

Valori energetice si nutritive

Denumire produs	Valoare nutritivă		per 100 g	per porție	% din DZR per porție
SALATA CHINEZEASCA	Valoare energetică	kJ/ kcal	41.39	124.18	6.21
	Grăsimi	g	1.87	5.60	8.00
	<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00
	Glucide	g	4.50	13.49	5.19
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	1.37	4.10	8.20
Sare	g	1.33	4.00	66.67	
SALATA HUANG GUA	Valoare energetică	kJ/ kcal	40.58	81.17	4.06
	Grăsimi	g	2.64	5.28	7.54
	<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00
	Glucide	g	3.91	7.82	3.01
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	0.00	0.00	0.00
Sare	g	1.50	3.00	50.00	
SALATA DE URECHI DE LEMN	Valoare energetică	kJ/ kcal	63.38	95.07	4.75
	Grăsimi	g	3.65	5.47	7.81
	<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00
	Glucide	g	3.79	5.68	2.18
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	3.40	5.10	10.20
Sare	g	2.00	3.00	50.00	
SALATA IARBA DE MARE	Valoare energetică	kJ/ kcal	76.87	230.61	11.53
	Grăsimi	g	3.18	9.55	13.64
	<i>Din care</i>				
	* saturate	g	0.12	0.35	1.75
	Glucide	g	8.67	26.00	10.00
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	2.87	8.60	17.20
Sare	g	1.33	4.00	66.67	
SALATA FEN SI CU VITA	Valoare energetică	kJ/ kcal	321.84	965.53	48.28
	Grăsimi	g	14.89	44.67	63.81
	<i>Din care</i>				
	* saturate	g	19.58	58.75	293.75
	Glucide	g	30.83	92.50	35.58
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	13.89	41.67	83.34
Sare	g	1.33	4.00	66.67	
	Valoare energetică	kJ/ kcal	142.29	426.88	21.34
	Grăsimi	g	11.12	33.35	47.64

SALATA WU XING CU PUI	<i>Din care</i>				
	* saturate	g	0.81	2.42	12.12
	Glucide	g	3.24	9.73	3.74
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	6.25	18.74	37.48
PUI SHANGHAI	Sare	g	1.33	4.00	66.67
	Valoare energetică	kJ/ kcal	504.36	1185.25	59.26
	Grăsimi	g	34.99	82.24	117.48
	<i>Din care</i>				
	* saturate	g	0.02	0.05	0.25
	Glucide	g	36.51	85.81	33.00
PACHETELE PRIMAVARA	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	7.12	16.74	33.48
	Sare	g	0.66	1.54	25.68
	Valoare energetică	kJ/ kcal	357.46	768.54	38.43
	Grăsimi	g	33.36	71.72	102.46
PACHETELE LEGUME	<i>Din care</i>				
	* saturate	g	5.13	11.02	55.10
	Glucide	g	9.73	20.93	8.05
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	1.79	3.84	7.68
PACHETELE FLORI DE PIATRA	Sare	g	0.09	0.20	3.33
	Valoare energetică	kJ/ kcal	340.85	732.83	36.64
	Grăsimi	g	31.57	67.88	96.97
	<i>Din care</i>				
	* saturate	g	4.23	9.10	45.50
	Glucide	g	9.73	20.93	8.05
PUI CONDIMENTAT	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	1.79	3.84	7.68
	Sare	g	0.09	0.20	3.33
	Valoare energetică	kJ/ kcal	678.03	1322.16	66.11
	Grăsimi	g	53.53	104.39	149.12
PUI SHANGHAI CONDIMENTAT	<i>Din care</i>				
	* saturate	g	8.26	16.10	80.50
	Glucide	g	18.26	35.61	13.70
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	25.69	50.09	100.18
	Sare	g	0.79	1.54	25.68
	Valoare energetică	kJ/ kcal	504.36	1185.25	59.26
	Grăsimi	g	34.99	82.24	117.48
	<i>Din care</i>				
	* saturate	g	0.02	0.05	0.25
	Glucide	g	36.51	85.81	33.00
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	7.12	16.74	33.48
	Sare	g	0.66	1.54	25.68
	Valoare energetică	kJ/ kcal	498.93	1322.16	66.11

CHIFTELUTE SUSAN	CU	Grăsimi	g	39.39	104.39	149.12
		<i>Din care</i>				
		* saturate	g	6.08	16.10	80.50
		Glucide	g	13.44	35.61	13.70
		<i>Din care</i>				
		*zaharuri	g	0.00	0.00	0.00
		Proteine	g	18.90	50.09	100.18
Sare	g	0.58	1.54	25.68		
MIXT CAMEL		Valoare energetică	kJ/ kcal	440.72	1322.16	66.11
		Grăsimi	g	34.80	104.39	149.12
		<i>Din care</i>				
		* saturate	g	5.37	16.10	80.50
		Glucide	g	11.87	35.61	13.70
		<i>Din care</i>				
		*zaharuri	g	0.00	0.00	0.00
Proteine	g	16.70	50.09	100.18		
Sare	g	0.51	1.54	25.68		
MIXT PRAJIT		Valoare energetică	kJ/ kcal	440.72	1322.16	66.11
		Grăsimi	g	34.80	104.39	149.12
		<i>Din care</i>				
		* saturate	g	5.37	16.10	80.50
		Glucide	g	11.87	35.61	13.70
		<i>Din care</i>				
		*zaharuri	g	0.00	0.00	0.00
Proteine	g	16.70	50.09	100.18		
Sare	g	0.51	1.54	25.68		
PACHETELE MERE	CU	Valoare energetică	kJ/ kcal	340.85	732.83	36.64
		Grăsimi	g	31.57	67.88	96.97
		<i>Din care</i>				
		* saturate	g	4.23	9.10	45.50
		Glucide	g	9.73	20.93	8.05
		<i>Din care</i>				
		*zaharuri	g	0.00	0.00	0.00
Proteine	g	1.79	3.84	7.68		
Sare	g	0.09	0.20	3.33		
PUI PE INCINSA	PLITA	Valoare energetică	kJ/ kcal	180.16	540.49	27.02
		Grăsimi	g	12.11	36.33	51.90
		<i>Din care</i>				
		* saturate	g	1.12	3.37	16.83
		Glucide	g	8.31	24.93	9.59
		<i>Din care</i>				
		*zaharuri	g	0.00	0.00	0.00
Proteine	g	8.16	24.49	48.98		
Sare	g	0.33	1.00	16.67		
PORC PE INCINSA	PLITA	Valoare energetică	kJ/ kcal	168.48	505.45	25.27
		Grăsimi	g	10.81	32.43	46.33
		<i>Din care</i>				
		* saturate	g	0.00	0.00	0.00
		Glucide	g	8.31	24.93	9.59
		<i>Din care</i>				
		*zaharuri	g	0.00	0.00	0.00
Proteine	g	8.26	24.79	49.58		
Sare	g	0.33	1.00	16.67		

VITA PE PLITA INCINSA	Valoare energetică	kJ/ kcal	156.35	469.04	23.45
	Grăsimi	g	9.45	28.35	40.51
	<i>Din care</i>				
	* saturate	g	0.24	0.73	3.63
	Glucide	g	8.35	25.05	9.63
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	8.35	25.04	50.08
	Sare	g	0.33	1.00	16.67
	Valoare energetică	kJ/ kcal	353.92	884.80	44.24
OREZ SIMPLU	Grăsimi	g	1.20	3.00	4.29
	<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00
	Glucide	g	75.50	188.75	72.60
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	8.10	20.25	40.50
	Sare	g	0.00	0.00	0.00
	Valoare energetică	kJ/ kcal	348.62	871.55	43.58
	Grăsimi	g	8.47	21.18	30.26
OREZ BEIJING	<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00
	Glucide	g	54.92	137.30	52.81
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	10.89	27.23	54.46
	Sare	g	1.60	4.00	66.67
	Valoare energetică	kJ/ kcal	337.33	843.32	42.17
	Grăsimi	g	5.08	12.70	18.14
	<i>Din care</i>				
OREZ WU XING	* saturate	g	0.00	0.00	0.00
	Glucide	g	63.13	157.83	60.70
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	7.62	19.05	38.10
	Sare	g	1.60	4.00	66.67
	Valoare energetică	kJ/ kcal	357.48	893.71	44.69
	Grăsimi	g	7.38	18.44	26.34
	<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00
OREZ CU OU	Glucide	g	61.07	152.68	58.72
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	9.39	23.48	46.95
	Sare	g	1.60	4.00	66.67
	Valoare energetică	kJ/ kcal	335.84	839.60	41.98
	Grăsimi	g	5.09	12.73	18.19
	<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00
	OREZ CU LEGUME	Glucide	g	63.15	157.89
<i>Din care</i>					
*zaharuri		g	0.00	0.00	0.00
Proteine		g	7.21	18.02	36.04

			Sare	g	1.60	4.00	66.67
			Valoare energetică	kJ/ kcal	313.91	784.78	39.24
			Grăsimi	g	7.30	18.26	26.09
			<i>Din care</i>				
OREZ CU LEGUME SI OU			* saturate	g	0.79	1.98	9.90
			Glucide	g	51.26	128.16	49.29
			<i>Din care</i>				
			*zaharuri	g	0.00	0.00	0.00
			Proteine	g	8.73	21.83	43.66
			Sare	g	1.60	4.00	66.67
			Valoare energetică	kJ/ kcal	57.01	265.08	13.25
			Grăsimi	g	3.39	15.76	22.51
			<i>Din care</i>				
SUPA ACRISOARA	IUTE		* saturate	g	0.21	0.99	4.95
			Glucide	g	2.98	13.85	5.33
			<i>Din care</i>				
			*zaharuri	g	0.00	0.00	0.00
			Proteine	g	3.24	15.06	30.11
			Sare	g	0.86	4.00	66.67
			Valoare energetică	kJ/ kcal	56.70	283.48	14.17
			Grăsimi	g	2.33	11.65	16.64
			<i>Din care</i>				
SUPA BAMBUS CU VIT.			* saturate	g	0.00	0.00	0.00
			Glucide	g	2.86	14.31	5.50
			<i>Din care</i>				
			*zaharuri	g	0.00	0.00	0.00
			Proteine	g	5.68	28.41	56.81
			Sare	g	0.80	4.00	66.67
			Valoare energetică	kJ/ kcal	118.59	592.97	29.65
			Grăsimi	g	7.17	35.87	51.24
			<i>Din care</i>				
SUPA CU NOODLES MIAN-TAN			* saturate	g	2.20	11.00	55.00
			Glucide	g	7.07	35.34	13.59
			<i>Din care</i>				
			*zaharuri	g	0.00	0.00	0.00
			Proteine	g	5.59	27.93	55.87
			Sare	g	0.80	4.00	66.67
			Valoare energetică	kJ/ kcal	119.18	595.88	29.79
			Grăsimi	g	7.65	38.27	54.67
			<i>Din care</i>				
SUPA MIAN	DEN	DEN	* saturate	g	0.00	0.00	0.00
			Glucide	g	6.78	33.91	13.04
			<i>Din care</i>				
			*zaharuri	g	0.00	0.00	0.00
			Proteine	g	4.92	24.61	49.23
			Sare	g	0.80	4.00	66.67
			Valoare energetică	kJ/ kcal	311.37	934.12	46.71
			Grăsimi	g	5.94	17.83	25.47
			<i>Din care</i>				
OREZ PICANT	CU	PUI	* saturate	g	0.56	1.68	8.42
			Glucide	g	53.00	159.01	61.16
			<i>Din care</i>				
			*zaharuri	g	0.00	0.00	0.00

	Proteine	g	9.46	28.38	56.76
	Sare	g	1.33	4.00	66.67
	Valoare energetică	kJ/ kcal	332.64	997.93	49.90
	Grăsimi	g	9.13	27.39	39.13
	<i>Din care</i>				
OREZ CU PUI SI	* saturate	g	0.56	1.68	8.42
GHIMBIR	Glucide	g	51.43	154.28	59.34
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	9.00	26.99	53.98
	Sare	g	0.00	0.00	0.00
	Valoare energetică	kJ/ kcal	180.87	542.61	27.13
	Grăsimi	g	15.17	45.51	65.01
	<i>Din care</i>				
PUI SICHUAN	* saturate	g	0.00	0.00	0.00
	Glucide	g	2.19	6.58	2.53
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	7.52	22.55	45.10
	Sare	g	0.00	0.00	0.00
	Valoare energetică	kJ/ kcal	164.79	494.37	24.72
	Grăsimi	g	12.05	36.16	51.65
	<i>Din care</i>				
PUI SPECIALITATEA	* saturate	g	1.12	3.37	16.83
CASEI	Glucide	g	4.38	13.15	5.06
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	8.47	25.42	50.84
	Sare	g	1.33	4.00	66.67
	Valoare energetică	kJ/ kcal	168.58	505.74	25.29
	Grăsimi	g	12.09	36.26	51.80
	<i>Din care</i>				
PUI CINCI CULORI	* saturate	g	1.12	3.37	16.83
	Glucide	g	5.01	15.03	5.78
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	8.69	26.07	52.14
	Sare	g	1.33	4.00	66.67
	Valoare energetică	kJ/ kcal	251.37	754.10	37.71
	Grăsimi	g	19.98	59.93	85.62
	<i>Din care</i>				
PUI GONG BAO	* saturate	g	1.12	3.37	16.83
	Glucide	g	6.52	19.56	7.52
	<i>Din care</i>				
	*zaharuri	g	1.00	3.00	3.33
	Proteine	g	9.47	28.42	56.85
	Sare	g	1.33	4.00	66.67
	Valoare energetică	kJ/ kcal	176.78	530.34	26.52
	Grăsimi	g	12.05	36.16	51.66
	<i>Din care</i>				
PUI ACRU-DULCE	* saturate	g	1.12	3.37	16.83
	Glucide	g	7.45	22.35	8.60
	<i>Din care</i>				

		*zaharuri	g	10.00	30.00	33.33
		Proteine	g	8.32	24.97	49.95
		Sare	g	0.33	1.00	16.67
		Valoare energetică	kJ/ kcal	160.64	481.92	24.10
		Grăsimi	g	11.80	35.40	50.57
		<i>Din care</i>				
		* saturate	g	1.33	4.00	20.00
VITA SICHUAN		Glucide	g	3.23	9.70	3.73
		<i>Din care</i>				
		*zaharuri	g	0.00	0.00	0.00
		Proteine	g	9.18	27.55	55.09
		Sare	g	0.00	0.00	0.00
		Valoare energetică	kJ/ kcal	97.65	292.96	14.65
		Grăsimi	g	3.70	11.11	15.87
		<i>Din care</i>				
		* saturate	g	1.33	4.00	20.00
VITA CU LEGUME		Glucide	g	5.29	15.86	6.10
		<i>Din care</i>				
		*zaharuri	g	0.00	0.00	0.00
		Proteine	g	10.13	30.39	60.78
		Sare	g	1.33	4.00	66.67
		Valoare energetică	kJ/ kcal	314.84	944.51	47.23
		Grăsimi	g	11.81	35.44	50.63
		<i>Din care</i>				
		* saturate	g	1.12	3.37	16.83
SPAGHETE PRAJITE CU PUI		Glucide	g	42.49	127.48	49.03
		<i>Din care</i>				
		*zaharuri	g	0.00	0.00	0.00
		Proteine	g	7.50	22.50	45.00
		Sare	g	0.00	0.00	0.00
		Valoare energetică	kJ/ kcal	315.59	946.76	47.34
		Grăsimi	g	11.72	35.17	50.24
		<i>Din care</i>				
		* saturate	g	1.33	4.00	20.00
SPAGHETE CARNE DE VITA	CU	Glucide	g	41.86	125.57	48.30
		<i>Din care</i>				
		*zaharuri	g	0.00	0.00	0.00
		Proteine	g	8.52	25.57	51.14
		Sare	g	1.33	4.00	66.67
		Valoare energetică	kJ/ kcal	386.19	1158.58	57.93
		Grăsimi	g	28.05	84.16	120.23
		<i>Din care</i>				
		* saturate	g	1.33	4.00	20.00
VITA TUSHIN		Glucide	g	20.31	60.92	23.43
		<i>Din care</i>				
		*zaharuri	g	0.00	0.00	0.00
		Proteine	g	10.25	30.76	61.52
		Sare	g	0.67	2.00	33.33
		Valoare energetică	kJ/ kcal	244.32	732.96	36.65
		Grăsimi	g	7.15	21.45	30.64
		<i>Din care</i>				
		* saturate	g	1.33	4.00	20.00
FURNICI IN COPAC		Glucide	g	37.43	112.28	43.18

	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	5.95	17.84	35.67
	Sare	g	1.33	4.00	66.67
	Valoare energetică	kJ/ kcal	234.29	702.86	35.14
	Grăsimi	g	5.95	17.85	25.50
	<i>Din care</i>				
FURNICI IN COPAC	* saturate	g	0.84	2.52	12.62
light (cu carne de pui)	Glucide	g	37.43	112.28	43.18
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	6.22	18.66	37.32
	Sare	g	1.33	4.00	66.67
	Valoare energetică	kJ/ kcal	215.64	646.91	32.35
	Grăsimi	g	15.79	47.37	67.67
	<i>Din care</i>				
VITA CU URECHI DE LEMN	* saturate	g	2.65	7.96	39.80
	Glucide	g	2.98	8.95	3.44
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	13.80	41.39	82.77
	Sare	g	1.33	4.00	66.67
	Valoare energetică	kJ/ kcal	70.17	210.52	10.53
	Grăsimi	g	3.80	11.39	16.27
	<i>Din care</i>				
URECHI DE LEMN IN SOS CHINA	* saturate	g	0.00	0.00	0.00
	Glucide	g	4.78	14.34	5.52
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	3.72	11.17	22.34
	Sare	g	1.33	4.00	66.67
	Valoare energetică	kJ/ kcal	322.55	967.65	48.38
	Grăsimi	g	13.17	39.52	56.46
	<i>Din care</i>				
CARTOFI CU URECHI DE LEMN	* saturate	g	0.00	0.00	0.00
	Glucide	g	42.29	126.88	48.80
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	6.50	19.49	38.98
	Sare	g	1.67	5.00	83.33
	Valoare energetică	kJ/ kcal	321.71	965.13	48.26
	Grăsimi	g	15.34	46.02	65.74
	<i>Din care</i>				
SPAGHETE DE OREZ CALITE	* saturate	g	2.33	7.00	35.00
	Glucide	g	35.04	105.11	40.43
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	8.63	25.90	51.80
	Sare	g	1.67	5.00	83.33
	Valoare energetică	kJ/ kcal	381.48	1144.45	57.22
	Grăsimi	g	28.12	84.36	120.51
	<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00

PUI TUSHIN	Glucide	g	20.31	60.92	23.43
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	8.95	26.86	53.72
	Sare	g	0.67	2.00	33.33
	Valoare energetică	kJ/ kcal	288.26	864.79	43.24
	Grăsimi	g	12.72	38.15	54.50
	<i>Din care</i>				
	* saturate	g	1.34	4.03	20.13
	RATA IN SOS CHINA	Glucide	g	28.59	85.77
<i>Din care</i>					
*zaharuri		g	0.00	0.00	0.00
Proteine		g	12.87	38.62	77.24
Sare		g	1.33	4.00	66.67
Valoare energetică		kJ/ kcal	269.96	809.87	40.49
Grăsimi		g	10.80	32.39	46.27
<i>Din care</i>					
* saturate		g	0.69	2.08	10.40
SPECIALITATEA BUCATARULUI		Glucide	g	28.87	86.62
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	12.48	37.44	74.88
	Sare	g	1.33	4.00	66.67
	Valoare energetică	kJ/ kcal	338.19	1014.57	50.73
	Grăsimi	g	19.15	57.46	82.09
	<i>Din care</i>				
	* saturate	g	3.00	9.00	45.00
	NOODLES CURCAN	Glucide	g	24.99	74.97
<i>Din care</i>					
*zaharuri		g	0.00	0.00	0.00
Proteine		g	14.05	42.15	84.30
Sare		g	1.33	4.00	66.67
Valoare energetică		kJ/ kcal	64.65	226.29	11.31
Grăsimi		g	17.24	60.34	86.20
<i>Din care</i>					
* saturate		g	0.00	0.00	0.00
COLTUNASI		Glucide	g	106.03	371.10
	<i>Din care</i>				
	*zaharuri	g	65.71	230.00	255.56
	Proteine	g	12.56	43.96	87.92
	Sare	g	0.00	0.01	0.17
	Valoare energetică	kJ/ kcal	66.76	200.27	10.01
	Grăsimi	g	3.64	10.93	15.62
	<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00
	LEGUME CALITE CU CURRY	Glucide	g	5.33	15.99
<i>Din care</i>					
*zaharuri		g	0.00	0.00	0.00
Proteine		g	2.69	8.06	16.12
Sare		g	1.33	4.00	66.67
Valoare energetică		kJ/ kcal	204.36	613.09	30.65
Grăsimi		g	14.66	43.97	62.81
<i>Din care</i>					

	* saturate	g	2.26	6.77	33.86
VITA APIO	Glucide	g	4.05	12.16	4.68
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	12.55	37.64	75.27
	Sare	g	1.33	4.00	66.67
	Valoare energetică	kJ/ kcal	186.38	559.14	27.96
	Grăsimi	g	13.60	40.80	58.29
	<i>Din care</i>				
	* saturate	g	1.33	4.00	20.00
VITA CU ARDEI IUTE	Glucide	g	4.69	14.08	5.42
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	9.92	29.75	59.50
	Sare	g	1.51	4.54	75.67
	Valoare energetică	kJ/ kcal	321.27	963.80	48.19
	Grăsimi	g	23.01	69.04	98.63
	<i>Din care</i>				
	* saturate	g	1.12	3.37	16.83
PUI CU CARTOFI PICANTI	Glucide	g	17.45	52.35	20.13
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	8.71	26.12	52.24
	Sare	g	1.67	5.00	83.33
	Valoare energetică	kJ/ kcal	92.04	276.11	13.81
	Grăsimi	g	3.40	10.19	14.56
	<i>Din care</i>				
	* saturate	g	0.69	2.08	10.40
PORC FIERT IUTE	Glucide	g	5.23	15.69	6.03
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	9.51	28.54	57.08
	Sare	g	1.51	4.54	75.67
	Valoare energetică	kJ/ kcal	144.25	432.75	21.64
	Grăsimi	g	10.57	31.70	45.29
	<i>Din care</i>				
	* saturate	g	0.69	2.08	10.40
PORC SICHUAN	Glucide	g	3.23	9.70	3.73
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	7.98	23.95	47.89
	Sare	g	0.00	0.00	0.00
	Valoare energetică	kJ/ kcal	102.67	308.01	15.40
	Grăsimi	g	8.53	25.58	36.55
	<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00
LEGUME SICHUAN	Glucide	g	3.87	11.60	4.46
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	1.83	5.50	10.99
	Sare	g	0.00	0.00	0.00
	Valoare energetică	kJ/ kcal	236.36	709.07	35.45
	Grăsimi	g	21.50	64.50	92.14

SALAU ROSII	PANE	CU	<i>Din care</i>				
			* saturate	g	0.00	0.00	0.00
			Glucide	g	1.98	5.93	2.28
			<i>Din care</i>				
			*zaharuri	g	0.00	0.00	0.00
			Proteine	g	6.90	20.71	41.42
			Sare	g	1.33	4.00	66.67
			Valoare energetică	kJ/ kcal	236.36	709.07	35.45
SALAU CHINA	IN	SOS	Grăsimi	g	21.50	64.50	92.14
			<i>Din care</i>				
			* saturate	g	0.00	0.00	0.00
			Glucide	g	1.98	5.93	2.28
			<i>Din care</i>				
			*zaharuri	g	0.00	0.00	0.00
			Proteine	g	6.90	20.71	41.42
			Sare	g	1.33	4.00	66.67
PANDA-OREZ LEGUME	CU	Valoare energetică	kJ/ kcal	314.99	472.49	23.62	
		Grăsimi	g	3.07	4.61	6.59	
		<i>Din care</i>					
		* saturate	g	0.00	0.00	0.00	
		Glucide	g	62.75	94.13	36.20	
		<i>Din care</i>		0.00			
		*zaharuri	g		0.00	0.00	
		Proteine	g	7.10	10.66	21.31	
PANDA-OREZ CU OU	CU OU	Sare	g	2.67	4.00	66.67	
		Valoare energetică	kJ/ kcal	194.84	292.26	14.61	
		Grăsimi	g	12.95	19.43	27.76	
		<i>Din care</i>					
		* saturate	g	1.32	1.98	9.90	
		Glucide	g	9.45	14.18	5.45	
		<i>Din care</i>					
		*zaharuri	g	0.00	0.00	0.00	
PANDA-OREZ VEGETAL	VEGETAL	Proteine	g	8.69	13.03	26.06	
		Sare	g	2.67	4.00	66.67	
		Valoare energetică	kJ/ kcal	367.70	551.55	27.58	
		Grăsimi	g	4.69	11.72	16.74	
		<i>Din care</i>					
		* saturate	g	0.00	0.00	0.00	
		Glucide	g	38.63	96.58	37.15	
		<i>Din care</i>					
PANDA-CREVETI IMPATURITI CARMELIZATI	CARMELIZATI	*zaharuri	g	0.00	0.00	0.00	
		Proteine	g	4.54	11.36	22.72	
		Sare	g	0.40	1.00	16.67	
		Valoare energetică	kJ/ kcal	245.56	491.13	24.56	
		Grăsimi	g	20.68	41.36	59.09	
		<i>Din care</i>					
		* saturate	g	0.00	0.00	0.00	
		Glucide	g	4.87	9.75	3.75	
PANDA-CREVETI IMPATURITI CARMELIZATI	CARMELIZATI	<i>Din care</i>					
		*zaharuri	g	10.00	20.00	22.22	
		Proteine	g	8.11	16.22	32.43	
		Sare	g	0.77	1.54	25.68	
		Valoare energetică	kJ/ kcal	201.71	302.56	15.13	

			Grăsimi	g	9.11	13.66	19.51
			<i>Din care</i>				
PANDA-CURCAN CU ANANAS	CU		* saturate	g	1.33	2.00	10.00
			Glucide	g	18.71	28.06	10.79
			<i>Din care</i>				
			*zaharuri	g	20.00	30.00	33.33
			Proteine	g	9.83	14.75	29.50
			Sare	g	0.67	1.00	16.67
			Valoare energetică	kJ/ kcal	216.88	325.32	16.27
			Grăsimi	g	16.44	24.66	35.23
			<i>Din care</i>				
PANDA-PUI ALUNE (Gong nepicant)	CU Bao		* saturate	g	1.12	1.68	8.42
			Glucide	g	6.57	9.85	3.79
			<i>Din care</i>				
			*zaharuri	g	0.67	1.00	1.11
			Proteine	g	9.04	13.56	27.12
			Sare	g	0.67	1.00	16.67
			Valoare energetică	kJ/ kcal	133.43	200.15	10.01
			Grăsimi	g	10.60	15.90	22.71
			<i>Din care</i>				
PANDA-PUI PORUMB	CU		* saturate	g	1.12	1.68	8.42
			Glucide	g	0.00	0.00	0.00
			<i>Din care</i>				
			*zaharuri	g	0.67	1.00	1.11
			Proteine	g	8.50	12.75	25.50
			Sare	g	0.67	1.00	16.67
			Valoare energetică	kJ/ kcal	147.16	220.74	11.04
			Grăsimi	g	10.20	15.31	21.87
			<i>Din care</i>				
PANDA-PUI CULORI	IN 3		* saturate	g	1.12	1.68	8.42
			Glucide	g	5.02	7.53	2.90
			<i>Din care</i>				
			*zaharuri	g	0.67	1.00	1.11
			Proteine	g	7.73	11.59	23.18
			Sare	g	0.67	1.00	16.67
			Valoare energetică	kJ/ kcal	175.82	263.73	13.19
			Grăsimi	g	0.00	0.00	0.00
			<i>Din care</i>				
PANDA-SPAGHETE PRAJITE CU PUI			* saturate	g	5.79	8.68	43.42
			Glucide	g	28.87	43.31	16.66
			<i>Din care</i>				
			*zaharuri	g	0.00	0.00	0.00
			Proteine	g	14.01	21.01	42.03
			Sare	g	0.67	1.00	16.67
			Valoare energetică	kJ/ kcal	150.14	225.21	11.26
			Grăsimi	g	10.15	15.23	21.75
			<i>Din care</i>				
PANDA-PUI DULCE	ACRU-		* saturate	g	1.12	1.68	8.42
			Glucide	g	5.89	8.84	3.40
			<i>Din care</i>				
			*zaharuri	g	10.00	15.00	16.67
			Proteine	g	7.71	11.56	23.12
			Sare	g	0.67	1.00	16.67

PANDA-CARTOFI FELII CU PUI	Valoare energetică	kJ/ kcal	613.08	919.62	45.98
	Grăsimi	g	56.24	84.36	120.51
	<i>Din care</i>				
	* saturate	g	1.12	1.68	8.42
	Glucide	g	12.54	18.81	7.23
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	9.43	14.15	28.30
	Sare	g	1.69	2.54	42.33
	Valoare energetică	kJ/ kcal	212.35	530.88	26.54
PANDA-OREZ SIMPLU	Grăsimi	g	0.72	1.80	2.57
	<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00
	Glucide	g	45.30	113.25	43.56
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	4.86	12.15	24.30
	Sare	g	0.00	0.00	0.00