

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	6.21	FURNICI IN COPAC light (cu carne de pui)	Valoare energetică	kJ/ kcal	979.33/234.29	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	4.06	URECHI DE LEMN IN SOS CHINA	Valoare energetică	kJ/ kcal	293.31/70.17	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 CU URECHI DE LEMN	Valoare energetică	kJ/ kcal	264.93/63.38	4.75	SPAGHETE DE OREZ CU LEGUME	Valoare energetică	kJ/ kcal	1344.75/321.7	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	11.53	CARTOFI CU URECHI DE LEMN	Valoare energetică	kJ/ kcal	1348.26/322.5	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	38.43	PUI TUSHIN	Valoare energetică	kJ/ kcal	1594.59/381.4	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	59.26	RATA IN CHINEZESC	Valoare energetică	kJ/ kcal	1204.93/288.2	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	36.64	PUI CU CARTOFI PICANTI	Valoare energetică	kJ/ kcal	1342.9/321.27	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	59.26	LEGUME SICHUAN	Valoare energetică	kJ/ kcal	429.16/102.67	15.40
	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	66.11	SOS SOIA	Valoare energie	kJ/ kcal	493.74/118.12	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	27.02	SOS DULCE ACRISOR	Valoare energie	kJ/ kcal	213.09/50.98	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	Valoare energetică	kJ/ kcal	653.54/156.3	23.45		Valoare energetică	kJ/ kcal	1614.27/386.1	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

<b>INCINSA</b>	Glucide	g	8.35	9.63	<b>VITA TUSHIN</b>	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
<b>OREZ SIMPLU</b>	Valoare energetică	kJ/ kcal	1479.38/353	44.24	<b>SALATA NOODLES GAN SU CU</b>	Valoare energetică	kJ/ kcal	1351.69/323.3	48.51
	Grăsimi	g	1.20	4.29		Grăsimi	g	19.73	84.57
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	0.00	0.00		* 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		
<b>OREZ BEIJING</b>	Valoare energetică	kJ/ kcal	1457.23/348	43.58	<b>PUI SICHUAN</b>	Valoare energetică	kJ/ kcal	756.04/180.87	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		
<b>OREZ WU XING</b>	Valoare energetică	kJ/ kcal	1410.04/337	42.17	<b>SALATA NOODLES GAN SU CU</b>	Valoare energetică	kJ/ kcal	1351.69/323.3	48.51
	Grăsimi	g	5.08	18.14		Grăsimi	g	19.73	84.57
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	0.00	0.00		* 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		
<b>OREZ CU OU</b>	Valoare energetică	kJ/ kcal	1494.27/357	44.69	<b>SUPA ACRISOARA SUAN IUTE FA</b>	Valoare energetică	kJ/ kcal	238.3/57.01	13.25
	Grăsimi	g	7.38	26.34		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		
<b>OREZ LEGUME CU</b>	Valoare energetică	kJ/ kcal	1403.81/335	41.98	<b>SUPA BAMBUS CU VITA</b>	Valoare energetică	kJ/ kcal	236.96/56.69	14.17
	Grăsimi	g	5.09	18.19		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		

OREZ LEGUME SI OU	Valoare energetică	kJ/ kcal	1312.14/313	39.24	PUI SPECIALITATEA CASEI	Valoare energetică	kJ/ kcal	688.82/164.79	24.72
	Grăsimi	g	7.30	26.09		Grăsimi	g	12.05	51.65
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	0.79	9.90		* saturate	g	1.12	16.83
	Glucide	g	51.26	49.29		Glucide	g	4.38	5.06
	<i>Din care</i>					<i>Din care</i>			
	*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	37.71	SOS IUTE	Valoare energie	kJ/ kcal	75.37/18.03	0.36
	Grăsimi	g	19.98	85.62		Grăsimi	g	1.56	0.89
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	1.12	16.83		* saturate	g		0.00
	Glucide	g	6.52	7.52		Glucide	g	0.85	0.13
	<i>Din care</i>					<i>Din care</i>			
	*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	26.52	SPAGHETE OREZ CU PUI	Valoare energetică	kJ/ kcal	1316.03/314.8	47.23
	Grăsimi	g	12.05	51.66		Grăsimi	g	11.81	50.63
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	1.12	16.83		* saturate	g	1.12	16.83
	Glucide	g	7.45	8.60		Glucide	g	42.49	49.03
	<i>Din care</i>					<i>Din care</i>			
	*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	24.10	SPAGHETE OREZ CU VITA	Valoare energetică	kJ/ kcal	1469.65/315.5	47.34
	Grăsimi	g	11.80	50.57		Grăsimi	g	11.72	50.24
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	1.33	20.00		* saturate	g	1.33	20.00
	Glucide	g	3.23	3.73		Glucide	g	41.86	48.30
	<i>Din care</i>					<i>Din care</i>			
	*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	Valoare energetică	kJ/ kcal	1021.26/244	36.65	OTET NEGRU	Valoare energetică	kJ/ kcal	1014.36/242.6	3.64
	Grăsimi	g	7.15	30.64		Grăsimi	g	0.00	0.00
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	1.33	20.00		* saturate	g	0.00	0.00
	Glucide	g	37.43	43.18		Glucide	g	5.20	0.08
	<i>Din care</i>					<i>Din care</i>			
	*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	Valoare energetică	kJ/ kcal	915.42/219		TORT CIOCOLATA	Valoare energetică	kJ/ kcal	1666/ 398	
	Grăsimi	g	17.80			Grăsimi	g	22.30	
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	14.80			* saturate	g	13.60	
	Glucide	g	33.60			Glucide	g	44.70	

		<i>Din care</i>								<i>Din care</i>												
		*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	22.32					ARIPIOARE DE PUI GAN BIAN	Valoare energetică	kJ/ kcal	1292.66/309.2	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 SI CIUPERCI LEGUME		Valoare energetică	kJ/ kcal	387.53/92.71	13.91					PUI CU CIUPERCI	Valoare energetică	kJ/ kcal	667.38/159.66	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	46.22					NOODLES CU CREVETI SI CURRY	Valoare energetică	kJ/ kcal	870.1/208.16	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	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	1.77						Valoare energetică	kJ/ kcal	366.04/87.57	13.13								

FRUCTE DE MARE IN SOS DE STRIDIE	Grăsimi	g	0.12	0.50	RATA CU BAMBUS	Grăsimi	g	4.15	17.80
	<i>Din care</i>					<i>Din care</i>			
	* saturate	g	0.17	2.50		* 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	0.19	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	0.011	Sare	g	0.04			

Data:23.03.2018