

Antipasti

<p>Bruschete cu fasole si dulceata de ceapa</p> <p>-Paine: 0.15kg -Fasole boabe: 0.1kg -Ceapa: 0.04kg Calorii:647.35kcal Proteine:23.379g Glucide:110.539g Lipide:11.844g Sare:1.963g Zaharuri:10.8434g Acizi_grasi_saturati:1.486g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: gluten, soia</p>	<p>Bruschete cu ton</p> <p>-Paine: 0.15kg , -Ton conserva: 0.08kg -Ardei gras: 0.04kg -Rosii: 0.03kg -Ceapa: 0.03kg Calorii:486.712kcal Proteine:29.7844g Glucide:85.641g Lipide:1.9234g Sare:2.9985g Zaharuri:10.1171g Acizi_grasi_saturati:0.0g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: gluten, peste , soia</p>
<p>Bruschette cu anghinare si mozzarella</p> <p>-Paine: 0.1kg -Rosii: 0.025kg -Anghinare: 0.015kg Calorii:392.689kcal Proteine:10.7721g Glucide:56.1436g Lipide:13.9727g Sare:4.7583g Zaharuri:5.5346g Acizi_grasi_saturati:2.233g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: gluten, lapte, soia</p>	<p>Bruschette cu rosii</p> <p>-Rosii: 0.15kg -Paine: 0.1kg -Ulei masline: 0.05kg -Usturoi: 0.02kg Calorii:737.886kcal Proteine:11.5754g Glucide:65.5964g Lipide:51.1758g Sare:6.8885g Zaharuri:8.374g Acizi_grasi_saturati:7.145g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: gluten , soia</p>
<p>Bruschette cu somon</p> <p>-Paine: 0.07kg -Branza vaci: 0.05kg -Somon afumat: 0.05kg -Verdeata: 0.015kg Calorii:362.07kcal Proteine:24.0262g Glucide:39.2922g Lipide:11.0712g Sare:1.7307g Zaharuri:4.5868g Acizi_grasi_saturati:1.828g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: lapte, peste</p>	<p>Carpaccio di salmone</p> <p>-Somon afumat: 0.08kg -Salata verde: 0.04kg -Capere: 0.015kg Calorii:265.245kcal Proteine:16.95g Glucide:1.98g Lipide:21.365g Sare:3.8417g Zaharuri:1.8501g Acizi_grasi_saturati:2.8314g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: peste, soia</p>
<p>Omleta cu somon</p> <p>-Oua: 2.0buc -Somon afumat: 0.08kg -Branza vaci: 0.08kg -Salata verde: 0.05kg</p>	<p>Oua posate cu avocado</p> <p>-Oua: 2.0buc -Branza vaci: 0.1kg -Avocado: 0.1kg -Paine: 0.05kg</p>

SC Arnia Tourism SRL Iasi

 VALORI NUTRITIONALE CALCULATE PENTRU O PORTIE / BUCATA: **INFORMATII PRODUS**

<p>-Paine: 0.05kg -Rosii: 0.05kg Calorii:606.168kcal Proteine:48.228g Glucide:33.665g Lipide:29.711g Sare:2.7611g Zaharuri:7.6934g Acizi_grasi_saturati:5.5348g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: soia, peste, lapte</p>	<p>Calorii:444.738kcal Proteine:34.203g Glucide:30.985g Lipide:19.648g Sare:1.899g Zaharuri:4.985g Acizi_grasi_saturati:4.513g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: soia, lapte</p>
<p>Platou cu branzeturi 1-2 pers -Cascaval: 0.15kg -Mozzarella: 0.1kg -Rosii: 0.1kg -Gorgonzolla: 0.05kg -Masline: 0.05kg -Mere: 0.05kg -Miez nuca mic dejun: 0.03kg Calorii:1246.7639kcal Proteine:75.904g Glucide:20.672g Lipide:94.036g Sare:6.5745g Zaharuri:10.1981g Acizi_grasi_saturati:33.2972g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: lapte</p>	<p>Platou cu humus, vinete, branza, masline -Faina alba: 0.3kg -Naut: 0.1kg -Vinete congelate: 0.1kg -Branza vaci: 0.08kg -Oregano uscat: 0.05kg -Ardei gras: 0.03kg -Ulei: 0.02kg Calorii:1557.1029kcal Proteine:65.1848g Glucide:255.022g Lipide:29.0662g Sare:1.1171g Zaharuri:14.596g Acizi_grasi_saturati:4.3092g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: soia, lapte</p>
<p>Quesadilla cu cedar si guacamole -Paine: 0.1kg -Branza topita: 0.1buc -Rosii: 0.02kg Calorii:272.172kcal Proteine:9.092g Glucide:54.35g Lipide:0.8612g Sare:1.375g Zaharuri:5.15g Acizi_grasi_saturati:0.0g Aditivi: glycerol, guma guar, sodiu, celuloza carboximetilica, agent crestere, acid malic, dextroza, propionate de calciu, sorbat de potasiu, L-cisteina Alergeni: lapte</p>	
<p>Asiatice</p>	
<p>Noodles cu legume -Amestec legume congelate: 0.1kg -Taitei orez - noodles: 0.1kg -Ardei gras: 0.05kg -Ciuperci: 0.05kg -Pasta Soia: 0.02kg</p>	<p>Noodles cu pui -Amestec legume congelate: 0.1kg -Taitei orez - noodles: 0.1kg -Piept de pui: 0.1kg -Ardei gras: 0.05kg -Ciuperci: 0.05kg</p>

SC Arnia Tourism SRL Iasi
VALORI NUTRITIONALE CALCULATE PENTRU O PORTIE / BUCATA: INFORMATII PRODUS

<p>Calorii:535.5808kcal Proteine:27.6552g Glucide:88.029g Lipide:7.685g Sare:1.8079g Zaharuri:9.008g Acizi_grasi_saturati:0.118g Aditivi: - Alergeni: soia.</p>	<p>-Pasta Soia: 0.02kg -Ulei masline: 0.02kg Calorii:843.1708kcal Proteine:60.0122g Glucide:88.684g Lipide:28.995g Sare:2.8459g Zaharuri:9.008g Acizi_grasi_saturati:5.21g Aditivi: - Alergeni: soia.</p>
<p>Noodles cu vita -Pulpa vita: 0.1kg -Amestec legume congelate: 0.1kg -Taitei orez - noodles: 0.1kg -Ardei gras: 0.05kg -Ciuperci: 0.05kg -Pasta Soia: 0.02kg -Ulei masline: 0.02kg Calorii:949.3808kcal Proteine:44.6552g Glucide:88.629g Lipide:46.685g Sare:1.9799g Zaharuri:9.008g Acizi_grasi_saturati:6.614g Aditivi: - Alergeni: soia</p>	<p>Orez la wok cu creveti -Orez: 0.15kg -Amestec legume congelate: 0.1kg -Creveti: 0.1kg -Ardei gras: 0.05kg -Ciuperci: 0.05kg -Pasta Soia: 0.02kg Calorii:766.6049kcal Proteine:45.4088g Glucide:131.7466g Lipide:5.6352g Sare:2.0219g Zaharuri:5.438g Acizi_grasi_saturati:0.562g Aditivi: - Alergeni: soia, peste</p>
<p>Orez la wok cu legume -Orez: 0.15kg -Amestec legume congelate: 0.1kg -Ardei gras: 0.05kg -Ciuperci: 0.05kg -Pasta Soia: 0.02kg Calorii:672.5808kcal Proteine:25.6552g Glucide:129.179g Lipide:5.13g Sare:1.8079g Zaharuri:5.438g Acizi_grasi_saturati:0.118g Aditivi: - Alergeni: soia</p>	<p>Orez la wok cu pui -Orez: 0.15kg -Amestec legume congelate: 0.1kg -Piept de pui: 0.1kg -Ardei gras: 0.05kg -Ciuperci: 0.05kg -Pasta Soia: 0.02kg Calorii:815.3709kcal Proteine:58.0122g Glucide:129.834g Lipide:6.44g Sare:2.8459g Zaharuri:5.438g Acizi_grasi_saturati:2.352g Aditivi: - Alergeni: soia</p>
<p>Orez la wok cu vita -Orez: 0.15kg -Pulpa vita: 0.1kg -Amestec legume congelate: 0.1kg -Ardei gras: 0.05kg -Ciuperci: 0.05kg -Pasta Soia: 0.02kg Calorii:921.5808kcal Proteine:42.6552g Glucide:129.779g Lipide:24.13g Sare:1.9799g Zaharuri:5.438g Acizi_grasi_saturati:3.756g</p>	<p>Pachetele de primavara -Pachetele de primavara: 0.2kg Calorii:0.0kcal Proteine:0.0g Glucide:0.0g Lipide:0.0g Sare:0.0g Zaharuri:0.0g Acizi_grasi_saturati:0.0g Aditivi: - Alergeni: soia.</p>

Aditivi: - Alergeni: soia	
Burgers	
Beef burger -Burger vita 170g: 1.0buc -Chifla hamburger: 1.0buc -Castraveti murati: 0.05kg -Cheddar: 0.05kg -Maioneza: 0.05kg -Ketchup: 0.04kg -Salata verde: 0.03kg -Rosii: 0.03kg -Ceapa: 0.03kg Calorii:1357.048kcal Proteine:61.976g Glucide:82.093g Lipide:79.6148g Sare:4.6041g Zaharuri:43.4553g Acizi_grasi_saturati:21.288g Aditivi: E161B, E160C, E330, E385. Alergeni: gluten, soia, seminte de susan, mustar	Chicken burger -Chifla hamburger: 1.0buc -Piept de pui: 0.15kg -Cheddar: 0.1kg -Salata verde: 0.03kg -Ketchup: 0.03kg -Ceapa: 0.03kg -Rosii: 0.03kg Calorii:990.303kcal Proteine:82.5005g Glucide:78.9565g Lipide:34.3488g Sare:5.4324g Zaharuri:26.1023g Acizi_grasi_saturati:5.281g Aditivi: E161B, E160C, E330, E385. Alergeni: gluten, soia , seminte de susan, mustar
Crispy Burger -Chifla hamburger: 1.0buc -Piept de pui: 0.15kg -Cheddar: 0.1kg -Maioneza: 0.03kg -Salata verde: 0.03kg -Ketchup: 0.03kg -Ceapa: 0.03kg -Rosii: 0.03kg -Varza alba: 0.02kg Calorii:1232.113kcal Proteine:83.4465g Glucide:81.6235g Lipide:58.4108g Sare:5.8985g Zaharuri:26.7025g Acizi_grasi_saturati:8.4958g Aditivi: E161B, E160C, E330, E385. Alergeni: gluten, soia,seminte de susan, susan, mustar	Double beef burger -Burger vita 170g: 2.0buc -Chifla hamburger: 1.0buc -Castraveti murati: 0.05kg -Maioneza: 0.05kg -Cheddar: 0.05kg -Ketchup: 0.04kg -Salata verde: 0.03kg -Rosii: 0.03kg -Ceapa: 0.03kg Calorii:1712.0481kcal Proteine:99.976g Glucide:82.103g Lipide:100.6148g Sare:4.6841g Zaharuri:43.5053g Acizi_grasi_saturati:35.288g Aditivi: E161B, E160C, E330, E385. Alergeni: gluten, soia, seminte de susan, mustar
French fries wedges cu parmezan -Cartofi congelati: 0.25kg -Ulei: 0.05kg Calorii:675.0kcal Proteine:7.43g Glucide:36.91g Lipide:53.04g Sare:6.2007g Zaharuri:0.8525g Acizi_grasi_saturati:7.9395g	Pork burger -Oua: 1.0buc -Chifla hamburger: 1.0buc -Ceafa porc: 0.12kg -Bacon: 0.05kg -Salata verde: 0.03kg -Rosii: 0.03kg

<p>Aditivi: - Alergeni: lapte</p>	<p>-Castraveti murati: 0.03kg -Ceapa: 0.03kg -Ketchup: 0.03kg Calorii:895.008kcal Proteine:52.4224g Glucide:77.5803g Lipide:37.4472g Sare:4.0108g Zaharuri:36.4323g Acizi_grasi_saturati:6.8886g Aditivi: E161B, E160C, E330, E385. Alergeni: gluten, soia, seminte de susan, mustar</p>
<p>Tuna burger -Chifla hamburger: 1.0buc -Dovlecei: 0.1kg -Ton conserva: 0.085kg -Vinete: 0.05kg -Rosii: 0.05kg -Ketchup: 0.05kg -Salata verde: 0.03kg -Ceapa: 0.03kg Calorii:528.8kcal Proteine:30.488g Glucide:82.758g Lipide:5.33g Sare:13.618g Zaharuri:26.2138g Acizi_grasi_saturati:1.953g Aditivi: E161B, E160C, E330, E385. Alergeni: gluten, soia, peste, seminte de susan, mustar</p>	<p>Vegan burger -Chifla hamburger: 1.0buc -Cascaval: 0.1kg -Dovlecei: 0.1kg -Vinete: 0.1kg -Salata verde: 0.03kg -Rosii: 0.03kg -Ceapa: 0.03kg -Ketchup: 0.03kg Calorii:761.4379kcal Proteine:45.209g Glucide:83.688g Lipide:24.2018g Sare:14.1054g Zaharuri:24.5913g Acizi_grasi_saturati:16.551g Aditivi: E161B, E160C, E330, E385. Alergeni: gluten, soia, seminte de susan, mustar</p>
<p>Ciorbe</p>	
<p>Ciorba burta -Oua: 0.6buc -Burta vita: 0.15kg -Telina: 0.1kg -Paine: 0.1kg -Smantana: 0.08kg -Ceapa: 0.05kg -Morcov: 0.04kg -Gogosari otet: 0.03kg -Patrunjel radacina: 0.03kg Calorii:940.5054kcal Proteine:44.356g Glucide:77.7569g Lipide:48.0073g Sare:4.1339g Zaharuri:13.2526g Acizi_grasi_saturati:7.3g Aditivi: - Alergeni: lapte, oua, grau, telina</p>	<p>Ciorba de legume -Amestec legume congelate: 0.15kg -Cartofi: 0.1kg -Bors acru: 0.1lt -Paine: 0.1kg -Sos rosii: 0.1kg -Fasole pastai: 0.05kg -Morcov: 0.03kg -Telina: 0.03kg -Patrunjel radacina: 0.03kg -Mazare: 0.03kg -Ceapa: 0.025kg Calorii:639.241kcal Proteine:23.7078g Glucide:120.7261g Lipide:5.7134g Sare:6.0766g Zaharuri:28.0545g Acizi_grasi_saturati:1.8871g Aditivi: - Alergeni: telina</p>

<p>Ciorba de vacuta -Pulpa vita: 0.14kg -Bors acru: 0.1lt -Paine: 0.1kg -Cartofi: 0.07kg -Smantana: 0.05kg -Sos rosii: 0.05kg -Ceapa: 0.04kg -Morcov: 0.02kg -Pasta tomate: 0.015kg Calorii:923.134kcal Proteine:40.891g Glucide:91.516g Lipide:41.3964g Sare:3.9765g Zaharuri:17.4601g Acizi_grasi_saturati:8.4723g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: telina</p>	<p>Ciorba radauteana -Oua: 0.8buc -Smantana: 0.1kg -Telina: 0.1kg -Paine: 0.1kg -Piept de pui: 0.08kg -Aripioare pui: 0.08kg -Morcov: 0.03kg -Ceapa: 0.03kg -Gogosari otet: 0.02kg Calorii:916.5232kcal Proteine:67.566g Glucide:72.9364g Lipide:37.4986g Sare:5.5542g Zaharuri:12.7243g Acizi_grasi_saturati:10.1647g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: grau, oua, lapte, telina</p>
<p>Paine 100g. -Paine: 0.1kg Calorii:260.1kcal Proteine:8.466g Glucide:53.346g Lipide:0.816g Sare:1.296g Zaharuri:4.654g Acizi_grasi_saturati:0.0g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: ..</p>	<p>Smantana 100g -Smantana: 0.1kg Calorii:216.0kcal Proteine:3.3g Glucide:3.9g Lipide:20.0g Sare:0.116g Zaharuri:4.067g Acizi_grasi_saturati:5.333g Aditivi: - Alergeni: lapte</p>
<p>Supa crema de ciuperci -Ciuperci: 0.25kg -Cartofi: 0.1kg -Paine: 0.05kg -Telina: 0.05kg -Morcov: 0.05kg -Patrunjel radacina: 0.05kg -Knor ciorbe: 0.02buc -Ulei masline: 0.02kg -Smantana: 0.02kg Calorii:610.61kcal Proteine:25.9785g Glucide:71.989g Lipide:25.539g Sare:2.9272g Zaharuri:8.8414g Acizi_grasi_saturati:4.5076g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: telina</p>	<p>Supa crema de dovleac cu ghimbir -Dovleac: 0.22kg -Smantana: 0.1kg -Cartofi: 0.07kg -Morcov: 0.05kg -Ceapa: 0.03kg -Usturoi: 0.02kg Calorii:537.25kcal Proteine:9.334g Glucide:48.625g Lipide:30.5788g Sare:0.7252g Zaharuri:13.1329g Acizi_grasi_saturati:7.1921g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: lapte</p>

<p>Supa crema de telina</p> <ul style="list-style-type: none"> -Telina: 0.22kg -Cartofi: 0.1kg -Smantana: 0.1kg -Ceapa: 0.05kg -Bacon: 0.05kg <p>Calorii:647.774kcal Proteine:20.6116g Glucide:47.4191g Lipide:40.2232g Sare:1.9926g Zaharuri:11.3065g Acizi_grasi_saturati:6.622g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: lapte, telina</p>	<p>Supa rosii cu mozzarella</p> <ul style="list-style-type: none"> -Sos rosii: 0.3kg -Ceapa: 0.1kg -Telina: 0.05kg -Morcov: 0.05kg -Ardei gras: 0.05kg -Cartofi: 0.05kg -Ulei: 0.02kg <p>Calorii:676.065kcal Proteine:20.958g Glucide:92.84g Lipide:23.8505g Sare:4.4865g Zaharuri:49.475g Acizi_grasi_saturati:2.3213g Aditivi: carbonat de calciu, acid sorbic, cisteina Alergeni: telina, lapte</p>
<p>Desert</p>	
<p>Clatite cu branza si stafide</p> <ul style="list-style-type: none"> -Oua: 1.0buc -Faina alba: 0.1kg -Branza vaci: 0.1kg -Dulceata Nir kg: 0.08kg -Smantana: 0.06kg -Lapte: 0.05lt -Stafide: 0.05kg -Zahar: 0.02kg -Frisca: 0.015kg <p>Calorii:1259.244kcal Proteine:43.56g Glucide:181.266g Lipide:36.485g Sare:1.3431g Zaharuri:106.8487g Acizi_grasi_saturati:9.0408g Aditivi: - Alergeni: lapte, grau, oua</p>	<p>Clatite cu ciocolata</p> <ul style="list-style-type: none"> -Faina alba: 0.1kg -Topping: 0.06kg -Lapte: 0.05lt -Finetti: 0.05kg -Zahar: 0.02kg -Ulei: 0.02kg -Frisca: 0.015kg <p>Calorii:997.8884kcal Proteine:21.0139g Glucide:135.6231g Lipide:27.5212g Sare:0.2262g Zaharuri:55.4995g Acizi_grasi_saturati:16.2896g Aditivi: - Alergeni: lapte, grau, oua, alune</p>
<p>Clatite cu dulceata</p> <ul style="list-style-type: none"> -Oua: 1.0buc -Faina alba: 0.1kg -Lapte: 0.05lt -Dulceata Nir kg: 0.05kg -Zahar: 0.02kg -Frisca: 0.015kg <p>Calorii:770.194kcal Proteine:23.33g Glucide:126.226g Lipide:17.485g Sare:0.2455g Zaharuri:53.001g Acizi_grasi_saturati:3.188g Aditivi: - Alergeni: grau</p>	<p>Inghetata asortata</p> <ul style="list-style-type: none"> -Inghetata asortata: 0.15kg -Frisca: 0.02kg <p>Calorii:347.24kcal Proteine:4.846g Glucide:50.6g Lipide:12.501g Sare:0.5264g Zaharuri:38.1079g Acizi_grasi_saturati:11.7056g Aditivi: emulsifiant: poliricinoleat de poliglicerina), emulsifianti: mono si digliceride ale acizilor grasi, agenti gelatinizanti: guma din seminte de carubba si guma de guar. Alergeni: gluten, soia, arahide, lapte</p>

<p>Lava Cake cu cioc si inghetata -Lava cake 90g: 1.0buc -Inghetata asortata: 0.04kg Calorii:491.6kcal Proteine:7.58g Glucide:53.12g Lipide:1.8g Sare:0.3304g Zaharuri:34.142g Acizi_grasi_saturati:7.956g Aditivi: emulsifiant: poliricinoleat de poliglicerina, emulsifianti: mono si digliceride ale acizilor grasi, agenti gelatinizanti: guma din seminte de carubba si guma de guar. Alergeni: lapte, grau, oua alune, soia</p>	<p>Mar copt -Mere: 0.2kg -Zahar: 0.05kg -Dulceata Nir kg: 0.04kg -Miez nuca mic dejun: 0.03kg -Sos fructe de padure: 0.02kg -Stafide: 0.02kg Calorii:685.116kcal Proteine:7.952g Glucide:120.62g Lipide:17.1g Sare:0.0068g Zaharuri:115.9539g Acizi_grasi_saturati:2.0682g Aditivi: - Alergeni: -</p>
<p>Papanasi cu dulceata si smantana -Oua: 1.0buc -Faina alba: 0.1kg -Branza vaci: 0.08kg -Smantana: 0.05kg -Topping: 0.05kg -Dulceata Nir kg: 0.04kg -Zahar: 0.03kg Calorii:1042.23kcal Proteine:37.4422g Glucide:136.0574g Lipide:33.075g Sare:0.9876g Zaharuri:54.3899g Acizi_grasi_saturati:10.4881g Aditivi: - Alergeni: lapte, grau, oua</p>	<p>Profiterol -Profiterol bile: 4.0buc -Inghetata asortata: 0.15kg -Frisca: 0.05kg -Topping: 0.05kg -Biscuiti ornament: 0.03kg Calorii:904.1kcal Proteine:13.39g Glucide:112.8g Lipide:22.165g Sare:1.4637g Zaharuri:64.7235g Acizi_grasi_saturati:27.5124g Aditivi: agenti de afanare: difosfati,carbonati de sodiu, agent gelatinizant: alginat de sodiu, agent de de ingrosare:cargenan Alergeni: lapte, oua, grau</p>
<p>Tagliatele clatite fructe de padure -Oua: 0.2buc -Faina alba: 0.15kg -Sos fructe de padure: 0.05kg -Lapte: 0.04lt -Zahar: 0.02kg -Ulei: 0.02kg Calorii:949.1688kcal Proteine:23.487g Glucide:157.7612g Lipide:23.804g Sare:0.098g Zaharuri:49.4004g Acizi_grasi_saturati:3.0162g Aditivi: - Alergeni: gluten</p>	<p>Tagliatele clatite sos caramel -Oua: 0.2buc -Faina alba: 0.15kg -Lapte: 0.04lt -Zahar: 0.04kg -Ulei: 0.02kg Calorii:923.8688kcal Proteine:23.455g Glucide:148.0022g Lipide:25.709g Sare:0.098g Zaharuri:44.5004g Acizi_grasi_saturati:3.1662g</p>

<p>Tarta cu mere 170g -Tarta cu mere 170g: 1.0buc -Topping: 0.05kg Calorii:80.0kcal Proteine:2.0g Glucide:8.198g Lipide:0.375g Sare:0.0g Zaharuri:2.0g Acizi_grasi_saturati:3.75g Acizi_grasi_saturati:3.75g Aditivi: dextroza, sare, agent gelatinizant (pectina), agenti de afanare (carbonat de sodiu, citrat de sodiu) Alergeni: grau, oua, lapte</p>	<p>Tarta cu mere si inghetata -Tarta cu mere 170g: 1.0buc -Topping: 0.05kg -Inghetata asortata: 0.04kg Calorii:137.6kcal Proteine:2.88g Glucide:17.32g Lipide:2.175g Sare:0.0904g Zaharuri:9.142g Acizi_grasi_saturati:6.606g Aditivi: dextroza, sare, agent gelatinizant (pectina), agenti de afanare (carbonat de sodiu, citrat de sodiu); emulsifianti: mono si digliceride ale acizilor grasi, agenti gelatinizanti: guma din seminte de carubba si guma de guar. Alergeni: grau, lapte, oua</p>
<p>Tiramisu -Tiramisu: 1.0buc Calorii:517.0kcal Proteine:7.05g Glucide:42.5g Lipide:30.0g Sare:0.0g Zaharuri:0.0g Acizi_grasi_saturati:0.0g Aditivi: agent gelatinizant: alginat de sodiu, corector de aciditate: acid lactic Alergeni: gluten, ou, lapte</p>	
<p>Focaccia</p>	
<p>Focaccia cu busuioc si oregano -Faina alba: 0.1kg Calorii:426.4kcal Proteine:13.5g Glucide:70.4g Lipide:11.0g Sare:0.0g Zaharuri:0.0g Acizi_grasi_saturati:1.429g Aditivi: - Alergeni: grau</p>	<p>Focaccia cu mozzarella si busuioc -Faina alba: 0.1kg -Mozzarella: 0.04kg Calorii:522.4kcal Proteine:18.98g Glucide:70.52g Lipide:18.32g Sare:1.0612g Zaharuri:0.0g Acizi_grasi_saturati:3.9305g Aditivi: - Alergeni: grau, lapte</p>
<p>Focaccia cu parmezan si masline -Faina alba: 0.1kg -Parmezan: 0.03kg -Masline: 0.015kg</p>	<p>Focaccia cu usturoi si oregano -Faina alba: 0.1kg Calorii:433.524kcal Proteine:13.8536g Glucide:71.7676g Lipide:11.0052g</p>

<p>Calorii:585.9kcal Proteine:21.57g Glucide:71.855g Lipide:22.935g Sare:1.9503g Zaharuri:0.0g Acizi_grasi_saturati:7.0149g Aditivi: - Alergeni: grau. lapte.</p>	<p>Sare:0.0g Zaharuri:0.0g Acizi_grasi_saturati:1.429g Aditivi: - Alergeni: grau.</p>
<h3>Limonade</h3>	
<p>Aloe Lemonade -Apa plata Izv Alb 0.5l: 1.0buc -Lamaie: 0.16kg -Aloe Suc Lt: 0.05lt -Zahar: 0.05kg Calorii:250.976kcal Proteine:0.7552g Glucide:54.2924g Lipide:0.0g Sare:0.0128g Zaharuri:53.68g Acizi_grasi_saturati:0.0688g</p>	<p>Classic Lemonade -Miere portionata 20g: 1.0buc -Apa plata Izv Alb 0.5l: 1.0buc -Lamaie: 0.2kg -Zahar: 0.015kg Calorii:159.72kcal Proteine:1.044g Glucide:43.913g Lipide:0.0g Sare:0.016g Zaharuri:19.6g Acizi_grasi_saturati:0.086g</p>
<p>Limonada cu lavanda -Apa minerala Dorna 0.5l: 1.0buc -Lamaie: 0.05kg -Zahar: 0.03kg -Sirop Grenadine: 0.03lt Calorii:135.93kcal Proteine:0.236g Glucide:31.327g Lipide:0.0g Sare:0.004g Zaharuri:31.15g Acizi_grasi_saturati:0.0215g Aditivi: acidifiant (acid citric), E129, E133 Alergeni:</p>	<p>Limonada cu soc -Miere portionata 20g: 1.0buc -Apa plata Izv Alb 0.5l: 1.0buc -Lamaie: 0.2kg -Zahar: 0.015kg Calorii:159.72kcal Proteine:1.044g Glucide:43.913g Lipide:0.0g Sare:0.016g Zaharuri:19.6g Acizi_grasi_saturati:0.086g Aditivi: acidifiant (acid citric), arome, extract de soc, emulsifianti (esteri glicerici ai rasinilor din lemn, guma de acacia), coloranti (caramel simplu, luteina) Alergeni:</p>
<p>Mint Lemonade -Miere portionata 20g: 1.0buc -Apa plata Izv Alb 0.5l: 1.0buc -Lamaie: 0.2kg -Zahar: 0.015kg Calorii:159.72kcal Proteine:1.044g Glucide:43.913g Lipide:0.0g Sare:0.016g Zaharuri:19.6g Acizi_grasi_saturati:0.086g Aditivi: extract de carthamus, aroma naturala de menta, antioxidant: acid ascorbic; colorant: albastru brilliant FCF Alergeni: soia, telina</p>	<p>Mojito Lemonade -Apa plata Izv Alb 0.5l: 1.0buc -Lamaie: 0.2kg -Mojito cuerpo: 0.05lt -Zahar: 0.03kg Calorii:183.72kcal Proteine:0.944g Glucide:35.398g Lipide:0.0g Sare:0.016g Zaharuri:34.6g Acizi_grasi_saturati:0.086g Aditivi: - Alergeni:</p>

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<p>Raspberry Lemonade -Apa plata Izv Alb 0.5l: 1.0buc -Lamaie: 0.2kg -Zahar: 0.05kg -Monin raspbery: 0.03lt Calorii:263.72kcal Proteine:0.944g Glucide:55.378g Lipide:0.0g Sare:0.016g Zaharuri:54.6g Acizi_grasi_saturati:0.086g Aditivi: anthocyanin, arome naturale, acidifiant: acid citric, agent de ingrosare: pectina, agent de conservare: sorbat de potasiu. Alergeni:</p>	<p>Raspberry, Aloe and Cocos Lem -Apa plata Izv Alb 0.5l: 1.0buc -Lamaie: 0.16kg -Aloe Suc Lt: 0.03lt -Monin raspbery: 0.02lt -Zahar: 0.015kg Calorii:110.976kcal Proteine:0.7552g Glucide:19.3274g Lipide:0.0g Sare:0.0128g Zaharuri:18.68g Acizi_grasi_saturati:0.0688g Aditivi: anthocyanin, arome naturale, acidifiant: acid citric, agent de ingrosare: pectina, agent de conservare: sorbat de potasiu. Alergeni:</p>
<p>Paste</p>	
<p>Penne Arabiatta -Penne: 0.15kg -Sos rosii: 0.12kg -Piept de pui: 0.1kg -Bacon: 0.05kg -Ardei iute: 0.05kg Calorii:1169.165kcal Proteine:71.603g Glucide:139.2865g Lipide:36.472g Sare:8.4086g Zaharuri:22.925g Acizi_grasi_saturati:6.166g Aditivi: - Alergeni: lactoza, gluten</p>	<p>Penne cu ton -Penne: 0.12kg -Ton conserva: 0.08kg -Ardei gras: 0.05kg -Sos rosii: 0.05kg -Ceapa: 0.03kg Calorii:685.605kcal Proteine:38.868g Glucide:104.9g Lipide:12.167g Sare:3.6458g Zaharuri:13.0693g Acizi_grasi_saturati:2.5075g Aditivi: - Alergeni: gluten, lactoza, peste</p>
<p>Penne la cuptor -Penne: 0.15kg -Smantana: 0.1kg -Ghebe: 0.1kg -Bacon: 0.08kg -Ciuperci: 0.05kg -Ceapa: 0.03kg -Ceapa: 0.03kg -Ulei: 0.02kg Calorii:1365.7249kcal Proteine:49.2623g Glucide:125.7089g Lipide:71.553g Sare:7.966g Zaharuri:15.0366g Acizi_grasi_saturati:8.1676g Aditivi: - Alergeni: gluten, lactoza</p>	<p>Penne Napoli -Penne: 0.15kg -Rosii: 0.1kg -Sos rosii: 0.1kg -Ciuperci: 0.06kg -Ardei gras: 0.05kg -Ceapa: 0.03kg Calorii:832.1462kcal Proteine:32.2858g Glucide:142.9486g Lipide:15.5214g Sare:6.4495g Zaharuri:23.2083g Acizi_grasi_saturati:1.429g Aditivi: - Alergeni: gluten</p>

<p>Penne quattro formaggi</p> <ul style="list-style-type: none"> -Penne: 0.15kg -Mozzarella: 0.05kg -Cheddar: 0.05kg -Smantana: 0.04kg -Parmezan: 0.03kg -Gorgonzolla: 0.03kg <p>Calorii:1182.23kcal Proteine:53.953g Glucide:116.859g Lipide:53.553g Sare:6.1918g Zaharuri:7.7792g Acizi_grasi_saturati:12.9491g Aditivi: - Alergeni: gluten, ,lactoza</p>	<p>Spagetti cu creveti</p> <ul style="list-style-type: none"> -Paste: 0.12kg -Sos rosii: 0.1kg -Creveti: 0.1kg -Dovlecei: 0.05kg -Ardei gras: 0.04kg -Ulei masline: 0.03kg -Busuioc uscat: 0.02kg -Smantana: 0.02kg <p>Calorii:981.6905kcal Proteine:43.7514g Glucide:119.6345g Lipide:38.8277g Sare:0.8021g Zaharuri:20.2152g Acizi_grasi_saturati:5.7976g Aditivi: - Alergeni: grau, peste.</p>
<p>Spaghette carbonara</p> <ul style="list-style-type: none"> -Oua: 1.0buc -Paste: 0.15kg -Smantana: 0.1kg -Bacon: 0.1kg -Parmezan: 0.03kg <p>Calorii:1455.584kcal Proteine:56.941g Glucide:117.439g Lipide:82.68g Sare:9.1381g Zaharuri:12.142g Acizi_grasi_saturati:14.698g Aditivi: - Alergeni: gluten, lactoza, oua</p>	<p>Spaghetti Pollo</p> <ul style="list-style-type: none"> -Paste: 0.12kg -Sos rosii: 0.1kg -Piept de pui: 0.1kg -Ciuperci: 0.05kg -Ceapa: 0.04kg -Ardei gras: 0.04kg -Busuioc uscat: 0.02kg <p>Calorii:751.2449kcal Proteine:58.7599g Glucide:116.4765g Lipide:5.7986g Sare:1.9304g Zaharuri:19.5892g Acizi_grasi_saturati:2.234g</p>
<p>Tagliatelle cu muschi vita</p> <ul style="list-style-type: none"> -Muschi de vita: 0.2kg -Tagliatele: 0.1kg -Sos rosii: 0.1kg -Rosii: 0.05kg -Unt: 0.02kg <p>Calorii:998.2044kcal Proteine:60.5172g Glucide:99.6006g Lipide:39.4061g Sare:8.3082g Zaharuri:20.51g Acizi_grasi_saturati:25.929g Aditivi: - Alergeni: lactoza, gluten</p>	

Peste	
<p>Creveti cu sos tomat</p> <p>-Rosii: 0.2kg -Dovlecei: 0.15kg -Creveti: 0.15kg -Ulei masline: 0.05kg -Usturoi: 0.015kg Calorii:659.942kcal Proteine:34.0708g Glucide:24.0928g Lipide:51.3676g Sare:1.1425g Zaharuri:9.955g Acizi_grasi_saturati:7.811g Aditivi: - Alergeni: peste</p>	<p>File dorada cu legume pergament</p> <p>-File dorada: 0.2kg -Morcov: 0.05kg -Ardei gras: 0.05kg -Vinete: 0.05kg -Dovlecei: 0.05kg -Ulei: 0.02kg Calorii:434.899kcal Proteine:42.0646g Glucide:16.5256g Lipide:21.4542g Sare:3.613g Zaharuri:6.5755g Acizi_grasi_saturati:2.9408g Aditivi: - Alergeni: peste.</p>
<p>File pastrav cu legume la gratar</p> <p>-Pastrav: 0.25kg -Amestec legume congelate: 0.2kg -Lamaie: 0.02kg Calorii:476.32kcal Proteine:57.3816g Glucide:13.208g Lipide:19.4504g Sare:7.1801g Zaharuri:19.124g Acizi_grasi_saturati:5.6411g Aditivi: - Alergeni: peste.</p>	<p>File pastrav, mamaliga si mujdei</p> <p>-File pastrav: 0.25kg -Malai: 0.1kg -Usturoi: 0.03kg Calorii:679.744kcal Proteine:65.4716g Glucide:78.9056g Lipide:10.3812g Sare:5.1255g Zaharuri:13.159g Acizi_grasi_saturati:0.657g Aditivi: - Alergeni: peste</p>
<p>File patrav , crema mamaliga si salata</p> <p>-File pastrav: 0.2kg -Malai: 0.06kg -Branza burduf: 0.03kg -Unt: 0.02kg -Lapte: 0.02l -Salata verde: 0.02kg Calorii:678.424kcal Proteine:55.5936g Glucide:46.3076g Lipide:28.6152g Sare:3.083g Zaharuri:13.2956g Acizi_grasi_saturati:17.5484g Aditivi: - Alergeni: peste.</p>	<p>File salau cu legume</p> <p>-File salau: 0.3kg -Dovlecei: 0.05kg -Vinete: 0.05kg -Ardei gras: 0.05kg -Ciuperci: 0.03kg -Lamaie: 0.02kg Calorii:451.5856kcal Proteine:62.0365g Glucide:13.6753g Lipide:14.8536g Sare:6.2236g Zaharuri:5.6345g Acizi_grasi_saturati:143.9891g Aditivi: - Alergeni: peste.</p>
<p>Somon butter lemon. legume sote</p> <p>-Somon proaspat: 0.22kg -Rosii: 0.06kg -Brocoli: 0.06kg -Smantana: 0.04kg</p>	<p>Mujdei 50g</p> <p>-Usturoi: 0.025kg Calorii:128.42kcal Proteine:1.768g Glucide:6.838g Lipide:10.006g Sare:2.0g Zaharuri:0.0g</p>

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 VALORI NUTRITIONALE CALCULATE PENTRU O PORTIE / BUCATA: **INFORMATII PRODUS**

<p>-Lamaie: 0.04kg -z14: 0.02lt Calorii:852.9856kcal Proteine:43.994g Glucide:16.484g Lipide:17.1024g Sare:4.8282g Zaharuri:5.05g Acizi_grasi_saturati:9.357g Aditivi: - Alergeni: peste, lapte.</p>	<p>Acizi_grasi_saturati:1.0149g Aditivi: - Alergeni: -</p>
Pizza	
<p>Pizza Diavolo 28cm -Faina alba: 0.15kg -Mozzarella: 0.15kg -Sos rosii: 0.1kg -Ketchup: 0.075kg -Sunca praga: 0.05kg -Ciuperci: 0.05kg -Salam: 0.05kg -Ardei gras: 0.05kg -Masline: 0.05kg Calorii:1868.5759kcal Proteine:72.798g Glucide:154.0355g Lipide:103.4285g Sare:13.4573g Zaharuri:36.2335g Acizi_grasi_saturati:27.096g Aditivi: ascorbat de sodiu, acid ascorbic, extract de condimente, stabilizator:polifosfat, conservant: nitrit de sodiu, cultura starter, stabilizatori (trifosfat pentasodic, polifosfat de sodiu), antioxidanti (eritorbat de sodiu, acid ascorbic), corectori de aciditate (acetati de sodiu, citrati de sodiu), agent de ingrosare (caragenan), potentiator de aroma (monoglutamat de sodiu), conservant (nitrit de sodiu). Alergeni: grau, lapte</p>	<p>Pizza Arnia 28 cm -Faina alba: 0.15kg -Mozzarella: 0.12kg -Sos rosii: 0.1kg -Ketchup: 0.075kg -Sunca praga: 0.05kg -Bacon: 0.05kg -Carnaciori afumati: 0.05kg -Salam: 0.05kg -Ceapa: 0.05kg Calorii:2014.2999kcal Proteine:84.1365g Glucide:149.5455g Lipide:115.5935g Sare:13.0669g Zaharuri:37.148g Acizi_grasi_saturati:30.542g Aditivi: stabilizatori (trifosfat pentasodic, polifosfat de sodiu), antioxidanti (eritorbat de sodiu, acid ascorbic), corectori de aciditate (acetati de sodiu, citrati de sodiu), agent de ingrosare (caragenan), potentiator de aroma (monoglutamat de sodiu), conservant (nitrit de sodiu). Alergeni: grau, lapte</p>
<p>Pizza Arnia 32 cm -Faina alba: 0.12kg -Mozzarella: 0.12kg -Sos rosii: 0.1kg -Ketchup: 0.075kg</p>	<p>Pizza Capriciosa 28 cm -Mozzarella: 0.15kg -Faina alba: 0.15kg -Ketchup: 0.075kg -Sos rosii: 0.06kg</p>

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 VALORI NUTRITIONALE CALCULATE PENTRU O PORTIE / BUCATA: **INFORMATII PRODUS**

<p>-Sunca praga: 0.05kg -Bacon: 0.05kg -Carnaciori afumati: 0.05kg -Salam: 0.05kg -Ceapa: 0.05kg Calorii:1911.1001kcal Proteine:80.0865g Glucide:128.4255g Lipide:115.2935g Sare:13.0669g Zaharuri:37.148g Acizi_grasi_saturati:30.542g Aditivi: stabilizatori (trifosfat pentasodic, polifosfat de sodiu), antioxidanti (eritorbat de sodiu, acid ascorbic), corectori de aciditate (acetati de sodiu, citrati de sodiu), agent de ingrosare (caragenan), potentiator de aroma (monoglutamat de sodiu), conservant (nitrit de sodiu). Alergeni: grau, lapte</p>	<p>-Ciuperci: 0.05kg -Rosii: 0.05kg -Ardei gras: 0.05kg -Sunca praga: 0.05kg Calorii:1452.7461kcal Proteine:58.5875g Glucide:143.895g Lipide:68.911g Sare:10.1225g Zaharuri:31.6255g Acizi_grasi_saturati:12.8675g Aditivi: stabilizatori (trifosfat pentasodic, polifosfat de sodiu), antioxidanti (eritorbat de sodiu, acid ascorbic), corectori de aciditate (acetati de sodiu, citrati de sodiu), agent de ingrosare (caragenan), potentiator de aroma (monoglutamat de sodiu), conservant (nitrit de sodiu). Alergeni: grau, lapte</p>
<p>Pizza Capriciosa 32 cm -Faina alba: 0.3kg -Mozzarella: 0.15kg -Ketchup: 0.075kg -Sos rosii: 0.06kg -Ciuperci: 0.05kg -Rosii: 0.05kg -Ardei gras: 0.05kg -Sunca praga: 0.05kg Calorii:1968.7461kcal Proteine:78.8375g Glucide:249.495g Lipide:70.411g Sare:10.1225g Zaharuri:31.6255g Acizi_grasi_saturati:12.8675g Aditivi: stabilizatori (trifosfat pentasodic, polifosfat de sodiu), antioxidanti (eritorbat de sodiu, acid ascorbic), corectori de aciditate (acetati de sodiu, citrati de sodiu), agent de ingrosare (caragenan), potentiator de aroma (monoglutamat de sodiu), conservant (nitrit de sodiu). Alergeni: grau, lapte</p>	<p>Pizza cu ton 28 cm -Mozzarella: 0.15kg -Faina alba: 0.15kg -Sos rosii: 0.1kg -Ton conserva: 0.08kg -Ketchup: 0.075kg -Rosii: 0.05kg -Ardei gras: 0.05kg -Porumb: 0.03kg -Sare: 0.02kg -Ceapa: 0.02kg Calorii:1399.711kcal Proteine:65.9902g Glucide:159.6494g Lipide:53.149g Sare:27.386g Zaharuri:36.9429g Acizi_grasi_saturati:12.3688g Aditivi: - Alergeni: grau, lapte, peste</p>
<p>Pizza cu ton 32 cm -Faina alba: 0.15kg -Mozzarella: 0.15kg -Ton conserva: 0.1kg -Sos rosii: 0.1kg -Ketchup: 0.075kg</p>	<p>Pizza de post 28 cm -Mozzarella: 0.15kg -Faina alba: 0.15kg -Ketchup: 0.075kg -Ciuperci: 0.05kg -Rosii: 0.05kg</p>

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 VALORI NUTRITIONALE CALCULATE PENTRU O PORTIE / BUCATA: **INFORMATII PRODUS**

<p>-Rosii: 0.05kg -Ardei gras: 0.05kg -Porumb: 0.03kg -Sare: 0.02kg -Ceapa: 0.02kg Calorii:1416.911kcal Proteine:69.8702g Glucide:159.8894g Lipide:53.249g Sare:27.5204g Zaharuri:36.9429g Acizi_grasi_saturati:12.3688g Aditivi: - Alergeni: grau, lapte, peste</p>	<p>-Ardei gras: 0.05kg -Masline: 0.05kg -Dovlecei: 0.05kg -Porumb: 0.04kg Calorii:1379.116kcal Proteine:49.5595g Glucide:148.7835g Lipide:63.016g Sare:10.2729g Zaharuri:27.1633g Acizi_grasi_saturati:12.3645g Aditivi: - Alergeni: grau, soia</p>
<p>Pizza de post 32 cm -Faina alba: 0.15kg -Mozzarella: 0.15kg -Ketchup: 0.075kg -Ciuperci: 0.05kg -Rosii: 0.05kg -Ardei gras: 0.05kg -Masline: 0.05kg -Dovlecei: 0.05kg -Porumb: 0.04kg Calorii:1379.1161kcal Proteine:49.5595g Glucide:148.7835g Lipide:63.016g Sare:10.2729g Zaharuri:27.1633g Acizi_grasi_saturati:12.3645g Aditivi: - Alergeni: grau, soia</p>	<p>Pizza Diavolo 32cm -Mozzarella: 0.15kg -Faina alba: 0.15kg -Sos rosii: 0.1kg -Ketchup: 0.075kg -Sunca praga: 0.05kg -Ciuperci: 0.05kg -Salam: 0.05kg -Ardei gras: 0.05kg -Masline: 0.05kg Calorii:1868.5759kcal Proteine:72.798g Glucide:154.0355g Lipide:103.4285g Sare:13.4573g Zaharuri:36.2335g Acizi_grasi_saturati:27.096g Aditivi: ascorbat de sodiu, acid ascorbic, extract de condimente, stabilizator:polifosfat, conservant: nitrit de sodiu, cultura starter, stabilizatori (trifosfat pentasodic, polifosfat de sodiu), antioxidanti (eritorbat de sodiu, acid ascorbic), corectori de aciditate (acetati de sodiu, citrati de sodiu), agent de ingrosare (caragenan), potentiator de aroma (monoglutamat de sodiu), conservant (nitrit de sodiu). Alergeni: grau, lapte</p>
<p>Pizza Margherita 28cm -Faina alba: 0.15kg -Mozzarella: 0.12kg -Sos rosii: 0.06kg -Rosii: 0.03kg Calorii:1036.298kcal Proteine:40.029g Glucide:121.314g Lipide:42.1218g Sare:5.3993g Zaharuri:10.016g</p>	<p>Pizza Margherita 32 -Faina alba: 0.25kg -Mozzarella: 0.2kg -Sos rosii: 0.09kg -Rosii: 0.03kg Calorii:1687.398kcal Proteine:65.989g Glucide:197.954g Lipide:68.0618g Sare:7.5703g Zaharuri:13.652g</p>

SC Arnia Tourism SRL Iasi

 VALORI NUTRITIONALE CALCULATE PENTRU O PORTIE / BUCATA: **INFORMATII PRODUS**

Acizi_grasi_saturati:9.9525g Aditivi: - Alergeni: gluten, lapte.	Acizi_grasi_saturati:16.3845g Aditivi: - Alergeni: gluten, lapte.
Pizza Pollo 28 cm -Faina alba: 0.3kg -Mozzarella: 0.15kg -Sos rosii: 0.1kg -Piept de pui: 0.1kg -Ketchup: 0.075kg -Ciuperci: 0.05kg -Rosii: 0.05kg -Ardei gras: 0.05kg -Porumb: 0.04kg -Masline: 0.03kg Calorii:2080.066kcal Proteine:106.2765g Glucide:269.4885g Lipide:62.336g Sare:11.9751g Zaharuri:36.8911g Acizi_grasi_saturati:14.5985g Aditivi: - Alergeni: grau, lapte	Pizza pollo 32 cm -Faina alba: 0.3kg -Mozzarella: 0.15kg -Sos rosii: 0.1kg -Piept de pui: 0.1kg -Ketchup: 0.075kg -Ciuperci: 0.05kg -Rosii: 0.05kg -Ardei gras: 0.05kg -Porumb: 0.04kg -Masline: 0.03kg Calorii:2080.066kcal Proteine:106.2765g Glucide:269.4885g Lipide:62.336g Sare:11.9751g Zaharuri:36.8911g Acizi_grasi_saturati:14.5985g Aditivi: - Alergeni: grau, lapte
Pizza quatro formaggi 28 cm -Faina alba: 0.15kg -Mozzarella: 0.12kg -Parmezan: 0.03kg -Gorgonzolla: 0.03kg -Cheddar: 0.03kg -Smantana: 0.03kg -Ulei: 0.02kg Calorii:1461.8179kcal Proteine:57.9138g Glucide:109.2414g Lipide:85.1038g Sare:7.6679g Zaharuri:2.0175g Acizi_grasi_saturati:20.0736g Aditivi: - Alergeni: grau, lapte	Pizza quatro formaggi 32cm -Faina alba: 0.15kg -Mozzarella: 0.12kg -Parmezan: 0.04kg -Gorgonzolla: 0.04kg -Cheddar: 0.04kg -Smantana: 0.03kg -Ulei: 0.02kg Calorii:1556.424kcal Proteine:64.6584g Glucide:109.9452g Lipide:91.9984g Sare:8.4844g Zaharuri:2.2833g Acizi_grasi_saturati:22.3389g Aditivi: - Alergeni: grau, lapte
Pizza quatro stagione 28cm -Faina alba: 0.15kg -Mozzarella: 0.15kg -Sos rosii: 0.05kg -Ciuperci: 0.04kg -Ardei gras: 0.04kg -Salam: 0.04kg -Sunca praga: 0.04kg	Pizza quatro stagione 32 cm -Faina alba: 0.15kg -Mozzarella: 0.15kg -Sos rosii: 0.05kg -Ciuperci: 0.04kg -Ardei gras: 0.04kg -Salam: 0.04kg -Sunca praga: 0.04kg

<p>-Drojdie: 0.02kg -Ulei: 0.02kg Calorii:1666.9888kcal Proteine:63.6184g Glucide:119.0408g Lipide:100.6076g Sare:7.4597g Zaharuri:8.8328g Acizi_grasi_saturati:25.875g Aditivi: ascorbat de sodiu, acid ascorbic, extract de condimente, stabilizator:polifosfat, conservant: nitrit de sodiu, cultura starter, stabilizatori (trifosfat pentasodic, polifosfat de sodiu), antioxidanti (eritorbat de sodiu, acid ascorbic), corectori de aciditate (acetati de sodiu, citrati de sodiu), agent de ingrosare (caragenan), potentiator de aroma (monoglutamat de sodiu), conservant (nitrit de sodiu). Alergeni: grau, lapte.</p>	<p>-Drojdie: 0.02kg -Ulei: 0.02kg Calorii:1666.9888kcal Proteine:63.6184g Glucide:119.0408g Lipide:100.6076g Sare:7.4597g Zaharuri:8.8328g Acizi_grasi_saturati:25.875g Aditivi: ascorbat de sodiu, acid ascorbic, extract de condimente, stabilizator:polifosfat, conservant: nitrit de sodiu, cultura starter, stabilizatori (trifosfat pentasodic, polifosfat de sodiu), antioxidanti (eritorbat de sodiu, acid ascorbic), corectori de aciditate (acetati de sodiu, citrati de sodiu), agent de ingrosare (caragenan), potentiator de aroma (monoglutamat de sodiu), conservant (nitrit de sodiu). Alergeni: grau, lapte.</p>
<p>Sos pizza dulce -Sos rosii: 0.15kg -Ketchup: 0.05kg Calorii:218.0kcal Proteine:8.5g Glucide:42.0g Lipide:1.65g Sare:2.4915g Zaharuri:29.945g Acizi_grasi_saturati:0.0g Aditivi: - Alergeni: -</p>	<p>Sos pizza picant -Sos rosii: 0.15kg -Ketchup: 0.05kg Calorii:218.0kcal Proteine:8.5g Glucide:42.0g Lipide:1.65g Sare:3.4915g Zaharuri:29.945g Acizi_grasi_saturati:0.0g Aditivi: - Alergeni: -</p>
<p>Platouri</p>	
<p>Platou cald mix pui picant (4 pers) -Oua: 2.0buc -Cartofi congelati: 0.6kg -Piept de pui: 0.46kg -Piept de pui: 0.46kg -Aripioare pui: 0.46kg -Varza alba: 0.45kg -Maioneza: 0.3kg -Faina alba: 0.05kg -Sare: 0.03kg -Ulei: 0.03kg Calorii:5659.725kcal Proteine:464.478g Glucide:181.6475g Lipide:326.3878g</p>	<p>Platou antreu rece (4 pers) -Oua: 2.0buc -Piept de pui: 0.2kg -Castraveti: 0.151kg -Cascaval: 0.15kg -Sunca praga: 0.15kg -Muschi file afumat: 0.15kg -Mozzarella: 0.1kg -Masline: 0.09kg -Salam: 0.08kg -Ardei gras: 0.08kg -Rosii: 0.08kg -Faina alba: 0.03kg</p>

SC Arnia Tourism SRL Iasi

 VALORI NUTRITIONALE CALCULATE PENTRU O PORTIE / BUCATA: **INFORMATII PRODUS**

<p>Sare:50.9784g Zaharuri:15.5505g Acizi_grasi_saturati:69.9579g Aditivi: acidifiant (acid lactic), stabilizator (guma de xantan), conservanti (benzonat de sodiu, sorbat de potasiu), praf de ou integral (0.19%), colorant (beta-caroten), antioxidant (calciu-disodic- EDTA). Alergeni: gluten, oua, mustar.</p>	<p>Calorii:2881.4067kcal Proteine:225.458g Glucide:43.4988g Lipide:195.6255g Sare:17.6212g Zaharuri:11.1456g Acizi_grasi_saturati:65.0042g Aditivi: stabilizatori (trifosfat pentasodic, polifosfat de sodiu), antioxidanti (eritorbat de sodiu, acid ascorbic), corectori de aciditate (acetati de sodiu, citrati de sodiu), agent de ingrosare (caragenan), potentiator de aroma (monoglutamat de sodiu), conservant (nitrit de sodiu). Alergeni: oua, lactoza</p>
<p>Platou cald mix pui (2 pers) -Oua: 1.0buc -Cartofi congelati: 0.3kg -Piept de pui: 0.25kg -Piept de pui: 0.25kg -Pulpe pui dezosate: 0.25kg -Varza alba: 0.25kg -Maioneza: 0.15kg -Sare: 0.015kg -Ulei: 0.015kg -Faina alba: 0.015kg Calorii:2898.319kcal Proteine:249.635g Glucide:86.3785g Lipide:164.985g Sare:26.1265g Zaharuri:8.5255g Acizi_grasi_saturati:36.3194g Aditivi: Aditivi: acidifiant (acid lactic), stabilizator (guma de xantan), conservanti (benzonat de sodiu, sorbat de potasiu), praf de ou ou integral (0.19%), colorant (beta-caroten), antioxidant (calciu-disodic- EDTA). Alergeni: gluten, oua, lactoza, mustar</p>	<p>Platou cald mix pui (4 pers) -Oua: 2.0buc -Cartofi congelati: 0.6kg -Piept de pui: 0.46kg -Piept de pui: 0.46kg -Pulpe pui dezosate: 0.46kg -Varza alba: 0.45kg -Maioneza: 0.3kg -Sare: 0.03kg -Ulei: 0.03kg -Faina alba: 0.03kg Calorii:5590.9253kcal Proteine:461.778g Glucide:167.5675g Lipide:326.1878g Sare:50.9784g Zaharuri:15.5505g Acizi_grasi_saturati:69.9579g Aditivi: acidifiant (acid lactic), stabilizator (guma de xantan), conservanti (benzonat de sodiu, sorbat de potasiu), praf de ou integral (0.19%), colorant (beta-caroten), antioxidant (calciu-disodic- EDTA). Alergeni: oua, lactoza, mustar</p>
<p>Platou cald mix pui picant (2 pers) -Oua: 2.0buc -Cartofi congelati: 0.3kg -Aripioare pui: 0.25kg -Piept de pui: 0.25kg -Piept de pui: 0.25kg -Varza alba: 0.25kg -Maioneza: 0.23kg Calorii:3410.563kcal Proteine:255.695g Glucide:78.5245g Lipide:219.985g Sare:12.4585g Zaharuri:8.5255g Acizi_grasi_saturati:44.2998g Aditivi: acidifiant (acid lactic),</p>	<p>Platou cald mix pui picant (4 pers) -Oua: 2.0buc -Cartofi congelati: 0.6kg -Aripioare pui: 0.46kg -Piept de pui: 0.46kg -Piept de pui: 0.46kg -Varza alba: 0.4kg -Maioneza: 0.3kg Calorii:5185.3003kcal Proteine:456.488g Glucide:142.03g Lipide:295.7928g Sare:20.9494g Zaharuri:14.05g Acizi_grasi_saturati:66.9132g Aditivi: acidifiant (acid lactic),</p>

SC Arnia Tourism SRL Iasi
VALORI NUTRITIONALE CALCULATE PENTRU O PORTIE / BUCATA: INFORMATII PRODUS

<p>stabilizator (guma de xantan), conservanti (benzonat de sodiu, sorbat de potasiu), praf de ou integral (0.19%), colorant (beta-caroten), antioxidant (calciu-disodic- EDTA). Alergeni: oua, lactoza, mustar</p>	<p>stabilizator (guma de xantan), conservanti (benzonat de sodiu, sorbat de potasiu), praf de ou integral (0.19%), colorant (beta-caroten), antioxidant (calciu-disodic- EDTA). Alergeni: oua, lactoza, mustar</p>
<p>Platou cald mixt picant (2 pers) -Oua: 1.0buc -Scarita porc afumata: 0.5kg -Piept de pui: 0.46kg -Cartofi congelati: 0.3kg -Aripioare pui: 0.25kg -Varza alba: 0.15kg -Maioneza: 0.15kg -Morcov: 0.075kg -Faina alba: 0.05kg -Sos rosii: 0.02kg -Sare: 0.015kg -Ulei: 0.015kg Calorii:4054.603kcal Proteine:325.8372g Glucide:129.4965g Lipide:164.851g Sare:34.0832g Zaharuri:25.446g Acizi_grasi_saturati:65.4258g Aditivi: acidifiant (acid lactic), stabilizator (guma de xantan), conservanti (benzonat de sodiu, sorbat de potasiu), praf de ou integral (0.19%), colorant (beta-caroten), antioxidant (calciu-disodic- EDTA). Alergeni: oua, lactoza, mustar</p>	<p>Platou cald mixt picant (4 pers) -Oua: 2.0buc -Cartofi congelati: 0.6kg -Scarita porc afumata: 0.5kg -Piept de pui: 0.46kg -Aripioare pui: 0.46kg -Varza alba: 0.3kg -Maioneza: 0.3kg -Morcov: 0.15kg -Faina alba: 0.1kg -Sare: 0.03kg -Ulei: 0.03kg -Sos rosii: 0.03kg Calorii:6284.016kcal Proteine:406.9658g Glucide:236.232g Lipide:320.9968g Sare:54.9602g Zaharuri:34.68g Acizi_grasi_saturati:89.6815g Aditivi: acidifiant (acid lactic), stabilizator (guma de xantan), conservanti (benzonat de sodiu, sorbat de potasiu), praf de ou integral (0.19%), colorant (beta-caroten), antioxidant (calciu-disodic- EDTA). Alergeni: oua, gluten, mustar</p>
<p>Platou cald peste (2 pers) -File dorada: 0.4kg -File salau: 0.4kg -Cartofi congelati: 0.13kg -Lamaie: 0.07kg -Ardei gras: 0.05kg -Ciuperci: 0.05kg -Dovlecei: 0.05kg Calorii:891.058kcal Proteine:161.9449g Glucide:40.6153g Lipide:6.174g Sare:12.3328g Zaharuri:6.4907g Acizi_grasi_saturati:186.8559g Aditivi: - Alergeni: peste</p>	<p>Platou cald peste (4 pers) -File dorada: 0.8kg -File salau: 0.8kg -Cartofi congelati: 0.3kg -Lamaie: 0.15kg -Ardei gras: 0.1kg -Ciuperci: 0.1kg -Dovlecei: 0.1kg -Pesmet: 0.02kg -Sare: 0.02kg Calorii:1812.902kcal Proteine:324.697g Glucide:87.382g Lipide:12.388g Sare:24.7736g Zaharuri:13.3478g Acizi_grasi_saturati:373.8545g Aditivi: - Alergeni: peste</p>
<p>Platou grill mixt (2 pers) -Cartofi congelati: 0.35kg</p>	<p>Platou grill mixt (4 pers) -Cartofi congelati: 0.65kg</p>

SC Arnia Tourism SRL Iasi

 VALORI NUTRITIONALE CALCULATE PENTRU O PORTIE / BUCATA: **INFORMATII PRODUS**

<p>-Ceafa porc: 0.25kg -Pulpe pui dezosate: 0.25kg -Piept de pui: 0.25kg -Castraveti murati: 0.1kg -Gogosari otet: 0.1kg Calorii:1566.495kcal Proteine:207.1005g Glucide:63.3935g Lipide:50.423g Sare:9.0375g Zaharuri:34.1185g Acizi_grasi_saturati:20.7699g Aditivi: - Alergeni: peste</p>	<p>-Ceafa porc: 0.46kg -Pulpe pui dezosate: 0.46kg -Piept de pui: 0.46kg -Castraveti murati: 0.2kg -Gogosari otet: 0.2kg Calorii:2815.918kcal Proteine:381.5418g Glucide:118.767g Lipide:84.4728g Sare:17.9878g Zaharuri:68.0665g Acizi_grasi_saturati:37.3895g Aditivi: -</p>
Preparate de Post	
<p>Ciuperci pane cu cartofi si sal de varza -Cartofi: 0.3kg -Ciuperci: 0.2kg -Varza alba: 0.15kg -Ulei: 0.05kg -Pesmet: 0.05kg -Faina alba: 0.02kg Calorii:1234.239kcal Proteine:34.146g Glucide:147.0945g Lipide:54.299g Sare:5.562g Zaharuri:13.0915g Acizi_grasi_saturati:6.8235g Aditivi: - Alergeni: grau, oua</p>	<p>Fasole batuta -Fasole boabe: 0.25kg -Ulei: 0.05kg -Usturoi: 0.02kg -Ceapa: 0.02kg Calorii:899.896kcal Proteine:26.3544g Glucide:76.7304g Lipide:51.2308g Sare:0.0315g Zaharuri:6.8312g Acizi_grasi_saturati:5.217g Aditivi: - Alergeni: -</p>
<p>Fasole pastai cu mamaliguta si mujdei -Fasole pastai: 0.25kg -Malai: 0.1kg -Ceapa: 0.05kg -Unt: 0.05kg -Usturoi: 0.025kg Calorii:885.42kcal Proteine:16.618g Glucide:91.088g Lipide:48.756g Sare:4.318g Zaharuri:7.092g Acizi_grasi_saturati:26.5469g Aditivi: - Alergeni: -</p>	<p>Hummus cu lipie -Naut: 0.24kg -Ulei masline: 0.05kg -Tortilla: 0.05buc -Lamaie: 0.03kg -Susan: 0.015kg -Rosii: 0.015kg Calorii:826.1625kcal Proteine:26.2337g Glucide:71.1076g Lipide:50.9941g Sare:0.1096g Zaharuri:7.007g Acizi_grasi_saturati:7.2947g Aditivi: - Alergeni: -</p>

<p>Iahnie de fasole -Fasole boabe: 0.25kg -Sos rosii: 0.1kg -Ulei: 0.05kg -Ceapa: 0.02kg Calorii:980.4kcal Proteine:29.94g Glucide:91.26g Lipide:52.21g Sare:0.1935g Zaharuri:18.9512g Acizi_grasi_saturati:5.217g Aditivi: - Alergeni: -</p>	<p>Legume la gratar cu cartofi la cuptor -Cartofi: 0.3kg -Vinete: 0.08kg -Dovlecei: 0.08kg -Ardei gras: 0.08kg -Rosii: 0.07kg -Ceapa: 0.06kg -Ciuperci: 0.06kg -Ulei: 0.05kg Calorii:954.3432kcal Proteine:19.0464g Glucide:98.5954g Lipide:51.745g Sare:5.8525g Zaharuri:15.7374g Acizi_grasi_saturati:6.8603g Aditivi: - Alergeni: -</p>
<p>Mix ciuperci la tigaie cu mamaliguta si -Ghebe: 0.6kg -Malai: 0.1kg -Ceapa: 0.05kg -Ulei: 0.05kg -Usturoi: 0.025kg Calorii:1112.932kcal Proteine:50.346g Glucide:101.374g Lipide:54.46g Sare:6.983g Zaharuri:8.2045g Acizi_grasi_saturati:5.6065g Aditivi: - Alergeni: ciuperci</p>	<p>Salata de vinete -Vinete congelate: 0.22kg -Ceapa: 0.05kg -Rosii: 0.05kg -Ulei: 0.03kg -Ulei masline: 0.03kg Calorii:662.13kcal Proteine:2.765g Glucide:29.17g Lipide:60.203g Sare:3.2141g Zaharuri:22.8495g Acizi_grasi_saturati:7.5517g Aditivi: - Alergeni: -</p>
<p>Tocanita de legume -Cartofi: 0.2kg -Rosii: 0.11kg -Sos rosii: 0.1kg -Vinete: 0.06kg -Dovlecei: 0.06kg -Ardei gras: 0.06kg -Ceapa: 0.06kg -Ciuperci: 0.06kg -z14: 0.05lt Calorii:483.0972kcal Proteine:20.424g Glucide:91.7202g Lipide:3.5258g Sare:3.5725g Zaharuri:25.7192g Acizi_grasi_saturati:1.2951g Aditivi: - Alergeni: -</p>	<p>Vanata coapta cu orez -Vinete: 0.25kg -Rosii: 0.05kg -Salata verde: 0.05kg -Parmezan: 0.02kg -Zahar: 0.02kg -Lamaie: 0.02kg Calorii:387.1248kcal Proteine:12.3916g Glucide:45.8484g Lipide:16.8582g Sare:5.7135g Zaharuri:32.6685g Acizi_grasi_saturati:6.3026g Aditivi: - Alergeni: -</p>

Preparate de Porc

<p>Ceafa porc, cartofi, gogosari si castrav -Ceafa porc: 0.25kg -Cartofi congelati: 0.2kg -Varza alba: 0.2kg -Gogosari otet: 0.1kg -Castraveti murati: 0.1kg Calorii:715.56kcal Proteine:63.528g Glucide:55.826g Lipide:24.512g Sare:4.5615g Zaharuri:39.609g Acizi_grasi_saturati:8.3705g Aditivi: - Alergeni:</p>	<p>Coaste caramelizate cu orez -Scarita porc cruda: 0.35kg -Orez: 0.1kg -Pasta Soia: 0.05kg -Ceapa: 0.05kg -Morcov: 0.05kg -Ardei gras: 0.05kg -Telina: 0.05kg -Sare: 0.03kg Calorii:1414.005kcal Proteine:91.583g Glucide:112.895g Lipide:12.3945g Sare:36.4905g Zaharuri:16.2665g Acizi_grasi_saturati:21.295g</p>
<p>Coaste picante la cuptor si cartofi wedg -Scarita porc cruda: 0.5kg -Cartofi congelati: 0.25kg -Sos rosii: 0.1kg -Ulei: 0.1kg -Maioneza: 0.05kg -Morcov: 0.05kg -Mere: 0.05kg -Telina: 0.05kg -z14: 0.05lt -Chilli: 0.015kg Calorii:2838.544kcal Proteine:97.243g Glucide:87.615g Lipide:151.3175g Sare:12.9635g Zaharuri:35.6625g Acizi_grasi_saturati:47.3869g Aditivi: - Alergeni: telina, soia</p>	<p>Muschiulet porc la tigaie si piure trufa -Muschiulet porc: 0.2kg -Cartofi: 0.15kg -Rosii: 0.03kg -Lapte: 0.03lt -Unt: 0.02kg Calorii:702.3324kcal Proteine:48.3842g Glucide:42.4666g Lipide:36.4949g Sare:3.3583g Zaharuri:5.8733g Acizi_grasi_saturati:18.0953g Aditivi: - Alergeni: lactoza</p>
<p>Muschiulet porc, sos mustar, legume -Muschiulet porc: 0.2kg -Ardei gras: 0.05kg -Morcov: 0.05kg -Ceapa: 0.05kg -Rosii: 0.03kg -Unt: 0.02kg -Mustar: 0.02kg Calorii:610.847kcal Proteine:47.9346g Glucide:14.6436g Lipide:38.253g Sare:2.35g Zaharuri:10.2137g Acizi_grasi_saturati:16.391g Aditivi: - Alergeni: alune, lactoza, mustar</p>	<p>Tigaie picanta -Ceafa porc: 0.17kg -Sos rosii: 0.1kg -Carnaciori afumati: 0.1kg -Dovlecei: 0.06kg -Rosii: 0.05kg -z13: 0.05lt -Ardei gras: 0.05kg -Ceapa: 0.025kg Calorii:900.2061kcal Proteine:62.2346g Glucide:30.665g Lipide:56.1984g Sare:6.9976g Zaharuri:20.03g Acizi_grasi_saturati:16.7195g Aditivi: - Alergeni: gluten</p>

<p>Tochitura moldoveneasca -Oua: 1.0buc -Ceafa porc: 0.15kg -Malai: 0.1kg -Bacon: 0.1kg -Carnaciori afumati: 0.1kg -Branza burduf: 0.05kg -Ulei: 0.015kg Calorii:1726.8519kcal Proteine:94.4182g Glucide:75.8102g Lipide:111.8784g Sare:11.4085g Zaharuri:5.669g Acizi_grasi_saturati:29.8224g Aditivi: - Alergeni: oua, lapte</p>	
<p>Preparate de Pui</p>	
<p>Aripioare picante -Cartofi congelati: 0.35kg -Aripioare pui: 0.25kg -Ulei: 0.1kg -Sos rosii: 0.1kg -Varza alba: 0.1kg -Chilli: 0.05kg -Sos rosii: 0.05kg Calorii:1802.65kcal Proteine:81.42g Glucide:91.835g Lipide:118.08g Sare:13.834g Zaharuri:22.3745g Acizi_grasi_saturati:16.945g Aditivi: - Alergeni: grau, oua, soia</p>	<p>Cordon bleu cu french fries -Cartofi congelati: 0.2kg -Piept de pui: 0.13kg -Sunca praga: 0.02kg -Cascaval: 0.02kg -Pesmet: 0.02kg -Unt: 0.02kg -Rosii: 0.02kg -Ulei: 0.015kg Calorii:961.919kcal Proteine:60.1437g Glucide:55.2273g Lipide:54.6894g Sare:5.4732g Zaharuri:3.4615g Acizi_grasi_saturati:20.1971g Aditivi: stabilizatori (trifosfat pentasodic, polifosfat de sodiu), antioxidanti (eritorbat de sodiu, acid ascorbic), corectori de aciditate (acetati de sodiu, citrati de sodiu), agent de ingrosare (caragenan), potentiator de aroma (monoglutamat de sodiu), conservant (nitrit de sodiu). Alergeni: gluten, lactoza</p>
<p>Cordon bleu cu spanac si ciuperci -Choux: 1.0buc -Piept de pui: 0.13kg -Spanac: 0.1kg -Ciuperci: 0.1kg -Sunca praga: 0.02kg</p>	<p>Crispy pui cu cartofi si salata varza(co -Oua: 1.0buc -Sos Vinaigrette 30 g: 1.0buc -Cartofi congelati: 0.35kg -Piept de pui: 0.3kg -Cartofi congelati: 0.25kg</p>

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 VALORI NUTRITIONALE CALCULATE PENTRU O PORTIE / BUCATA: **INFORMATII PRODUS**

<p>-Cascaval: 0.02kg -Pesmet: 0.02kg -Unt: 0.02kg -Rosii: 0.02kg Calorii:915.8209kcal Proteine:65.2567g Glucide:31.8583g Lipide:49.9134g Sare:5.9192g Zaharuri:4.1695g Acizi_grasi_saturati:19.0646g Aditivi: stabilizatori (trifosfat pentasodic, polifosfat de sodiu), antioxidanti (eritorbat de sodiu, acid ascorbic), corectori de aciditate (acetati de sodiu, citrati de sodiu), agent de ingrosare (caragenan), potentiator de aroma (monoglutamat de sodiu), conservant (nitrit de sodiu). Alergeni: gluten, lactoza</p>	<p>-Varza alba: 0.1kg -Maioneza: 0.05kg -Ulei: 0.05kg -Faina alba: 0.03kg -Lapte: 0.02lt -Usturoi: 0.015kg -Varza alba: 0.015kg Calorii:2007.1436kcal Proteine:125.5188g Proteine:125.5188g Glucide:136.7141g Lipide:101.8421g Sare:7.8358g Zaharuri:8.6345g Acizi_grasi_saturati:20.5407g Aditivi: - Alergeni: gluten, oua, soia</p>
<p>Curry de pui cu orez basmati -Piept de pui: 0.2kg -Orez: 0.07kg -Smantana: 0.05kg -Ceapa: 0.02kg -Unt: 0.02kg Calorii:835.78kcal Proteine:74.324g Glucide:60.0g Lipide:32.401g Sare:4.346g Sare:4.346g Zaharuri:3.0844g Acizi_grasi_saturati:17.8239g Aditivi: - Alergeni: lactoza, nuci, curry, soia</p>	<p>Meniu copii piept pui, ciorba, clatita d -Piept de pui: 0.1kg -Cartofi: 0.1kg -Amestec legume congelate: 0.07kg -Varza alba: 0.05kg -Faina alba: 0.03kg -Dulceata Nir kg: 0.015kg Calorii:451.915kcal Proteine:41.927g Glucide:63.6825g Lipide:3.085g Sare:1.9857g Zaharuri:12.4989g Acizi_grasi_saturati:2.9185g Aditivi: - Alergeni: lactoza, gluten</p>
<p>Meniu copii pulpa pui, ciorba, clatita c -Pulpe pui dezodate: 0.1kg -Cartofi congelati: 0.1kg -Cartofi: 0.08kg -Amestec legume congelate: 0.05kg -Rosii: 0.03kg -Castraveti: 0.03kg -Faina alba: 0.03kg -Finetti: 0.02kg Calorii:550.6381kcal Proteine:37.117g Glucide:74.5424g Lipide:7.5166g Sare:2.1428g Zaharuri:15.1632g Acizi_grasi_saturati:6.5647g Aditivi: - Alergeni: lactoza, gluten</p>	<p>Piept de rata, piure -Pulpa rata: 0.25kg -Telina: 0.1kg -Sos fructe de padure: 0.05kg -Fasole pastai: 0.03kg -Lapte: 0.03lt -Unt: 0.02kg -Zahar: 0.02kg Calorii:879.7744kcal Proteine:51.5222g Glucide:60.9906g Lipide:45.2781g Sare:3.2195g Zaharuri:50.1404g Acizi_grasi_saturati:18.0378g Aditivi: - Alergeni: -</p>

<p>Piept pui , cartofi si sal varza -Cartofi: 0.35kg -Piept de pui: 0.25kg -Varza alba: 0.1kg -Ulei: 0.05kg -Sare: 0.02kg Calorii:1274.745kcal Proteine:94.3975g Glucide:98.6725g Lipide:54.367g Sare:23.465g Zaharuri:7.082g Acizi_grasi_saturati:12.7g Aditivi: - Alergeni: lapte</p>	<p>Pui cu smantana, ciuperci si mamaliguta -Piept de pui: 0.2kg -Smantana: 0.1kg -Malai: 0.1kg -Ciuperci: 0.05kg -Ceapa: 0.025kg -Verdeata: 0.025kg Calorii:971.281kcal Proteine:81.3205g Glucide:78.7505g Lipide:35.882g Sare:7.54g Zaharuri:6.5488g Acizi_grasi_saturati:11.3479g Aditivi: - Alergeni: lactoza</p>
<p>Pui cu sos de rodii si orez basm -Piept de pui: 0.2kg -Sos rosii: 0.1kg -Orez: 0.1kg -Rosii: 0.06kg -Morcov: 0.06kg -Telina: 0.06kg -Ulei: 0.05kg -z14: 0.05lt Calorii:1327.196kcal Proteine:80.192g Glucide:110.162g Lipide:61.0306g Sare:5.0278g Zaharuri:16.41g Acizi_grasi_saturati:14.5425g Aditivi: - Alergeni: lactoza, telina</p>	<p>Pui picant -Piept de pui: 0.25kg -Ardei gras: 0.15kg -Sos rosii: 0.1kg -Ciuperci: 0.07kg -Ceapa: 0.05kg -Chilli: 0.05kg Calorii:643.0024kcal Proteine:93.6772g Glucide:32.9232g Lipide:15.1212g Sare:9.7986g Zaharuri:19.8327g Acizi_grasi_saturati:6.5999g Aditivi: - Alergeni: gluten</p>
<p>Pui teriyaki cu orez basmati -Piept de pui: 0.2kg -Orez: 0.1kg -Ardei gras: 0.05kg -Unt: 0.02kg -Sos mexican Iute: 0.02kg Calorii:775.385kcal Proteine:73.702g Glucide:81.27g Lipide:16.857g Sare:2.7765g Zaharuri:2.0191g Acizi_grasi_saturati:14.468g Aditivi: - Alergeni: soia</p>	<p>Pulpe dezosate pui, cartofi si sal asort -Pulpe pui dezosate: 0.35kg -Cartofi: 0.35kg -Rosii: 0.1kg -Castraveti: 0.1kg -Ardei gras: 0.1kg -Ceapa: 0.05kg -Ulei: 0.05kg Calorii:1546.01kcal Proteine:107.017g Glucide:104.368g Lipide:74.244g Sare:5.839g Zaharuri:13.2585g Acizi_grasi_saturati:14.995g Aditivi: - Alergeni: -</p>

<p>Shaorma de pui -Chifla 35g: 1.0buc -Pulpe pui dezosate: 0.23kg -Cartofi congelati: 0.22kg -Varza alba: 0.15kg -Ulei: 0.015kg Calorii:754.069kcal Proteine:67.6446g Glucide:47.5621g Lipide:30.5142g Sare:8.607g Zaharuri:9.5417g Acizi_grasi_saturati:7.4218g Aditivi: E161B, E160C, E330, E385 Alergeni: gluten, soia, susan</p>	<p>Snitzel pui cu piure si salata varza -Oua: 1.0buc -Cartofi: 0.3kg -Piept de pui: 0.2kg -Varza alba: 0.1kg -Ulei: 0.08kg -Paine: 0.05kg -Pesmet: 0.05kg Calorii:1836.6838kcal Proteine:93.412g Glucide:149.824g Lipide:92.604g Sare:7.057g Zaharuri:12.158g Acizi_grasi_saturati:15.2662g Aditivi: - Alergeni: gluten, oua, lapte</p>
<p>Preparate de Vita</p>	
<p>Muschi de vita , legume sote, fenicul, s -Muschi de vita: 0.2kg -Telina: 0.05kg -Dovlecei: 0.05kg -Ardei gras: 0.05kg -Morcov: 0.05kg -Ulei masline: 0.02kg -Portocale: 0.02kg -Unt: 0.02kg Calorii:663.778kcal Proteine:41.4574g Glucide:27.7613g Lipide:43.331g Sare:8.293g Zaharuri:28.7456g Acizi_grasi_saturati:25.3646g Aditivi: - Alergeni: telina, soia</p>	<p>Muschi de vita, sos piper, pastai -Muschi de vita: 0.2kg -Fasole pastai: 0.15kg -Smantana: 0.1kg -Unt: 0.02kg -Ceapa: 0.02kg Calorii:735.084kcal Proteine:44.5676g Glucide:14.2576g Lipide:53.1482g Sare:8.0102g Zaharuri:10.8937g Acizi_grasi_saturati:28.8629g Aditivi: - Alergeni: telina, soia, lactoza</p>
<p>Tocanita de vita cu legume -Pulpa vita: 0.25kg -Ceapa: 0.05kg -Ardei gras: 0.05kg -Dovlecei: 0.05kg -Cartofi: 0.05kg -Sos rosii: 0.05kg Calorii:791.365kcal Proteine:49.133g Glucide:34.47g Lipide:48.533g Sare:1.3877g Zaharuri:14.0925g Acizi_grasi_saturati:9.3865g Aditivi: -</p>	<p>Vita a la Chef cu orez Basmati -Pulpa vita: 0.3kg -Orez: 0.1kg -Sos rosii: 0.05kg -Unt: 0.03kg -Morcov: 0.03kg -Ciuperci: 0.03kg -Ardei gras: 0.02kg -Usturoi: 0.02kg Calorii:1398.5886kcal Proteine:65.5415g Glucide:99.0577g Lipide:78.7458g Sare:6.4622g Zaharuri:7.9894g</p>

<p>Alergeni: gluten</p>	<p>Acizi_grasi_saturati:25.914g Aditivi: - Alergeni: lactoza</p>
<p>Quesadilla</p>	
<p>Quesadilla de pui 300g -Tortilla: 1.0buc -Piept de pui: 0.1kg -Ketchup: 0.05kg -Ardei gras: 0.04kg -Dovlecei: 0.04kg -Porumb: 0.03kg -Ciuperci: 0.03kg -Ceapa: 0.03kg -Cheddar: 0.015kg -Mozzarella: 0.015kg Calorii:388.6536kcal Proteine:43.8452g Glucide:27.184g Lipide:11.0767g Sare:4.1376g Zaharuri:18.3863g Acizi_grasi_saturati:3.44g Aditivi: E161B, E160C, E330, E385, glycerol, guma guar, sodiu, celuloza carboximetilica, agent crestere, acid malic, dextroza, propionate de calciu, sorbat de potasiu, L-cisteina</p> <p>Alergeni: lapte, gluten, mustar</p>	<p>Quesadilla de vita 300g -Tortilla: 1.0buc -Pulpa vita: 0.25kg -Ketchup: 0.05kg -Ardei gras: 0.04kg -Dovlecei: 0.04kg -Ceapa: 0.04kg -Cheddar: 0.02kg -Mozzarella: 0.02kg Calorii:855.526kcal Proteine:52.7266g Glucide:20.6316g Lipide:59.6848g Sare:3.4173g Zaharuri:17.1422g Acizi_grasi_saturati:10.703g Aditivi: E161B, E160C, E330, E385, glycerol, guma guar, sodiu, celuloza carboximetilica, agent crestere, acid malic, dextroza, propionate de calciu, sorbat de potasiu, L-cisteina glycerol, guma guar, sodiu, celuloza carboximetilica, agent crestere, acid malic, dextroza, propionate de calciu, sorbat de potasiu, L-cisteina</p> <p>Alergeni: lapte, gluten, mustar</p>
<p>Quesadilla vegetariana -Tortilla: 1.0buc -Dovlecei: 0.05kg -Porumb: 0.05kg -Ardei gras: 0.04kg -Ciuperci: 0.04kg -Masline: 0.04kg -Ketchup: 0.04kg -Branza vaci: 0.03kg Calorii:285.5348kcal Proteine:11.7826g Glucide:31.2964g Lipide:12.0612g Sare:3.5897g Zaharuri:17.0812g Acizi_grasi_saturati:0.7959g Aditivi: E161B, E160C, E330, E385, glycerol, guma guar, sodiu, celuloza</p>	

<p>carboximetilica, agent crestere, acid malic, dextroza, propionate de calciu, sorbat de potasiu, L-cisteina</p> <p>Alergeni: gluten, mustar</p>	
Salate Aperitiv	
<p>Salata cu bacon si ou</p> <p>-Oua: 1.0buc -Iaurt Danone 125ml: 0.5buc -Bacon: 0.1kg -Rosii: 0.07kg -Ardei gras: 0.05kg -Castraveti: 0.05kg -Salata verde: 0.05kg -Ceapa: 0.03kg -Paine: 0.03kg Calorii:680.2611kcal Proteine:32.3698g Glucide:25.6308g Lipide:47.762g Sare:8.9538g Zaharuri:11.3775g Acizi_grasi_saturati:5.181g Aditivi: - Alergeni: gluten, ou, lapte.</p>	<p>Salata cu piept de pui grill</p> <p>-Iaurt Danone 125ml: 0.5buc -Piept de pui: 0.1kg -Rosii: 0.07kg -Ulei: 0.05kg -Ardei gras: 0.05kg -Salata verde: 0.05kg -Castraveti: 0.05kg -Paine: 0.05kg -Verdeata: 0.03kg -Lamaie: 0.03kg Calorii:905.545kcal Proteine:41.3006g Glucide:35.4702g Lipide:63.9352g Sare:4.8174g Zaharuri:9.219g Acizi_grasi_saturati:11.2809g Aditivi: - Alergeni: grau, lapte.</p>
<p>Salata cu ton</p> <p>-Ton conserva: 0.1kg -Salata verde: 0.07kg -Rosii: 0.05kg -Masline: 0.05kg -Paine: 0.05kg -Castraveti: 0.04kg -Ceapa: 0.03kg -Lamaie: 0.02kg -Porumb: 0.02kg Calorii:485.624kcal Proteine:27.6284g Glucide:43.051g Lipide:22.6566g Sare:8.3177g Zaharuri:9.4151g Acizi_grasi_saturati:2.512g Aditivi: - Alergeni: grau, peste</p>	<p>Salata Greceasca</p> <p>-Branza feta: 0.08kg -Rosii: 0.07kg -Salata verde: 0.07kg -Castraveti: 0.05kg -Paine: 0.05kg -Ardei gras: 0.05kg -Masline: 0.05kg -Ceapa: 0.02kg -Ulei masline: 0.015kg Calorii:583.797kcal Proteine:22.392g Glucide:41.711g Lipide:36.8052g Sare:8.927g Zaharuri:12.1616g Acizi_grasi_saturati:5.3464g Aditivi: - Alergeni: lapte grau</p>
<p>Salata mediteraneana cu creveti</p> <p>-Rosii: 0.4kg -Creveti: 0.1kg</p>	<p>Salata Orientala</p> <p>-Sos Vinegrete: 1.0buc -Cartofi: 0.15kg</p>

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 VALORI NUTRITIONALE CALCULATE PENTRU O PORTIE / BUCATA: **INFORMATII PRODUS**

<p>-Salata verde: 0.05kg -Ardei gras: 0.04kg -Lamaie: 0.033kg -Ulei masline: 0.03kg -Porumb: 0.02kg -Ulei masline: 0.015kg Calorii:611.8578kcal Proteine:26.3522g Glucide:27.4116g Lipide:47.0306g Sare:4.677g Zaharuri:15.1006g Acizi_grasi_saturati:7.7137g Aditivi: - Alergeni: peste, grau</p>	<p>-Salata verde: 0.05kg -Rosii: 0.05kg -Castraveti: 0.05kg -Gogosari otet: 0.05kg -Masline: 0.05kg -Paine: 0.025kg Calorii:414.735kcal Proteine:9.7265g Glucide:61.7405g Lipide:13.973g Sare:3.4315g Zaharuri:8.465g Acizi_grasi_saturati:1.8725g Aditivi: - Alergeni: grau</p>
<p>Salata piept rata afumat cu fructe -Miere portionata 20g: 1.0buc -Piept de rata afumat: 0.07kg -Salata verde: 0.05kg -Rosii: 0.05kg -Ardei gras: 0.03kg -Mustar: 0.02kg Calorii:316.522kcal Proteine:16.5328g Glucide:32.3608g Lipide:19.9692g Sare:3.6718g Zaharuri:13.2947g Acizi_grasi_saturati:4.2658g Aditivi: - Alergeni: grau</p>	<p>Tagliata de vita -Rosii: 0.5kg -Muschi de vita: 0.18kg -Salata verde: 0.05kg -Ulei masline: 0.03kg -Parmezan: 0.02kg -Ceapa: 0.02kg -Ardei gras: 0.02kg Calorii:687.102kcal Proteine:46.7032g Glucide:27.068g Lipide:45.1258g Sare:10.3194g Zaharuri:19.1946g Acizi_grasi_saturati:20.362g Aditivi: - Alergeni: lactoza</p>