USTUROI	Valoare energeti	kJ/ kcal	589.17/140.956	1472.99/352.39	17.62	MERE RASE-N FOI PUFOASE	Valoare €	kJ/ kcal	2166.87/518.39
	Grăsimi	g	8.82	22.04	31.49		Grăsimi	g	20.58
	<i>Din care</i>						<i>Din care</i>		
	* saturate	g	0.17	0.43	2.15		* saturat	g	0.00
	Glucide	g	11.54	28.86	11.10		Glucide	g	76.34
	<i>Din care</i>						<i>Din care</i>		
	*zaharuri	g	0.00	0.00	0.00		*zaharuri	g	15.00
	Proteine	g	2.84	7.10	14.20		Proteine	g	3.43
Sare	g	0.22	0.54	9.00	Sare	g	0.00		
PLATOU IN DOI	Valoare energeti	kJ/ kcal	366.58/87.7056	3666.06/877.056	43.85	SALATA SANATOASA DE CRUDITATI	Valoare €	kJ/ kcal	285.16/68.22
	Grăsimi	g	5.17	51.72	73.89		Grăsimi	g	3.60
	<i>Din care</i>						<i>Din care</i>		
	* saturate	g	1.36	13.61	68.04		* saturat	g	0.00
	Glucide	g	3.82	38.23	14.70		Glucide	g	6.37
	<i>Din care</i>						<i>Din care</i>		
	*zaharuri	g	0.00	0.00	0.00		*zaharuri	g	0.00
	Proteine	g	5.84	58.37	116.74		Proteine	g	2.11
Sare	g	0.40	4.00	66.67	Sare	g	0.33		
PILAFOVIC	Valoare energeti	kJ/ kcal	20.59/100.62	1261.81/301.87	15.09	FARFALLE HOT	Valoare €	kJ/ kcal	1583.8/378.9
	Grăsimi	g	0.25	10.73	15.33		Grăsimi	g	13.52
	<i>Din care</i>						<i>Din care</i>		
	* saturate	g	0.00	0.00	0.00		* saturat	g	1.45
	Glucide	g	14.46	43.38	16.68		Glucide	g	46.41
	<i>Din care</i>						<i>Din care</i>		
	*zaharuri	g	0.00	0.00	0.00		*zaharuri	g	0.00
	Proteine	g	1.98	5.93	11.85		Proteine	g	15.33
Sare	g	0.33	1.00	16.67	Sare	g	0.34		
CARTOFI STRIVITI CU SPIRIT DE	Valoare energeti	kJ/ kcal	945.97/226.31	2837.88/678.92	33.95	CIORBA SATIOASA CAT O ZI DE POST	Valoare €	kJ/ kcal	80.47/19.25
	Grăsimi	g	7.32	21.95	31.36		Grăsimi	g	1.61
	<i>Din care</i>						<i>Din care</i>		
	* saturate	g	2.33	7.00	34.98		* saturat	g	0.02
	Glucide	g	33.50	100.50	38.65		Glucide	g	0.84
<i>Din care</i>					<i>Din care</i>				

INVARTITURA DE FASOLE CU CEAPA CALITA	* saturate	g	0.00	0.00	0.00
	Glucide	g	19.12	38.24	14.71
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	7.27	14.54	29.08
	Sare	g	0.75	1.50	25.00

Data: 22.03.2018

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per porție	% din DZR per porție
4035.16 / 965.35	48.27
39.18	55.97
0.00	0.00
106.90	41.12
0.00	0.00
39.68	79.36
0.55	9.17
2398.6 / 573.83	28.69
18.51	26.44
0.00	0.00
72.30	27.81
0.00	0.00
25.69	51.38
1.01	16.83
2692.33 / 644.1	32.21
25.31	36.15
0.00	0.00
75.65	29.10
0.00	0.00
24.05	48.10
1.01	16.83
5531.01/1323.23	66.16
67.20	96.00
0.00	0.00
138.73	53.36
0.00	0.00
31.58	63.16
2.01	33.50
3062.68/732.7	36.64
21.72	31.03
0.00	0.00
100.02	38.47
0.00	0.00
29.42	58.84
0.01	0.17
5254.47/1257.05	62.85
52.86	75.51
0.00	0.00
146.12	56.20
0.00	0.00
40.58	81.15
0.01	0.17
2581.53/ 617.59	30.88
16.29	23.27
0.00	0.00
96.40	37.08
0.00	0.00
17.28	34.56

0.01	0.17
3705.15 /886.4	44.32
41.91	59.87
5.05	25.25
78.28	30.11
0.00	0.00
42.85	85.70
0.54	9.00
1909.93/456.92	22.85
12.39	17.69
3.64	18.18
35.82	13.78
0.00	0.00
47.53	95.06
2.34	39.00
164.41	8.22
3.88	5.54
0.00	0.00
62.40	24.00
0.00	0.00
9.00	18.00
2.00	33.33
684.31/163.71	8.19
4.77	6.81
	0.00
25.58	9.84
	0.00
3.53	7.07
0.01	0.14
1507.1/360.55	18.03
23.15	33.07
4.16	20.79
19.33	7.43
0.00	0.00
16.11	32.21
1.33	22.22
1265.12/302.66	15.13
14.09	20.12
0.73	3.63
13.68	5.26
0.00	0.00
28.18	56.37
1.33	22.22
1135.25/271.59	13.58
13.27	18.95
0.23	1.16
9.71	3.73
0.00	0.00
26.45	52.89
1.42	23.61
771.63/184.6	9.23
12.07	17.24
0.00	0.00
9.59	3.69

0.00	0.00
8.07	16.13
1.42	23.61
1980.69/473.85	23.69
13.65	19.50
2.23	11.14
66.75	25.67
79.50	88.33
17.87	35.73
0.00	0.00
1595.3/381.65	19.08
5.40	7.71
2.23	11.14
64.65	24.86
72.50	80.56
16.19	32.38
0.00	0.00
2705/647.13	32.36
14.60	20.86
4.36	21.78
94.52	36.35
0.00	0.00
30.20	60.40
1.00	16.67
4333.78/1036.79	51.84
41.15	58.79
0.00	0.00
152.69	58.73
30.00	33.33
6.85	13.70
0.00	0.00
855.48/204.66	10.23
10.80	15.43
0.00	0.00
19.10	7.35
0.00	0.00
6.32	12.64
1.00	16.67
4751.4/1136.7	56.84
40.57	57.96
4.34	21.70
139.24	53.55
0.00	0.00
45.98	91.96
1.01	16.83
321.86/77	3.85
6.44	9.19
0.07	0.33
3.35	1.29

	0.00
0.88	1.76
0.24	3.98
1953.52/467.35	23.37
31.39	44.84
4.03	20.16
19.63	7.55
0.00	0.00
23.16	46.31
0.06	1.00
186.02	9.30
10.48	14.97
0.00	0.00
16.86	6.48
0.00	0.00
4.74	9.48
1.00	16.67
640/153.11	7.66
10.56	15.09
0.00	0.00
9.65	3.71
0.00	0.00
3.74	7.48
2.00	33.33
284.49/68.06	3.40
1.98	2.83
0.00	0.00
0.00	0.00
0.00	0.00
1.08	2.16
0.00	0.00
71.14/17.02	0.85
0.00	0.00
0.00	0.00
3.25	1.25
0.00	0.00
0.90	1.80
1.50	25.00
2159.14/516.54	25.83
5.40	7.71
2.23	11.14
97.55	37.52
82.50	91.67
16.19	32.38
0.00	0.00
1883,49 / 443.45	22.17
20.63	29.47
13.26	66.30
29.95	11.52
0.00	0.00
28.57	57.14
0.33	5.50
