

Valori energetice si nutritive					Valori energetice si nutritive				
Denumire produs	Valoare nutritivă		per 100 g	% din DZR per porție	Denumire produs	Valoare nutritivă		per 100 g	% din DZR per porție
SALATA CHINEZEASCA	Valoare energetică	kJ/ kcal	169.7/41.39	25.96/6.21	FURNICI IN COPAC light (cu carne de pui)	Valoare energetică	kJ/ kcal	979.33/234.29	146.88/35.14
	Grăsimi	g	1.87	8.00		Grăsimi	g	5.95	25.50
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	0.00	0.00		* saturate	g	0.84	12.62
	Glucide	g	4.50	5.19		Glucide	g	37.43	43.18
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	1.37	8.20		Proteine	g	6.22	37.32
Sare	g	1.33	66.67	Sare	g	1.33	66.67		
SALATA HUANG GUA	Valoare energetică	kJ/ kcal	169.62/40.58	16.97/4.06	URECHI DE LEMN IN SOS CHINA	Valoare energetică	kJ/ kcal	293.31/70.17	44.01/10.53
	Grăsimi	g	2.64	7.54		Grăsimi	g	3.80	16.27
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	0.00	0.00		* saturate	g	0.00	0.00
	Glucide	g	3.91	3.01		Glucide	g	4.78	5.52
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	0.00	0.00		Proteine	g	3.72	22.34
Sare	g	1.50	50.00	Sare	g	1.33	66.67		
SALATA URECHI DE LEMN CU URECHI DE LEMN	Valoare energetică	kJ/ kcal	264.93/63.38	19.85/4.75	SPAGHETE DE OREZ CU LEGUME	Valoare energetică	kJ/ kcal	1344.75/321.7	201.73/48.26
	Grăsimi	g	3.65	7.81		Grăsimi	g	15.34	65.74
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	0.00	0.00		* saturate	g	2.33	35.00
	Glucide	g	3.79	2.18		Glucide	g	35.04	40.43
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	3.40	10.20		Proteine	g	8.63	51.80
Sare	g	2.00	50.00	Sare	g	1.67	83.33		
SALATA DE MARE IARBA	Valoare energetică	kJ/ kcal	321.32/76.87	48.19/11.53	CARTOFI CU URECHI DE LEMN	Valoare energetică	kJ/ kcal	1348.26/322.5	202.23/48.38
	Grăsimi	g	3.18	13.64		Grăsimi	g	13.17	56.46
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	0.12	1.75		* saturate	g	0.00	0.00
	Glucide	g	8.67	10.00		Glucide	g	42.29	48.80
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	2.87	17.20		Proteine	g	6.50	38.98
Sare	g	1.33	66.67	Sare	g	1.67	83.33		
PACHETELE DE PRIMAVARA	Valoare energetică	kJ/ kcal	1494.18/357	160.64/38.43	PUI TUSHIN	Valoare energetică	kJ/ kcal	1594.59/381.4	239.18/57.22
	Grăsimi	g	33.36	102.46		Grăsimi	g	28.12	120.51
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	5.13	55.10		* saturate	g	0.00	0.00
	Glucide	g	9.73	8.05		Glucide	g	20.31	23.43
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	1.79	7.68		Proteine	g	8.95	53.72
Sare	g	0.09	3.33	Sare	g	0.67	33.33		

PUI SHANGHAI	Valoare energetică	kJ/ kcal	2108.22/504	247.7/59.26	RATA IN SOS CHINEZESC	Valoare energetică	kJ/ kcal	1204.93/288.2	180.74/43.24
	Grăsimi	g	34.99	117.48		Grăsimi	g	12.72	54.50
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	0.02	0.25		* saturate	g	1.34	20.13
	Glucide	g	36.51	33.00		Glucide	g	28.59	32.99
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	7.12	33.48		Proteine	g	12.87	77.24
Sare	g	0.66	25.68	Sare	g	1.33	66.67		
PACHETELE CU LEGUME	Valoare energetică	kJ/ kcal	1424.75/340	153.15/36.64	PUI CU CARTOFI PICANTI	Valoare energetică	kJ/ kcal	1342.9/321.27	201.43/48.19
	Grăsimi	g	31.57	96.97		Grăsimi	g	23.01	98.63
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	4.23	45.50		* saturate	g	1.12	16.83
	Glucide	g	9.73	8.05		Glucide	g	17.45	20.13
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	1.79	7.68		Proteine	g	8.71	52.24
Sare	g	0.09	3.33	Sare	g	1.67	83.33		
PUI SHANGHAI CONDIMENTAT	Valoare energetică	kJ/ kcal	2108.22/504	247.7/59.26	LEGUME SICHUAN	Valoare energetică	kJ/ kcal	429.16/102.67	64.37/15.4
	Grăsimi	g	34.99	117.48		Grăsimi	g	8.53	36.55
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	0.02	0.25		* saturate	g	0.00	0.00
	Glucide	g	36.51	33.00		Glucide	g	3.87	4.46
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	7.12	33.48		Proteine	g	1.83	10.99
Sare	g	0.66	25.68	Sare	g	0.00	0.00		
MIXT PRAJIT	Valoare energetică	kJ/ kcal	1842.21/440	276.34/66.11	SOS SOIA	Valoare energetică	kJ/ kcal	493.74/118.12	9.86/2.36
	Grăsimi	g	34.80	149.12		Grăsimi	g	12.50	7.14
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	5.37	80.50		* saturate	g		0.00
	Glucide	g	11.87	13.70		Glucide	g	0.46	0.07
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	16.70	100.18		Proteine	g	0.00	0.00
Sare	g	0.51	25.68	Sare	g	0.00	0.00		
PUI PE PLITA INCINSA	Valoare energetică	kJ/ kcal	753.07/180.1	112.94/27.02	SOS DULCE ACRISOR	Valoare energetică	kJ/ kcal	213.09/50.98	5.31/1.27
	Grăsimi	g	12.11	51.90		Grăsimi	g	1.00	0.71
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	1.12	16.83		* saturate	g	0.00	0.00
	Glucide	g	8.31	9.59		Glucide	g	10.08	1.94
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	8.16	48.98		Proteine	g	0.09	0.09
Sare	g	0.33	16.67	Sare	g	0.00	0.00		
VITA PE PLITA INCINSA	Valoare energetică	kJ/ kcal	653.54/156.3	98.02/23.45	VITA TUSHIN	Valoare energetică	kJ/ kcal	1614.27/386.1	242.15/57.93
	Grăsimi	g	9.45	40.51		Grăsimi	g	28.05	120.23
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	0.24	3.63		* saturate	g	1.33	20.00
	Glucide	g	8.35	9.63		Glucide	g	20.31	23.43

		<i>Din care</i>						<i>Din care</i>				
		*zaharuri	g	0.00	0.00			*zaharuri	g	0.00	0.00	
		Proteine	g	8.35	50.08			Proteine	g	10.25	61.52	
		Sare	g	0.33	16.67			Sare	g	0.67	33.33	
OREZ SIMPLU		Valoare				SALATA	CU	Valoare				
		energetică	kJ/ kcal	1479.38/353	184.92/44.24			NOODLES	energetică	kJ/ kcal	1351.69/323.3	202.77/48.51
		Grăsimi	g	1.20	4.29			GAN	Grăsimi	g	19.73	84.57
		<i>Din care</i>						<i>Din care</i>				
		* saturate	g	0.00	0.00			SU	* saturate	g	2.33	35.00
		Glucide	g	75.50	72.60				Glucide	g	26.72	30.83
		<i>Din care</i>						<i>Din care</i>				
		*zaharuri	g	0.00	0.00				*zaharuri	g	0.00	0.00
		Proteine	g	8.10	40.50			Proteine	g	7.39	44.34	
		Sare	g	0.00	0.00			Sare	g	0.00	0.00	
OREZ BEIJING		Valoare				PUI	SICHUAN	Valoare				
		energetică	kJ/ kcal	1457.23/348	182.16/43.58				energetică	kJ/ kcal	756.04/180.87	113.4/27.13
		Grăsimi	g	8.47	30.26				Grăsimi	g	15.17	65.01
		<i>Din care</i>						<i>Din care</i>				
		* saturate	g	0.00	0.00				* saturate	g	0.00	0.00
		Glucide	g	54.92	52.81				Glucide	g	2.19	2.53
		<i>Din care</i>						<i>Din care</i>				
		*zaharuri	g	0.00	0.00				*zaharuri	g	0.00	0.00
		Proteine	g	10.89	54.46			Proteine	g	7.52	45.10	
		Sare	g	1.60	66.67			Sare	g	0.00	0.00	
OREZ WU XING		Valoare				SALATA	CU	Valoare				
		energetică	kJ/ kcal	1410.04/337	176.27/42.17			NOODLES	energetică	kJ/ kcal	1351.69/323.3	202.77/48.51
		Grăsimi	g	5.08	18.14			GAN	Grăsimi	g	19.73	84.57
		<i>Din care</i>						<i>Din care</i>				
		* saturate	g	0.00	0.00			SU	* saturate	g	2.33	35.00
		Glucide	g	63.13	60.70				Glucide	g	26.72	30.83
		<i>Din care</i>						<i>Din care</i>				
		*zaharuri	g	0.00	0.00				*zaharuri	g	0.00	0.00
		Proteine	g	7.62	38.10			Proteine	g	7.39	44.34	
		Sare	g	1.60	66.67			Sare	g	0.00	0.00	
OREZ CU OU		Valoare				SUPA	IUTE	Valoare				
		energetică	kJ/ kcal	1494.27/357	186.8/44.69			ACRISOARA	energetică	kJ/ kcal	238.3/57.01	55.38/13.25
		Grăsimi	g	7.38	26.34			FA	Grăsimi	g	3.39	22.51
		<i>Din care</i>						<i>Din care</i>				
		* saturate	g	0.00	0.00				* saturate	g	0.21	4.95
		Glucide	g	61.07	58.72				Glucide	g	2.98	5.33
		<i>Din care</i>						<i>Din care</i>				
		*zaharuri	g	0.00	0.00				*zaharuri	g	0.00	0.00
		Proteine	g	9.39	46.95			Proteine	g	3.24	30.11	
		Sare	g	1.60	66.67			Sare	g	0.86	66.67	
OREZ LEGUME	CU	Valoare				SUPA	BAMBUS	Valoare				
		energetică	kJ/ kcal	1403.81/335	175.48/41.98			CU	energetică	kJ/ kcal	236.96/56.69	59.23/14.17
		Grăsimi	g	5.09	18.19			VITA	Grăsimi	g	2.33	16.64
		<i>Din care</i>						<i>Din care</i>				
		* saturate	g	0.00	0.00				* saturate	g	0.00	0.00
		Glucide	g	63.15	60.73				Glucide	g	2.86	5.50
		<i>Din care</i>						<i>Din care</i>				
		*zaharuri	g	0.00	0.00				*zaharuri	g	0.00	0.00
		Proteine	g	7.21	36.04			Proteine	g	5.68	56.81	
		Sare	g	1.60	66.67			Sare	g	0.80	66.67	
		Valoare						Valoare				
		energetică	kJ/ kcal	1312.14/313	164.02/39.24			energetică	kJ/ kcal	688.82/164.79	103.33/24.72	

OREZ LEGUME SI OU CU	Grăsimi	g	7.30	26.09	PUI SPECIALITATEA CASEI	Grăsimi	g	12.05	51.65
	Din care					Din care			
	* saturate	g	0.79	9.90		* saturate	g	1.12	16.83
	Glucide	g	51.26	49.29		Glucide	g	4.38	5.06
	Din care					Din care			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	8.73	43.66		Proteine	g	8.47	50.84
	Sare	g	1.60	66.67		Sare	g	1.33	66.67
PUI GONG BAO	Valoare energetică	kJ/ kcal	1050.73/251	157.63/37.71	SOS IUTE	Valoare energetică	kJ/ kcal	75.37/18.03	1.5/0.36
	Grăsimi	g	19.98	85.62		Grăsimi	g	1.56	0.89
	Din care					Din care			
	* saturate	g	1.12	16.83		* saturate	g		0.00
	Glucide	g	6.52	7.52		Glucide	g	0.85	0.13
	Din care					Din care			
	*zaharuri	g	1.00	3.33		*zaharuri	g	0.00	0.00
	Proteine	g	9.47	56.85		Proteine	g	0.00	0.00
Sare	g	1.33	66.67	Sare	g	3.00	1.67		
PUI ACRU-DULCE	Valoare energetică	kJ/ kcal	738.94/176.7	110.85/26.52	SPAGHETE OREZ CU PUI DE	Valoare energetică	kJ/ kcal	1316.03/314.8	197.42/47.23
	Grăsimi	g	12.05	51.66		Grăsimi	g	11.81	50.63
	Din care					Din care			
	* saturate	g	1.12	16.83		* saturate	g	1.12	16.83
	Glucide	g	7.45	8.60		Glucide	g	42.49	49.03
	Din care					Din care			
	*zaharuri	g	10.00	33.33		*zaharuri	g	0.00	0.00
	Proteine	g	8.32	49.95		Proteine	g	7.50	45.00
Sare	g	0.33	16.67	Sare	g	0.00	0.00		
VITA SICHUAN	Valoare energetică	kJ/ kcal	671.48/160.6	100.74/24.1	SPAGHETE OREZ CU VITA DE	Valoare energetică	kJ/ kcal	1469.65/315.5	197.88/47.34
	Grăsimi	g	11.80	50.57		Grăsimi	g	11.72	50.24
	Din care					Din care			
	* saturate	g	1.33	20.00		* saturate	g	1.33	20.00
	Glucide	g	3.23	3.73		Glucide	g	41.86	48.30
	Din care					Din care			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	9.18	55.09		Proteine	g	8.52	51.14
Sare	g	0.00	0.00	Sare	g	1.33	66.67		
FURNICI COPAC IN	Valoare energetică	kJ/ kcal	1021.26/244	153.2/36.65	TOTET NEGRU	Valoare energetică	kJ/ kcal	1014.36/242.6	15.22/3.64
	Grăsimi	g	7.15	30.64		Grăsimi	g	0.00	0.00
	Din care					Din care			
	* saturate	g	1.33	20.00		* saturate	g	0.00	0.00
	Glucide	g	37.43	43.18		Glucide	g	5.20	0.08
	Din care					Din care			
	*zaharuri	g	0.00	0.00		*zaharuri	g	2.97	0.04
	Proteine	g	5.95	35.67		Proteine	g	4.08	0.06
Sare	g	1.33	66.67	Sare	g	2.00	0.03		
TARTA ZMEURA CU	Valoare energetică	kJ/ kcal	1294/ 309		TORT CIOCOLATA DE	Valoare energetică	kJ/ kcal	1666/ 398	
	Grăsimi	g	17.80			Grăsimi	g	22.30	
	Din care					Din care			
	* saturate	g	14.80			* saturate	g	13.60	
	Glucide	g	33.60			Glucide	g	44.70	
	Din care					Din care			
*zaharuri	g	26.70		*zaharuri	g	33.30			

		Proteine	g	4.10				Proteine	g	4.60	
		Sare	g	0.20				Sare	g	0.30	
TARTA CU MERE SI CAMEL		Valoare energetică	kJ/ kcal	1064 /254		TORT CU MORCOV		Valoare energetică	kJ/ kcal	1507/ 360	
		Grăsimi	g	8.70				Grăsimi	g	20.30	
		<i>Din care</i>						<i>Din care</i>			
		* saturate	g	3.40				* saturate	g	5.90	
		Glucide	g	40.50				Glucide	g	39.00	
		<i>Din care</i>						<i>Din care</i>			
		*zaharuri	g	23.00				*zaharuri	g	22.80	
		Proteine	g	3.40				Proteine	g	5.40	
		Sare	g	0.10				Sare	g	0.80	
SALATA DE FASOLE VERDE CU USTUROI		Valoare energetică	kJ/ kcal	622.11/148.8	93.3/22.32	ARIPIOARE DE PUI GAN BIAN		Valoare energetică	kJ/ kcal	1292.66/309.2	193.91/46.39
		Grăsimi	g	11.60	49.71			Grăsimi	g	23.41	100.31
		<i>Din care</i>						<i>Din care</i>			
		* saturate	g	0.00	0.00			* saturate	g	0.00	0.00
		Glucide	g	7.01	8.09			Glucide	g	3.85	4.44
		<i>Din care</i>						<i>Din care</i>			
		*zaharuri	g	0.00	0.00			*zaharuri	g	0.00	0.00
		Proteine	g	2.97	17.84			Proteine	g	18.49	110.92
		Sare	g	1.33	66.67			Sare	g	0.00	0.00
VITA CU CIUPERCII LEGUME		Valoare energetică	kJ/ kcal	387.53/92.71	58.14/13.91	PUI CU CIUPERCII		Valoare energetică	kJ/ kcal	667.38/159.66	100.11/23.95
		Grăsimi	g	3.72	15.92			Grăsimi	g	11.85	50.81
		<i>Din care</i>						<i>Din care</i>			
		* saturate	g	1.33	20.00			* saturate	g	8.15	122.28
		Glucide	g	3.89	4.49			Glucide	g	3.98	4.59
		<i>Din care</i>						<i>Din care</i>			
		*zaharuri	g	0.00	0.00			*zaharuri	g	0.00	0.00
		Proteine	g	10.29	61.75			Proteine	g	8.08	48.46
		Sare	g	1.33	66.67			Sare	g	1.37	68.33
OREZ CURRY		Valoare energetică	kJ/ kcal	1545.76/369	93.2/46.22	NOODLES CU CREVETI SI CURRY		Valoare energetică	kJ/ kcal	870.1/208.16	130.5/31.22
		Grăsimi	g	7.48	26.73			Grăsimi	g	8.47	36.31
		<i>Din care</i>						<i>Din care</i>			
		* saturate	g	0.00	0.00			* saturate	g	2.33	35.00
		Glucide	g	63.21	60.78			Glucide	g	25.39	29.30
		<i>Din care</i>						<i>Din care</i>			
		*zaharuri	g	0.00	0.00			*zaharuri	g	0.00	90.00
		Proteine	g	10.01	50.03			Proteine	g	18.48	50.00
		Sare	g	1.60	66.67			Sare	g	4.00	6.00
SOS PICANT DULCE		Valoare energetică	kJ/ kcal	17.72/4.24		SALATA IARBA DE MARE		Valoare energetică	kJ/ kcal	321.32/76.87	48.2/11.53
		Grăsimi	g	0.90				Grăsimi	g	3.18	13.64
		<i>Din care</i>						<i>Din care</i>			
		* saturate	g	0.00				* saturate	g	0.12	1.75
		Glucide	g	51.40				Glucide	g	8.67	10.00
		<i>Din care</i>						<i>Din care</i>			
		*zaharuri	g	49.10				*zaharuri	g	0.00	0.00
		Proteine	g	0.90				Proteine	g	2.87	17.20
		Sare	g	3.90				Sare	g	1.33	66.67
		Valoare energetică	kJ/ kcal	49.4/11.82	7.39/1.77			Valoare energetică	kJ/ kcal	366.04/87.57	54.88/13.13
		Grăsimi	g	0.12	0.50			Grăsimi	g	4.15	17.80
		<i>Din care</i>						<i>Din care</i>			

FRUCTE DE MARE IN SOS DE STRIDIE	* saturate	g	0.17	2.50	RATA CU BAMBUS	* saturate	g	8.37	125.58
	Glucide	g	1.89	2.18		Glucide	g	3.15	3.63
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	0.73	4.40		Proteine	g	8.79	52.72
	Sare	g	1.47	73.67		Sare	g	0.03	1.67
PRAJITURA CU RAVAS	Valoare energetică	kJ/ kcal	1580.04/378	0.79/0.19	LIMONADA	Valoare energetică	kJ/ kcal	188/44.95	
	Grăsimi	g	0.70	0.03		Grăsimi	g	0.10	
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	1.35	0.00		* saturate	g	0.00	
	Glucide	g	8.40	0.00		Glucide	g	10.30	
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	45.42	0.91		*zaharuri	g	10.30	
	Proteine	g	4.20	0.01		Proteine	g	0.10	
Sare	g	2.74	0.0.11	Sare	g	0.04			
VITA CU TELINA	Valoare energetică	kJ/ kcal	854.22/204.3	128.12/30.65	VITA CU URECHI DE LEMN	Valoare energetică	kJ/ kcal	901.37/215.64	135.22/32.35
	Grăsimi	g	14.66	62.81		Grăsimi	g	15.79	67.67
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	2.26	33.86		* saturate	g	2.65	39.80
	Glucide	g	4.05	4.68		Glucide	g	2.98	3.44
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	12.55	75.27		Proteine	g	13.80	82.77
Sare	g	1.33	66.67	Sare	g	1.33	66.67		
VITA IN SOS DE STRIDIE	Valoare energetică	kJ/ kcal	63.8/15.19	9.53/2.28	VINETE IN SOS CHINA	Valoare energetică	kJ/ kcal	1119.15/267.7	167.87/40.16
	Grăsimi	g	1.63	7.00		Grăsimi	g	13.23	56.69
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	1.33	20.00		* saturate	g	0.02	0.33
	Glucide	g	5.12	5.91		Glucide	g	33.99	39.22
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.77	2.30		*zaharuri	g	0.00	0.00
	Proteine	g	8.73	26.19		Proteine	g	1.31	7.84
Sare	g	6.60	19.80	Sare	g	1.33	66.67		
RATA PORTOCALIE CU	Valoare energetică	kJ/ kcal	616.99/146.9	92.13/22.04	CARTOFI PRAJITI XING LA	Valoare energetică	kJ/ kcal	1303.3/310.31	194.58/46.55
	Grăsimi	g	15.80	67.70		Grăsimi	g	33.37	143.00
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	1.12	16.83		* saturate	g	2.33	35.00
	Glucide	g	10.75	12.40		Glucide	g	20.96	24.18
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	0.00		*zaharuri	g	0.00	0.00
	Proteine	g	17.37	104.22		Proteine	g	2.45	14.68
Sare	g	0.20	10.00	Sare	g	1.67	83.33		
PUI INDRAGOSTIT	Valoare energetică	kJ/ kcal	774.18/185.2	116.12/27.78	CREVETI TORPEDO	Valoare energetică	kJ/ kcal	521 / 123	
	Grăsimi	g	14.17	60.71		Grăsimi	g		
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	8.38	125.65		* saturate	g	0.90	
	Glucide	g	3.90	4.50		Glucide	g	18.10	
	<i>Din care</i>					<i>Din care</i>			
	*zaharuri	g	0.00	11.70		*zaharuri	g	1.80	
	Proteine	g	9.14	0.10		Proteine	g	8.80	
Sare	g	0.10	5.00	Sare	g	1.70			

<b>CREVETI IN CUIB</b>	Valoare energetică	kJ/ kcal	391/ 91	
	Grăsimi	g	2.00	
	<i>Din care</i>			
	* saturate	g	0.37	
	Glucide	g	12.90	
	<i>Din care</i>			
	*zaharuri	g	0.89	
	Proteine	g	5.20	
	Sare	g	0.14	

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