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Categorie:Carne

Antricot de Argentina

Antricot maturat	100 gr	VE=274 cal/1147 kj ,	G=22.1 gr ,	AGS=9 gr ,	Z=0,0 gr,	Na=56.0 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Aripioare picante cu pesmet

Aripi de pui pane	100 gr	VE=321 cal/1344 kj ,	G=22.2 gr,	AGS=6.1 gr,	Z=0 gr ,	Na=77 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Sos Worcester	100 gr	VE=78 cal/327 kj,	G=0 gr,	AGS=0 gr,	Z=10 gr,	Na=980 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Ceafa de porc la gratar

Ceafa de porc	100 gr	VE=232 cal/997.6 kj,	G=18.8 gr,	AGS=7.9 gr,	Z=0 gr ,	Na= 56 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg

Chicken Fingers cu sos Tzatziki

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Susan	100 gr	VE=573 cal/2399 kj,	G=49.7 gr,	AGS=7 gr,	Z=0.3 gr,	Na=11 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

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Coaste de porc

Coaste afumate	100 gr	VE=247 cal/1034 kj,	G=14.8 gr,	AGS=5.3 gr,	Z=0 gr,	Na=29 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Sos Barbeque	100 gr	VE=143 cal/599 kj,	G=0 gr,	AGS=0 gr,	Z=22.9 gr,	Na=700 mg

Declaratii nutritionale produse Blue Acqua Iasi(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Cotlet de porc in sos brun

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Cotlet de porc	100 gr	VE=152 cal/636 kj,	G=6.5 gr,	AGS=2.2 gr,	Z=0 gr,	Na=45 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg
Sos brun						
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Verdeata		Compozitie?				

Ficatei de pui

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ficat de pui	100 gr	VE=116 cal/486 kj,	G=4.8 gr,	AGS=1.6 gr,	Z=0 gr,	Na=71 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

Lasagna

Ceafa de porc	100 gr	VE=232 cal/997.6 kj,	G=18.8 gr,	AGS=7.9 gr,	Z=0 gr ,	Na= 56 mg
Foi Lasagna	100 gr	VE=338 cal/1414 kj,	G=1.1 gr,	AGS=0.2 gr,	Z=0 gr,	Na=5 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Pulpa de vita	100 gr	VE=141 cal/590 kj,	G=5.9 gr,	AGS=2 gr,	Z=0 gr,	Na=60 mg

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Mini burger

Carne burger						
- Carne de porc	100 gr	VE=236 cal/988 kj,	G=18 gr,	AGS=6.2 gr,	Z=0 gr,	Na=65 mg
- Carne de vita	100 gr	VE=144 cal/603 kj,	G= 6.2 gr,	AGS=2.1 gr,	Z=0 gr,	Na=58 mg
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Chifla miniburger	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Varza	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

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Muschi de vita la gratar

Muschi de vita	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Muschiulet de porc

Muschi de porc	100 gr	VE=145 cal/607 kj,	G=6.3 gr,	AGS=2.2 gr,	Z=0 gr ,	Na=50 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Piept de pui la gratar

Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg

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Piept de pui cu sos Gorgonzola

Gorgonzola	100 gr	VE=353 cal/1478 kj ,	G=28.7 gr,	AGS=18.7 gr,	Z=0.5 gr,	Na=1395 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg

Platou mix grill 2 persoane

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Carnati proaspeti						
- Carne de porc	100 gr	VE=236 cal/988 kj,	G=18 gr,	AGS=6.2 gr,	Z=0 gr,	Na=65 mg
- Carne de vita	100 gr	VE=144 cal/603 kj,	G= 6.2 gr,	AGS=2.1 gr,	Z=0 gr,	Na=58 mg
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Cotlet de porc	100 gr	VE=152 cal/636 kj,	G=6.5 gr,	AGS=2.2 gr,	Z=0 gr,	Na=45 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Muschi de vita	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Vinete congelate	100 gr	VE=24 cal/100 kj	G=0.2 gr,	AGS=0 gr,	Z=2.4 gr,	Na=2 mg

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Pulpe de pui la gratar

Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Saramura din pulpe de pui

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei iute	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

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Snitel de vita, fragezit

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Muschi de vita	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Snitel din piept de pui

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

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Tigaie cu carnuri mixte aromate

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Muschi de vita	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Verdeata	compozitie?					
Vinete congelate	100 gr	VE=24 cal/100 kj	G=0.2 gr,	AGS=0 gr,	Z=2.4 gr,	Na=2 mg

Vitello al tonno

Capere	100 gr	VE=23 cal/96 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0.4 gr,	Na=2964 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Muschi de vita	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Ton (conserva)	100 gr	VE=128 cal/536 kj,	G=3 gr,	AGS=0.8 gr,	Z=0 gr,	Na= 377 mg
Verdeata						

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Categorie: Ciorbe-Supe

Bors de peste, mamaliguta rece

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei iute	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Telina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg

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Ciorba cu perisoare din peste

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei iute	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Carne tocata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Telina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg

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Ciorba de burta de peste

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei iute	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg
Telina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg

Ciorba de storcean, mamaliguta

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei iute	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg
Tacam sturion (aprox)	100 gr	VE=105 cal/443 kj,	G=4 gr,	AGS=0.9 gr,	Z=0 gr,	Na=54 mg
Telina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg

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Supa cu fructe de mare

Calamar tentacule	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Calamar tub	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z=0 gr,	Na=60 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr,	Na=17 mg

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Categorie : Desert

Clatite cu ciocolata

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Topping bucatarie						

Clatite cu dulceata

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Mix fructe de padure congelate						
Mure	100 gr	VE=43 cal/180 kj,	G=0.5 gr,	AGS=0 gr,	Z=4.9 gr,	Na=1 mg
Zmeura	100 gr	VE=52 cal/218 kj,	G=0.7 gr,	AGS=0 gr,	Z=4.4 gr,	Na=1 mg
Afine	100 gr	VE=46 cal/193 kj,	G=0.1 gr,	AGS=0 gr,	Z=4 gr,	Na=2 mg
Fragi	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=4.9 gr,	Na=1 mg
Coacaze	100 gr	VE=57 cal/239 kj,	G=0.3 gr,	AGS=0 gr,	Z=10 gr,	Na=1 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Zahar	100 gr	VE=387 cal/1620 kj,	G=0 gr,	AGS=0 gr,	Z=99.9 gr,	Na=0 mg

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Clatite cu mere, inghetata vanilie

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Inghetata vanilie	100 gr	VE=207 cal/867 kj,	G=11 gr,	AGS=6.8 gr,	Z=21.2 gr,	Na=80 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Mere	100 gr	VE=52 cal/218 kj,	G=0.2 gr,	AGS=0 gr,	Z=10.4 gr,	Na=1 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg

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laurt grecesc cu miere si nuca

laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46
Miere	100 gr	VE=304 cal/1273 kj,	G=0 gr,	AGS=0 gr,	Z= 82.1 gr,	Na=4 mg
Miez de nuca	100 gr	VE=618 cal/2587 kj,	G=59 gr,	AGS= 3.4 gr,	Z=1.1 gr,	Na=2 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg
Zahar	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg

Inghetata Betty Ice

Negresa cu inghetata

Ciocolata bucatarie (aprox)	100 gr	VE=258 cal/1083 kj,	G=15 gr,	AGS=9.6 gr,	Z=65 gr	Na=300 mg
Inghetata bucatarie(vezi Diverse)						
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

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Panna Cotta cu ciocolata

Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg
Topping bucatarie						

Panna Cotta cu fructe de padure

Mix de fructe de padure congelate – vezi Diverse

Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg
Zahar	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg

Papanasi cu ciocolata

Branza de vaci	100 gr	VE=201 cal/841 kj,	G=12.2,	AGS=0 gr,	Z=0 gr,	Na= 0 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Topping bucatarie						
Zahar pudra	100 gr	VE=399 cal/1671 kj	G=0.1 gr,	AGS=0.1 gr,	Z=97.9 gr,	Na= 1 mg

Papanasi cu dulceata de visine

Branza de vaci	100 gr	VE=201 cal/841 kj,	G=12.2,	AGS=0 gr,	Z=0 gr,	Na= 0 mg
Dulceata (visine)	100 gr	VE=287 cal/1201 kj,	G=0 gr,	AGS=0 gr,	Z=52 gr,	Na=0 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Zahar pudra	100 gr	VE=399 cal/1671 kj	G=0.1 gr,	AGS=0.1 gr,	Z=97.9 gr,	Na= 1 mg

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Placinta cu dovleac

Dovleac Placintar	100 gr	VE=26 cal/109 kj,	G=0.1 gr,	AGS=0.1,	Z=1.4 gr,	Na=1 mg
Foi placinta	100 gr	VE=290 cal/1213 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Zahar	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg
Zahar pudra	100 gr	VE=399 cal/1671 kj	G=0.1 gr,	AGS=0.1 gr,	Z=97.9 gr,	Na= 1 mg

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Plaou cu pepene rosu

Pepene	100 gr	VE=30 cal/126 kj,	G=0.2 gr,	AGS=0 gr,	Z=6 gr,	Na= 2.5 mg
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Profiterol

Frisca lichida (Hulala ex)	100 gr	VE=292 cal/1222 kj,	G=26 gr,	AGS=23 gr,	Z=12 gr,	Na=220 mg
Inghetata (vezi diverse)						
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Topping bucatarie						

Salata de fructe

Banane	100 gr	VE=89 cal/373 kj,	G=0.3 gr,	AGS=0.1 gr,	Z=12.2 gr,	Na=1 mg
Cognac	100 gr	VE=225 cal/941 kj	G=0 gr,	AGS=0 gr,	Z=0 gr	Na=0 mg
Kiwi	100 gr	VE= 61 cal/255 kj,	G=0.5 gr,	AGS=0 gr,	Z=9 gr,	Na=3 mg
Mere	100 gr	VE=52 cal/218 kj,	G=0.2 gr,	AGS=0 gr,	Z=10.4 gr,	Na= 1mg
Miere	100 gr	VE=304 cal/1273 kj,	G=0 gr,	AGS=0 gr,	Z= 82.1 gr,	Na=4 mg
Portocale bucatarie	100 gr	VE=53 cal/222 kj,	G=0.3 gr,	AGS=0 gr,	Z=11 gr,	Na=2 mg

Tiramisu

Mascarpone	100 gr	VE=355 cal/1485 kj	G=35.5 gr,	AGS=24.9 gr,	Z=3 gr,	Na= 100 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Piscoturi (Compozitie?)						

Tort de biscuiti cu rom

Biscuiti (populari)	100 gr	VE=414 cal/1732 kj,	G=7 gr,	AGS= 1 gr,	Z=9 gr,	Na=850 mg
Margarina	100 gr	VE=717 cal/3002 kj,	G=80.7 gr,	AGS=15.2 gr,	Z=0 gr,	Na= 943 mg
Topping bucatarie						
Zahar	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg

Catergorie: Diverse – Pag 13

Bechamel 70 gr

Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg

Chiftele 80 gr

Carne tocata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg

CINA varianta branza

Branza de vaci	100 gr	VE=201 cal/841 kj,	G=12.2,	AGS=0 gr,	Z=0 gr,	Na= 0 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg

CINA varianta carne

Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Garnitura						

CINA varianta peste

Crap	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Garnitura						

Crap marinat 70 gr

Crap	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg

Crema avocado 70 gr

Avocado	100 gr	VE=160 cal/670 kj,	G=14.7 gr,	AGS=2.1 gr,	Z=0.7 gr,	Na=7 mg
Maioneza vegetala(soia)	100 gr	VE=232 cal/971 kj,	G=19.2 gr,	AGS=3.3 gr,	Z=6 gr,	Na=497 mg

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Drob Icre 70 gr

Icre Novac						
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg

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Ficatei in bacon 200 gr

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Ficat de pui	100 gr	VE=116 cal/486 kj,	G=4.8 gr,	AGS=1.6 gr,	Z=0 gr,	Na=71 mg

Frigarui pulpe pui 350 gr

Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Sos chili cu usturoi						
Sos se soia	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

Icre crap 70 gr

Icre crap	100 gr	VE=130 cal/544 kj,	G=3 gr,	AGS= 0 gr,	Z= 0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

Icre stiuca 70 gr

Icre stiuca	100 gr	VE=195 cal/819 kj,	G=8.2 gr,	AGS=1.9 gr,	Z=0 gr,	Na=117 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

Mic dejun varianta ceai

Cascaval	100 gr	VE=283 cal/1184 kj,	G=19 gr,	AGS=3.5 gr,	Z=0 gr,	Na=450 mg
Dulceata						
Pastrama de porc	100 gr	VE=152 cal/656 kj,	G=7 gr,	AGS=0 gr,	Z=0 gr,	Na=62 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

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MIC DEJUN varianta iaurt

Cascaval	100 gr	VE=283 cal/1184 kj,	G=19 gr,	AGS=3.5 gr,	Z=0 gr,	Na=450 mg
Dulceata						
Iaurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46
Pastrama de porc	100 gr	VE=152 cal/656 kj,	G=7 gr,	AGS=0 gr,	Z=0 gr,	Na=62 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Mini frigarui branzeturi 400 gr

Busuioc	100 gr	VE=23 cal/96.3 kj,	G=0.6 gr,	AGS=0 gr,	Z=0.3 gr,	Na=4 mg
Cascaval	100 gr	VE=283 cal/1184 kj,	G=19 gr,	AGS=3.5 gr,	Z=0 gr,	Na=450 mg
Mozzarella	100 gr	VE=300 gr/1256 kj,	G=22.4 gr,	AGS=13.2 gr,	Z=1 gr,	Na=627 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg

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Mousse ton

Ton (conserva) 100 gr VE=128 cal/536 kj, G=3 gr, AGS=0.8 gr, Z=0 gr, Na= 377 mg

Mujdei si mamaliga pentru 100 gr

Malai 100 gr VE=361 cal/1511 kj, G=3.9 gr, AGS=0.5 gr, Z=0.6 gr, Na=5 mg
Ulei de floarea soarelui 100 ml VE=884 cal/3701 kj, G=100 gr, AGS=9 gr, Z=0 gr, Na=0 mg
Usturoi 100 gr VE=149 cal/624 kj, G=0.5 gr, AGS=0.1 gr, Z=1 gr, Na=17 mg

Pasta crostini 70 gr

Nici un aliment nu depaseste 20 gr

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Pasta de sardine 70 gr

Pate (aprox) 100 gr VE=319 cal/1336 kj, G=28 gr, AGS=9.6 gr, Z=0 gr, Na=697 mg
Sardine conserva 100 gr VE=208 cal/871 kj, G=11.5 gr, AGS=1.5 gr, Z=0 gr, Na=505 mg

Pasta piept de pui 300 gr

Castraveti murati/otet 100 gr VE=11 cal/46.1 kj, G=0.2 gr, AGS=0.1 gr, Z=1.1 gr, Na=1208 gr
Ciuperci 100 gr VE=27 cal/113 kj, G=0.1 gr, AGS= 0 gr, Z=1.7 gr, Na=7 mg
Maioneza 100 gr VE=390 cal/1633 kj, G=33.4 gr, AGS=4.9 gr, Z=6.4 gr, Na=711 mg
Piept de pui 100 gr VE=263 cal/ 1101 kj, G=15.7 gr, AGS=3.3 gr, Z=0.4 gr, Na=451 mg
Usturoi 100 gr VE=149 cal/624 kj, G=0.5 gr, AGS=0.1 gr, Z=1 gr, Na=17 mg
Verdeata

Pastrama porc 50

Pastrama de porc 100 gr VE=152 cal/656 kj, G=7 gr, AGS=0 gr, Z=0 gr, Na=62 mg

Perisoare reteta

Carne tocata peste(val.Aprox.)100 gr VE=127 cal/532 kj, G=5.6 gr, AGS=1.1 gr, Z=0 gr, Na= 49 mg
Oua 1 buc VE=71.5 cal/299 kj, G=5 gr, AGS=1.5 gr, Z=0.4 gr, Na=70 mg

Pranz varianta carne

Desert

Garnitura

Supa

Pulpe de pui 100 gr VE=187 cal/783 kj, G=12.1 gr, AGS= 3.4 gr, Z=0 gr, Na=79 mg

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Pranz varianta peste

Crap	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Desert						
Garnitura						
Supa						

Rulada cascaval 450 gr

Cascaval	100 gr	VE=283 cal/1184 kj,	G=19 gr,	AGS=3.5 gr,	Z=0 gr,	Na=450 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

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Rulada piept de pui 450 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Cascaval	100 gr	VE=283 cal/1184 kj,	G=19 gr,	AGS=3.5 gr,	Z=0 gr,	Na=450 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Verdeata						

Rulou cu feta si dovlecei 50 gr

Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Feta	100 gr	VE=264 cal/1105 kj	G=21.3 gr,	AGS=14.9 gr,	Z=4.1 gr,	Na=1116 mg

Sos gorgonzola 100 gr

Gorgonzola	100 gr	VE=353 cal/1478 kj ,	G=28.7 gr,	AGS=18.7 gr,	Z=0.5 gr,	Na=1395 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg

Sos Napoli 100 gr

Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
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Trandafiri salam sibiu 50

Salam Sibiu	100 gr	VE=475 cal/1987 kj,	G=41.5 gr,	AGS=16.6 gr,	Z=0.8 gr,	Na=3800 mg
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Zacusca peste 70 gr

Nici un aliment nu depaseste 20 gr.

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Categorie: Extra

Ardei iute

Ardei iute 100 gr VE=30 cal/126 kj, G=0.6 gr, AGS=0.1 gr, Z=3.5 gr, Na= 1 mg

Bacon 50 gr

Bacon 100 gr VE=458 cal/1918 kj, G=45 gr, AGS=15 gr, Z=0 gr, Na=833 mg

Branza de vaci

Branza de vaci 100 gr VE=201 cal/841 kj, G=12.2, AGS=0 gr, Z=0 gr, Na= 0 mg

Branza feta 50 gr

Feta 100 gr VE=264 cal/1105 kj G=21.3 gr, AGS=14.9 gr, Z=4.1 gr, Na=1116 mg

Branza telemea 50 gr

Telemea vaca 100 gr VE=261 cal/1092 kj, G=22 gr, AGS=15.4 gr, Z=0.7 gr, Na=2200 mg

Caracatita marinata

Calamar tentacule 100 gr VE=92 cal/385 kj, G=1.4 gr, AGS=0.4 gr, Z=0 gr, Na=44 mg

Cascaval 50 gr

Cascaval 100 gr VE=283 cal/1184 kj, G=19 gr, AGS=3.5 gr, Z=0 gr, Na=450 mg

Cascaval pane 200 gr

Cascaval 100 gr VE=283 cal/1184 kj, G=19 gr, AGS=3.5 gr, Z=0 gr, Na=450 mg

Faina 100 gr VE=361 cal/1511 kj, G=1.7 gr, AGS=0.2 gr, Z=0.3 gr, Na=2 mg

Lapte bucatarie 100 ml VE=64 cal/268 kj , G=3.7 gr, AGS=2.3 gr, Z=0 gr, Na=49 mg

Oua 1 buc VE=71.5 cal/299 kj, G=5 gr, AGS=1.5 gr, Z=0.4 gr, Na=70 mg

Pesmet 100 gr VE=313 cal/1310 kj, G=4.3 gr, AGS=1 gr, Z=6.4 gr, Na=611 mg

Salata verde 100 gr VE=15 cal/62.8 kj , G=0.2 gr , AGS=0 gr , Z=0.8 gr, Na=28 mg

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Ceapa rosie 50 gr

Ceapa 100 gr VE=40 cal/167 kj, G=0.1 gr, AGS=0 gr, Z=4.2 gr, Na=4 mg

Dulceata 70 gr

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Gorgonzola 50 gr

Gorgonzola 100 gr VE=353 cal/1478 kj , G=28.7 gr, AGS=18.7 gr, Z=0.5 gr, Na=1395 mg

Lamaie Bucatarie

Lamaie 100 gr VE=20 cal/83.7 kj, G=0.3 gr, AGS=0 gr, Z=0 gr, Na=3 mg

Mamaliqa

Malai 100 gr VE=361 cal/1511 kj, G=3.9 gr, AGS=0.5 gr, Z=0.6 gr, Na=5 mg

Masline 50 gr

Masline 100 gr VE=115 cal/481 kj, G=10.7 gr, AGS=1.4 gr, Z=0 gr, Na=872 mg

Mozzarella 50 gr

Mozzarella 100 gr VE=300 gr/1256 kj, G=22.4 gr, AGS=13.2 gr, Z=1 gr, Na=627 mg

Ou fiert

Oua 1 buc VE=71.5 cal/299 kj, G=5 gr, AGS=1.5 gr, Z=0.4 gr, Na=70 mg

Paine 1 kg

Drojdie 100 gr VE=105 cal/430 kj, G=1.9 gr, AGS= 0 gr
Faina 100 gr VE=361 cal/1511 kj, G=1.7 gr, AGS=0.2 gr, Z=0.3 gr, Na=2 mg
Oua 1 buc VE=71.5 cal/299 kj, G=5 gr, AGS=1.5 gr, Z=0.4 gr, Na=70 mg
Ulei de floarea soarelui 100 ml VE=884 cal/3701 kj, G=100 gr, AGS=9 gr, Z=0 gr , Na=0 mg

Paine prajita

Faina 100 gr VE=361 cal/1511 kj, G=1.7 gr, AGS=0.2 gr, Z=0.3 gr, Na=2 mg

Pag 20 gr

Paine proaspata

Faina 100 gr VE=361 cal/1511 kj, G=1.7 gr, AGS=0.2 gr, Z=0.3 gr, Na=2 mg

Parmezan 50 gr

Parmezan 100 gr VE=392 cal/1641 kj, G=25.8 gr, AGS=16.4 gr, Z=0.8 gr, Na= 1602 mg

Salata fresh

Ceapa 100 gr VE=40 cal/167 kj, G=0.1 gr, AGS=0 gr, Z=4.2 gr, Na=4 mg
Salata verde 100 gr VE=15 cal/62.8 kj , G=0.2 gr , AGS=0 gr , Z=0.8 gr, Na=28 mg
Ulei de floarea soarelui 100 ml VE=884 cal/3701 kj, G=100 gr, AGS=9 gr, Z=0 gr , Na=0 mg

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Salata de rosii si praz

Praz	100 gr	VE=61 cal/255 kj,	G=0.3 gr,	AGS=0 gr,	Z=3.9 gr,	Na=20 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

Saramura(zeama)

Ardei iute	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

Categorie: Garnituri

Broccoli

Broccoli	100 gr	VE=26 cal/109 kj,	G=0.3 gr,	AGS=0 gr,	Z=1.3 gr,	Na=24 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

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Cartofi cu usturoi, parmezan

Cartofi pai congelati	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Parmezan	100 gr	VE=392 cal/1641 kj,	G=25.8 gr,	AGS=16.4 gr,	Z=0.8 gr,	Na= 1602 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Verdeata						

Cartofi in coaja cu ulei de masline

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Cartofi nature

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Cartofi pai

Cartofi pai congelati	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Cartofi pe plita

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Declaratii nutritionale produse Blue Acqua Iasi(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Cartofi piure

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

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Cartofi taranesti

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Verdeata						

Cartofi wedges

Cartofi wedges congelati	100 gr	VE=149 cal/625 kj,	G=8 gr,	AGS=1 gr,	Z=1 gr,	Na=1300 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Ciuperci la grill

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Dovlecei la grill

Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Fasole verde

Fasole verde	100 gr	VE=39 cal/163 kj,	G=0.2 gr,	AGs=0 gr,	Z=2.2 gr,	Na=3 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Legume la gratar

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Vinete congelate	100 gr	VE=24 cal/100 kj	G=0.2 gr,	AGS=0 gr,	Z=2.4 gr,	Na=2 mg

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Mazare coapta

Mazare(congelata) 100 gr VE=77 cal/322 kj, G=0.4 gr, AGS=0.1 gr, Z=5 gr, Na=108 mg

Mazare sote

Mazare(congelata) 100 gr VE=77 cal/322 kj, G=0.4 gr, AGS=0.1 gr, Z=5 gr, Na=108 mg

Unt 100 gr VE=717 cal/3002 kj, G=81.1 gr, AGS= 51.4 gr, Z=0.1 gr, Na= 576 mg

Orez Cu legume

Orez prefierit 100 gr VE=380 cal/ 1591 kj, G= 0.9 gr, AGS=0.2 gr, Z=0.1 gr, Na=10 mg

Orez cu parmezan

Orez prefierit 100 gr VE=380 cal/ 1591 kj, G= 0.9 gr, AGS=0.2 gr, Z=0.1 gr, Na=10 mg

Parmezan 100 gr VE=392 cal/1641 kj, G=25.8 gr, AGS=16.4 gr, Z=0.8 gr, Na= 1602 mg

Orez cu stafide

Cognac 100 gr VE=225 cal/941 kj G=0 gr, AGS=0 gr, Z=0 gr Na=0 mg

Orez prefierit 100 gr VE=380 cal/ 1591 kj, G= 0.9 gr, AGS=0.2 gr, Z=0.1 gr, Na=10 mg

Stafide 100 gr VE=299 cal/1252 kj, G=0.5 gr, AGS=0.1 gr, Z=59.2 gr, Na=11 mg

Orez salbatic

Orez salbatic 100 gr VE=357 cal/1495 kj, G=1.1 gr, AGS=0.2 gr, Z=2.5 gr, Na=7 mg

Unt 100 gr VE=717 cal/3002 kj, G=81.1 gr, AGS= 51.4 gr, Z=0.1 gr, Na= 576 mg

Orez simplu

Ceapa 100 gr VE=40 cal/167 kj, G=0.1 gr, AGS=0 gr, Z=4.2 gr, Na=4 mg

Orez prefierit 100 gr VE=380 cal/ 1591 kj, G= 0.9 gr, AGS=0.2 gr, Z=0.1 gr, Na=10 mg

Unt 100 gr VE=717 cal/3002 kj, G=81.1 gr, AGS= 51.4 gr, Z=0.1 gr, Na= 576 mg

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Spanac cu usturoi

Spanac congelat 100 gr VE=29 cal/121 kj, G=0.6 gr, AGS=0 gr, Z=0.7 gr, Na=74 mg

Sparanghel cu rosii cherry

Rosii cherry 100 gr VE=20 cal/84 kj, G=0 gr, AGS=0 gr, Z= 0 gr, Na= 60 mg

Sparanghel 100 gr VE=22 cal/ 82.7 kj, G=0.1 gr, AGS=0 gr, Z=1.9 gr, Na=2 mg

Categorie: Grill

Biban de mare grill

Biban portie	100 gr	VE=97 cal/406 kj,	G=2 gr,	AGS=0.5 gr,	Z=0 gr,	Na=68 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj,	G=0.2 gr,	AGS=0 gr,	Z=0.8 gr,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr,	Na=17 mg

Calamar tub cu sos tzatziki

Calamar tub	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj,	G=0.2 gr,	AGS=0 gr,	Z=0.8 gr,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr,	Na=17 mg

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Caracatita grill cu sos tzatziki

laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj,	G=0.2 gr,	AGS=0 gr,	Z=0.8 gr,	Na=28 mg
Caracatita tentacule	100 gr	VE=82 cal/343 kj,	G=1 gr,	AGS=0.2 gr,	Z=0 gr,	Na= 230 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr,	Na=17 mg

Crap grill

Crap	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj,	G=0.2 gr,	AGS=0 gr,	Z=0.8 gr,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr,	Na=17 mg

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Creveti grill 12 buc cu sos tzatziki

Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Dorada grill

Dorada portie	100 gr	VE=89 cal/372 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

File de dorada grill

Dorada kg	100 gr	VE=89 cal/372 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Pastrav grill

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Pastrav	100 gr	VE=148 ca/620 kj,	G=6.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na=52 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Rapane grill

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Rapane	100 gr	VE=87 cal/364 kj,	G=0.6 gr,	AGS=0.2 gr,	Z=0.2 gr,	Na=190 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Rondele de somon grill

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Somon rondele kg	100 gr	VE=208 cal/871 kj,	G=13.4 gr,	AGS= 3 gr,	Z=0 gr,	Na= 59 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Salau de Nil grill

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Somn grill

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Somn	100 gr	VE=95 cal/398 kj,	G=2.8 gr,	AGS=0.7 gr,	Z=0 gr,	Na=43 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Sturion grill

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj,	G=0.2 gr,	AGS=0 gr,	Z=0.8 gr,	Na=28 mg
Sturion	100 gr	VE=105 cal/443 kj,	G=4 gr,	AGS=0.9 gr,	Z=0 gr,	Na=54 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr,	Na=17 mg

Ton grill

File de ton	100 gr	VE=144 cal/603 kj,	G=4.9 gr,	AGS=1.3 gr,	Z=0 gr,	Na=39 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj,	G=0.2 gr,	AGS=0 gr,	Z=0.8 gr,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr,	Na=17 mg

Categorie: Gustari calde

Branza cu smantana

Branza de vaci	100 gr	VE=201 cal/841 kj,	G=12.2,	AGS=0 gr,	Z=0 gr,	Na= 0 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg

Calamar pane cu sos tzatziki

Calamar tub	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Iaurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Salata verde	100 gr	VE=15 cal/62.8 kj,	G=0.2 gr,	AGS=0 gr,	Z=0.8 gr,	Na=28 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

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Caracatita in sos brandy

Cognac	100 gr	VE=225 cal/941 kj	G=0 gr,	AGS=0 gr,	Z=0 gr	Na=0 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Miere	100 gr	VE=304 cal/1273 kj,	G=0 gr,	AGS=0 gr,	Z= 82.1 gr,	Na=4 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Caracatita tentacule	100 gr	VE=82 cal/343 kj,	G=1 gr,	AGS=0.2 gr,	Z=0 gr,	Na= 230 mg

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Chiftelute de peste, sos iute

Carne tocata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Sos chili cu usturoi						
Sos Chili dulce	100 gr	VE=106 cal/444 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=21.4 gr,	Na=1310 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
Sos se soia	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg
Verdeata						

Chiftelute de salau cu praz

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Praz	100 gr	VE=61 cal/255 kj,	G=0.3 gr,	AGS=0 gr,	Z=3.9 gr,	Na=20 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg
Sos Tabasco	100 gr	VE=12 cal/50 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.1 gr	Na=633 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

Creveti in crusta de cocos

Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Nuca de cocos fulgi	100 gr	VE=456 cal/1909 kj,	G=28 gr,	AGS=26.4 gr,	Z=36.8 gr,	Na=285 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Sos Worcester	100 gr	VE=78 cal/327 kj,	G=0 gr,	AGS=0 gr,	Z=10 gr,	Na=980 mg

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Fish fingers cu sos tzatziki

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg
Susan	100 gr	VE=573 cal/2399 kj,	G=49.7 gr,	AGS=7 gr,	Z=0.3 gr,	Na=11 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Frigarui cu creveti, ghimbir

Ananas bucatarie	100 gr	VE=50 cal/209 kj,	G=0.1 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Miere	100 gr	VE=304 cal/1273 kj,	G=0 gr,	AGS=0 gr,	Z= 82.1 gr,	Na=4 mg
Orez prefierat	100 gr	VE=380 cal/ 1591 kj,	G= 0.9 gr,	AGS=0.2 gr,	Z=0.1 gr,	Na=10 mg
Telina radacina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg

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Gogosele cu creveti, sos fresh

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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Hamsii prajite, mamaliguta

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Hamsie/Sprot	100 gr	VE=131 cal/548 kj,	G=4.8 gr,	AGS=1.3 gr,	Z=0 gr,	Na=104 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Midii pane cu sos cocktail

Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Declaratii nutritionale produse Blue Acqua Iasi(Art.3,(2)/Ordin nr.201 din 19.04.2022– valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Muslitos 200 gr

Drojdie	100 gr	VE=105 cal/430 kj,	G=1.9 gr,	AGS= 0 gr	Z=0 gr,	Na=0 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Muslitos	100 gr	VE=133 cal/556 kj,	G=2 gr,	AGS=0 gr,	Z= 0 gr,	Na=
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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Omleta Blue Acqua

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Cascaval	100 gr	VE=283 cal/1184 kj,	G=19 gr,	AGS=3.5 gr,	Z=0 gr,	Na=450 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

Pui de balta pane, mamaliguta

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Pui de balta	100 gr	VE=73 cal/306 kj,	G=0.3 gr,	AGS=0.1 gr,	Z=0 gr,	Na=58 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Sardina prajita, mamaliguta

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Sardine	100 gr	VE=208 cal/871 kj,	G=11.5 gr,	AGS=1.5 gr,	Z=0 gr,	Na=505 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Categorie: Gustari reci

Crap marinat 150 gr

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Crap	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg

Drob de icre 150 gr

Castraveti murati/otet	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Icre Novac						
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg

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Icre stiuca cu unt 100 gr

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Icre stiuca	100 gr	VE=195 cal/819 kj,	G=8.2 gr,	AGS=1.9 gr,	Z=0 gr,	Na=117 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Macrou afumat cu salata de ceapa

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Pastrama de macrou	100 gr	VE=288 cal/1209 kj,	G=23 gr,	AGS= 4 gr	Z=0 gr	Na= 2600 mg

Macrou marinat cu salata de ceapa

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Macrou marinat(crud)	100 gr	VE=158 cal/662 kj,	G=7.9 gr,	AGS=2.2 gr,	Z=0 gr,	Na=86 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg

Pasta de sardine cu capere 150 gr

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Pate de ficat	100 gr	VE=319 cal/1336 kj,	G=28 gr,	AGS=9.6 gr,	Z=0 gr,	Na=697 mg
Sardine conserva	100 gr	VE=208 cal/871 kj,	G=11.5 gr,	AGS=1.5 gr,	Z=0 gr,	Na=505 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

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Pastrama de macrou cu ceapa marinata

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Pastrama de macrou	100 gr	VE=288 cal/1209 kj,	G=23 gr,	AGS= 4 gr	Z=0 gr	Na= 2600 mg

Salata de icre de crap, cu masline, ceapa

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Icre crap	100 gr	VE=130 cal/544 kj,	G=3 gr,	AGS= 0 gr,	Z= 0 gr,	Na=0 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

Salata de icre de stiuca, cu masline, ceapa

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Icre stiuca	100 gr	VE=195 cal/819 kj,	G=8.2 gr,	AGS=1.9 gr,	Z=0 gr,	Na=117 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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Tartar de somon cu avocado

Avocado	100 gr	VE=160 cal/670 kj,	G=14.7 gr,	AGS=2.1 gr,	Z=0.7 gr,	Na=7 mg
Biscuiti (populari)	100 gr	VE=414 cal/1732 kj,	G=7 gr,	AGS= 1 gr,	Z=9 gr,	Na=850 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Mere	100 gr	VE=52 cal/218 kj,	G=0.2 gr,	AGS=0 gr,	Z=10.4 gr,	Na= 1mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Somon rondele kg	100 gr	VE=208 cal/871 kj,	G=13.4 gr,	AGS= 3 gr,	Z=0 gr,	Na= 59 mg
Susan	100 gr	VE=573 cal/2399 kj,	G=49.7 gr,	AGS=7 gr,	Z=0.3 gr,	Na=11 mg

Tartine cu somon afumat, capere

Capere	100 gr	VE=23 cal/96 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0.4 gr,	Na=2964 m
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Somon fume	100 gr	VE=117 cal/490 kj,	G=4.3 gr,	AGS=0.9 gr,	Z=0 gr,	Na=784 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Zacusca de peste cu masline 200 gr

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Carne tocata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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Categorie: Meniu Vegan

Bruschette mixte

Biscuiti (populari)	100 gr	VE=414 cal/1732 kj,	G=7 gr,	AGS= 1 gr,	Z=9 gr,	Na=850 mg
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Ulei de masline Verdeata	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg

Burger Beyond

Burgeri vegetali (aprox)	100 gr	VE=187 cal/782 kj,	G=6.4 gr,	AGS=0.7 gr,	Z=4.5 gr,	Na=155 mg
Cartofi pai congelati	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Cascaval vegetal(aprox)	100 gr	VE=239 cal/1001 kj,	G=14 gr,	AGS=8.8 gr,	Z=7.7 gr,	Na=1345 mg
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Chifle	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Maioneza vegetala(soia)	100 gr	VE=232 cal/971 kj,	G=19.2 gr,	AGS=3.3 gr,	Z=6 gr,	Na=497 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Sos Barbeque	100 gr	VE=143 cal/599 kj,	G=0 gr,	AGS=0 gr,	Z=22.9 gr,	Na=700 mg
Varza	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Edamame

Edamame	100 gr	VE=110 cal/461 kj,	G=4.7 gr,	AGS=0 gr,	Z=2.5 gr,	Na=6 mg
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Fasole batuta cu ceapa caramelizata

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Fasole conserva	100 gr	VE=94 cal/394 kj,	G=0.4 gr,	AGS=0.1 gr,	Z=8 gr ,	Na=343 mg
Pasta de tomate	100 gr	VE=82 cal/343 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=12.2 gr,	Na=790 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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Guacamole

Avocado	100 gr	VE=160 cal/670 kj,	G=14.7 gr,	AGS=2.1 gr,	Z=0.7 gr,	Na=7 mg
Biscuiti (populari)	100 gr	VE=414 cal/1732 kj,	G=7 gr,	AGS= 1 gr,	Z=9 gr,	Na=850 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Ulei de masline Verdeata	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg

Gustare Veggie

Avocado	100 gr	VE=160 cal/670 kj,	G=14.7 gr,	AGS=2.1 gr,	Z=0.7 gr,	Na=7 mg
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Cous Cous	100 gr	VE=105 cal/ 451 kj,	G=0.2 gr,	AGS=0 gr,	Z=0.6 gr,	Na= 5 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lipie	100 gr	VE=275 cal/1151 kj,	G=1.2 gr,	AGS=0.2 gr,	Z=0 gr,	Na=536 mg
Maioneza vegetala(soia)	100 gr	VE=232 cal/971 kj,	G=19.2 gr,	AGS=3.3 gr,	Z=6 gr,	Na=497 mg
Naut	100 gr	VE=164 cal/687 kj,	G=2.6 gr,	AGS=0.3 gr,	Z= 4.8 gr,	Na=243 mg
Sfecla rosie conserva	100 gr	VE=30 cal/126 kj,	G=0.1 gr,	AGS= 0 gr,	Z=6.5 gr,	Na=143 mg

Hummus

Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Lipie	100 gr	VE=275 cal/1151 kj,	G=1.2 gr,	AGS=0.2 gr,	Z=0 gr,	Na=536 mg
Naut	100 gr	VE=164 cal/687 kj,	G=2.6 gr,	AGS=0.3 gr,	Z= 4.8 gr,	Na=243 mg
Susan pasta	100 gr	VE=595 cal/2491 kj,	G=53.8 gr,	AGS=7.5 gr,	Z=0.5 gr,	Na=115 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg

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Paste cu miez de nuca si rucola

Miez de nuca	100 gr	VE=618 cal/2587 kj,	G=59 gr,	AGS= 3.4 gr,	Z=1.1 gr,	Na=2 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg
Rucola	100 gr	VE=25 cal/105 kj,	G=0.66 gr,	AGS=0.08 gr,	Z=2 gr	Na= 27 mg

Declaratii nutritionale produse Blue Acqua Iasi(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Platou cu vinete, hummus si zacusca

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Avocado	100 gr	VE=160 cal/670 kj,	G=14.7 gr,	AGS=2.1 gr,	Z=0.7 gr,	Na=7 mg
Biscuiti (populari)	100 gr	VE=414 cal/1732 kj,	G=7 gr,	AGS= 1 gr,	Z=9 gr,	Na=850 mg
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lipie	100 gr	VE=275 cal/1151 kj,	G=1.2 gr,	AGS=0.2 gr,	Z=0 gr,	Na=536 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Naut	100 gr	VE=164 cal/687 kj,	G=2.6 gr,	AGS=0.3 gr,	Z= 4.8 gr,	Na=243 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Verdeata						
Vinete congelate	100 gr	VE=24 cal/100 kj	G=0.2 gr,	AGS=0 gr,	Z=2.4 gr,	Na=2 mg

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Pleurotus marinate, mamaliga

Castraveti murati/otet	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Pleurotus ciuperci	100 gr	VE=33 cal/138 kj,	G=0.4 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=18 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Risotto cu ciuperci si sampanie

Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Orez prefierat	100 gr	VE=380 cal/ 1591 kj,	G= 0.9 gr,	AGS=0.2 gr,	Z=0.1 gr,	Na=10 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg
Spumant Bucatarie	100 ml	VE=75 cal/330 kj,	G=0 gr,	AGS=0 gr,	Z=0 gr,	Na=4 mg

Salata de vinete, paine prajita, ceapa

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Vinete congelate	100 gr	VE=24 cal/100 kj	G=0.2 gr,	AGS=0 gr,	Z=2.4 gr,	Na=2 mg

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Salata orientala

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr ,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj ,	G=0.1 gr ,	AGS=0 gr ,	Z=4.2 gr ,	Na=4 mg
Masline	100 gr	VE=115 cal/481 kj ,	G=10.7 gr ,	AGS=1.4 gr ,	Z=0 gr ,	Na=872 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr ,	Z=0 gr ,	Na=0.0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj ,	G=100 gr ,	AGS=9 gr ,	Z=0 gr ,	Na=0 mg
Verdeata						

Tofleta cu castraveti murati

Ardei gras	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS= 0 gr ,	Z= 4.2 gr ,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ceapa	100 gr	VE=40 cal/167 kj ,	G=0.1 gr ,	AGS=0 gr ,	Z=4.2 gr ,	Na=4 mg
Ciuperci	100 gr	VE=27 cal/113 kj ,	G=0.1 gr ,	AGS= 0 gr ,	Z=1.7 gr ,	Na=7 mg
Faina	100 gr	VE=361 cal/1511 kj ,	G=1.7 gr ,	AGS=0.2 gr ,	Z=0.3 gr ,	Na=2 mg
Rosii	100 gr	VE=18 cal/75.4 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=2.6 gr ,	Na=5 mg
Tofu	100 gr	VE=145 cal/607 kj ,	G=8.7 gr ,	AGS=1.3 gr ,	Z=0 gr ,	Na=14 mg

Vitamin salad

Limes	100 gr	VE=30 cal/126 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=1.7 gr ,	Na=2 mg
Masline	100 gr	VE=115 cal/481 kj ,	G=10.7 gr ,	AGS=1.4 gr ,	Z=0 gr ,	Na=872 mg
Naut	100 gr	VE=164 cal/687 kj ,	G=2.6 gr ,	AGS=0.3 gr ,	Z= 4.8 gr ,	Na=243 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr ,	Z=0 gr ,	Na=0.0 mg
Porumb boabe	100 gr	VE=81 cal/339 kj ,	G=0.9 gr ,	AGS=0.2 gr ,	Z=3 gr ,	Na=298 mg
Quinoa	100 gr	VE=360 cal/1541 kj ,	G=6.1 gr ,	AGS=0.7 gr ,	Z=0 gr ,	Na=5 mg
Rosii cherry	100 gr	VE=20 cal/84 kj ,	G=0 gr ,	AGS=0 gr ,	Z= 0 gr ,	Na= 60 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr ,	Na=28 mg
Tofu	100 gr	VE=145 cal/607 kj ,	G=8.7 gr ,	AGS=1.3 gr ,	Z=0 gr ,	Na=14 mg

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Zacusca cu legume

Ardei gras	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS= 0 gr ,	Z= 4.2 gr ,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ceapa	100 gr	VE=40 cal/167 kj ,	G=0.1 gr ,	AGS=0 gr ,	Z=4.2 gr ,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj ,	G=1.7 gr ,	AGS=0.2 gr ,	Z=0.3 gr ,	Na=2 mg
Morcovi	100 gr	VE=41 cal/172 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=4.7 gr ,	Na=69 mg

Categorie: Paella-Orez

Orez cu creveti si curry

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Lapte de cocos	100 gr	VE=197 cal/825 kj,	G=21.3 gr,	AGS=18.9 gr,	Z=0 gr,	Na=13 mg
Orez prefierat	100 gr	VE=380 cal/ 1591 kj,	G= 0.9 gr,	AGS=0.2 gr,	Z=0.1 gr,	Na=10 mg

Orez cu ton si lime

File de ton	100 gr	VE=144 cal/603 kj,	G=4.9 gr,	AGS=1.3 gr,	Z=0 gr,	Na=39 mg
Limes	100 gr	VE=30 cal/126 kj,	G=0.2 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Orez prefierat	100 gr	VE=380 cal/ 1591 kj,	G= 0.9 gr,	AGS=0.2 gr,	Z=0.1 gr,	Na=10 mg
Sfecla rosie conserva	100 gr	VE=30 cal/126 kj,	G=0.1 gr,	AGS= 0 gr,	Z=6.5 gr,	Na=143 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Paella Marisco

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Calamar tentacule	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Calamar tub	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Mazare(congelata)	100 gr	VE=77 cal/322 kj,	G=0.4 gr,	AGS=0.1 gr,	Z=5 gr,	Na=108 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Orez prefierat	100 gr	VE=380 cal/ 1591 kj,	G= 0.9 gr,	AGS=0.2 gr,	Z=0.1 gr,	Na=10 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Verdeata						
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

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Paella Valenciana

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Calamar tentacule	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Calamar tub	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Mazare(congelata)	100 gr	VE=77 cal/322 kj,	G=0.4 gr,	AGS=0.1 gr,	Z=5 gr,	Na=108 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Orez prefierat	100 gr	VE=380 cal/ 1591 kj,	G= 0.9 gr,	AGS=0.2 gr,	Z=0.1 gr,	Na=10 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Verdeata						

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Risotto cu fructe de mare

Busuioc	100 gr	VE=23 cal/96.3 kj,	G=0.6 gr,	AGS=0 gr,	Z=0.3 gr,	Na=4 mg
Calamar tentacule	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Calamar tub	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Orez prefierat	100 gr	VE=380 cal/ 1591 kj,	G= 0.9 gr,	AGS=0.2 gr,	Z=0.1 gr,	Na=10 mg
Parmesan	100 gr	VE=392 cal/1641 kj,	G=25.8 gr,	AGS=16.4 gr,	Z=0.8 gr,	Na= 1602 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Verdeata						
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=0 gr,	Z=0.8 gr,	Na=5 mg

Categorie:Papa's/Kids

Cartofi pai 100 gr

Cartofi pai congelati	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
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Castraveti murati 100 gr

Castraveti murati/otet	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 mg
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Declaratii nutritionale produse Blue Acqua Iasi(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Ceafa de porc, cartofi pai, varza murata

Cartofi pai congelati	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ceafa de porc	100 gr	VE=232 cal/997.6 kj,	G=18.8 gr,	AGS=7.9 gr,	Z=0 gr ,	Na= 56 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Varza murata	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=71 mg

Chiftelute de porc

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pulpa de porc	100 gr	VE=136 cal/569 kj,	G=5.4 gr,	AGS=1.9 gr,	Z=0 gr,	Na= 55 mg

Ciorba de cartofi

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Sfecla rosie radacina	100 gr	VE=43 cal/180 kj,	G=0.2 gr,	AGS=0 gr,	Z=6.8 gr	Na=78 mg
Telina radacina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Verdeata						

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Ciorba de fasole

Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Fasole uscata	100 gr	VE=333 cal/1394 kj,	G=0.9 gr,	AGS=0.1 gr,	Z=2.1 gr,	Na=16 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Verdeata						

Ciorba de legume

Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Verdeata						

Ciorba de perisoare porc

Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pasta de tomate	100 gr	VE=82 cal/343 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=12.2 gr,	Na=790 mg
Pulpa de porc	100 gr	VE=136 cal/569 kj,	G=5.4 gr,	AGS=1.9 gr,	Z=0 gr,	Na= 55 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Verdeata						

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Ciorba de pui cu taitei

Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Telina radacina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg
Verdeata						

Clatite cu dulceata papa's

Dulceata	?					
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg

Ficatei la gratar 150 gr

Ficat de pui	100 gr	VE=116 cal/486 kj,	G=4.8 gr,	AGS=1.6 gr,	Z=0 gr,	Na=71 mg
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Mini poale-n brau

Branza de vaci	100 gr	VE=201 cal/841 kj,	G=12.2,	AGS=0 gr,	Z=0 gr,	Na= 0 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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Piure de cartofi papa's

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg

Placinta cu branza papa's

Branza de vaci	100 gr	VE=201 cal/841 kj,	G=12.2,	AGS=0 gr,	Z=0 gr,	Na= 0 mg
Foi placinta	100 gr	VE=290 cal/1213 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
laurt vegetal (soia)	100 gr	VE=66 cal/276 kj,	G=1.8 gr,	AGS=0.2 gr,	Z=5.3 gr,	Na=13 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Portocale bucatarie	100 gr	VE=53 cal/222 kj,	G=0.3 gr,	AGS=0 gr,	Z=11 gr,	Na=2 mg
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg
Zahar	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg

Placinta cu dovleac papa's

Dovleac Placintar	100 gr	VE=26 cal/109 kj,	G=0.1 gr,	AGS=0.1,	Z=1.4 gr,	Na=1 mg
Foi placinta	100 gr	VE=290 cal/1213 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Zahar	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg
Zahar pudra	100 gr	VE=399 cal/1671 kj	G=0.1 gr,	AGS=0.1 gr,	Z=97.9 gr,	Na= 1 mg

Pulpa pui. wedges, castraveti murati

Cartofi wedges congelati	100 gr	VE=149 cal/625 kj,	G=8 gr,	AGS=1 gr,	Z=1 gr,	Na=1300 mg
Castraveti murati/otet	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

Salata de varza papa's

Varza	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg
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Sos rosu pentru chiftele

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg

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Tort biscuiti papa's

Biscuiti (populari)	100 gr	VE=414 cal/1732 kj,	G=7 gr,	AGS= 1 gr,	Z=9 gr,	Na=850 mg
Margarina	100 gr	VE=717 cal/3002 kj,	G=80.7 gr,	AGS=15.2 gr,	Z=0 gr,	Na= 943 mg
Zahar	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg

Categorie: Paste

Paste cu sos Napoli

Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg

Penne gratinate cu bacon

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Cascaval	100 gr	VE=283 cal/1184 kj,	G=19 gr,	AGS=3.5 gr,	Z=0 gr,	Na=450 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg

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Penne integrale ton si rosii

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Ton (conserva)	100 gr	VE=128 cal/536 kj,	G=3 gr,	AGS=0.8 gr,	Z=0 gr,	Na= 377 mg
Verdeata						

Spaghette cu fructe de mare

Calamar tentacule	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Calamar tub	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Verdeata						
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=0 gr,	Z=0.8 gr,	Na=5 mg

Spaghette cu midi in sos rosu

Busuioc	100 gr	VE=23 cal/96.3 kj,	G=0.6 gr,	AGS=0 gr,	Z=0.3 gr,	Na=4 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Verdeata						
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

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Spaghetti carbonara

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Parmezan	100 gr	VE=392 cal/1641 kj,	G=25.8 gr,	AGS=16.4 gr,	Z=0.8 gr,	Na= 1602 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg

Tagliatelle cu carne de vita

Busuioc	100 gr	VE=23 cal/96.3 kj,	G=0.6 gr,	AGS=0 gr,	Z=0.3 gr,	Na=4 mg
Muschi de vita	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Verdeata						
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

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Tagliatelle cu creveti si dovlecei

Busuioc	100 gr	VE=23 cal/96.3 kj,	G=0.6 gr,	AGS=0 gr,	Z=0.3 gr,	Na=4 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg
Verdeata						
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

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Tagliatelle cu pui si pancetta

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg

Tagliatelle cu somon

Cognac	100 gr	VE=225 cal/941 kj	G=0 gr,	AGS=0 gr,	Z=0 gr	Na=0 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg
Somon afumat	100 gr	VE=117 cal/490 kj,	G=4.3 gr,	AGS=0.9 gr,	Z=0 gr,	Na=784 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg

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Tagliatelle cu ton si rosii

Busuioc	100 gr	VE=23 cal/96.3 kj,	G=0.6 gr,	AGS=0 gr,	Z=0.3 gr,	Na=4 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Ton (conserva)	100 gr	VE=128 cal/536 kj,	G=3 gr,	AGS=0.8 gr,	Z=0 gr,	Na= 377 mg

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Categorie: Peste-Baza

Caras prajit 90 gr, mamaliga, mujdei

Caras	100 gr	VE=87 cal/365 kj,	G=1.8 gr,	AGS=0.8 gr,	Z=0 gr,	Na=40 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Chiftelute de peste pe plita

Carne tocata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Cartofi	100 gr	VE=58 cal/243 kj,	G=0.1 gr,	AGS=0 gr,	Z=0 gr,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Salata verde	100 gr	VE=15 cal/62.8 kj,	G=0.2 gr,	AGS=0 gr,	Z=0.8 gr,	Na=28 mg
Sos chili cu usturoi						
Sos Chili dulce	100 gr	VE=106 cal/444 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=21.4 gr,	Na=1310 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr,	Na=17 mg
Sos se soia	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg
Verdeata						

Crap prajit, mamaliga, mujdei

Crap	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj,	G=0.2 gr,	AGS=0 gr,	Z=0.8 gr,	Na=28 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr,	Na=17 mg

Creveti in sos mediteranean

Busuioc	100 gr	VE=23 cal/96.3 kj,	G=0.6 gr,	AGS=0 gr,	Z=0.3 gr,	Na=4 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z=0 gr,	Na= 60 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=0 gr,	Z=0.8 gr,	Na=5 mg

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Creveti in unt si lamaie

Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Creveti saqanaki

Busuioc	100 gr	VE=23 cal/96.3 kj,	G=0.6 gr,	AGS=0 gr,	Z=0.3 gr,	Na=4 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Feta	100 gr	VE=264 cal/1105 kj	G=21.3 gr,	AGS=14.9 gr,	Z=4.1 gr,	Na=1116 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=0 gr,	Z=0.8 gr,	Na=5 mg

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Dorada in crusta de sare

Dorada portie	100 gr	VE=89 cal/372 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Midii gratinate

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Parmezan	100 gr	VE=392 cal/1641 kj,	G=25.8 gr,	AGS=16.4 gr,	Z=0.8 gr,	Na= 1602 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg

Midii proaspete cu sos de rosii

Busuioc	100 gr	VE=23 cal/96.3 kj,	G=0.6 gr,	AGS=0 gr,	Z=0.3 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Verdeata						
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=0 gr,	Z=0.8 gr,	Na=5 mg

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Midii proaspete marinere

Busuioc	100 gr	VE=23 cal/96.3 kj,	G=0.6 gr,	AGS=0 gr,	Z=0.3 gr,	Na=4 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg
Verdeata						
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

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Pastrav crocant in crusta de malai

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Pastrav	100 gr	VE=148 ca/620 kj,	G=6.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na=52 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

Rapane in sos de rosii, patrunjel

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Rapane	100 gr	VE=87 cal/364 kj,	G=0.6 gr,	AGS=0.2 gr,	Z=0.2 gr,	Na=190 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Verdeata						
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

Rapane in sos de vin si lamaie

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Rapane	100 gr	VE=87 cal/364 kj,	G=0.6 gr,	AGS=0.2 gr,	Z=0.2 gr,	Na=190 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg
Verdeata						
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

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Rapane la tigaie cu mamaliga

Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Rapane	100 gr	VE=87 cal/364 kj,	G=0.6 gr,	AGS=0.2 gr,	Z=0.2 gr,	Na=190 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
Verdeata						
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

Rasol de salau de Nil

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Broccoli congelat	100 gr	VE=26 cal/109 kj,	G=0.3 gr,	AGS=0 gr,	Z=1.3 gr,	Na=24 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Hrean	100 gr	VE=37 cal/159 kj,	G=0.16 gr,	AGS=0 gr,	Z=0 gr,	Na= 12 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg
Verdeata						

Rondele de somon grill cu dovlecei

Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Somon rondele kg	100 gr	VE=208 cal/871 kj,	G=13.4 gr,	AGS= 3 gr,	Z=0 gr,	Na= 59 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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Rondele de somon in vin, fasole

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Fasole verde congelata	100 gr	VE=39 cal/163 kj,	G=0.2 gr,	AGs=0 gr,	Z=2.2 gr,	Na=3 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Somon rondele kg	100 gr	VE=208 cal/871 kj,	G=13.4 gr,	AGS= 3 gr,	Z=0 gr,	Na= 59 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

Declaratii nutritionale produse Blue Acqua Iasi(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Rondele de somon pe pat de spanac

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Gorgonzola	100 gr	VE=353 cal/1478 kj ,	G=28.7 gr,	AGS=18.7 gr,	Z=0.5 gr,	Na=1395 mg
Miez de nuca	100 gr	VE=618 cal/2587 kj,	G=59 gr,	AGS= 3.4 gr,	Z=1.1 gr,	Na=2 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg
Somon rondele kg	100 gr	VE=208 cal/871 kj,	G=13.4 gr,	AGS= 3 gr,	Z=0 gr,	Na= 59 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Spanac congelat	100 gr	VE=29 cal/121 kj,	G=0.6 gr,	AGS=0 gr,	Z=0.7 gr,	Na=74 mg

Salau de Nil pane, sos de lamaie

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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Somn prajit, mamaliga si mujdei

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Somn	100 gr	VE=95 cal/398 kj,	G=2.8 gr,	AGS=0.7 gr,	Z=0 gr,	Na=43 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Categorie: Peste-gatit

File de dorada, legume al dente

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Capere	100 gr	VE=23 cal/96 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0.4 gr,	Na=2964 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Dorada portie	100 gr	VE=89 cal/372 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg

File de pastrav la cuptor

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Pastrav	100 gr	VE=148 ca/620 kj,	G=6.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na=52 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Verdeata						
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

File de salau de Nil, sos de creveti

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

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Rulouri de dorada, legume julien

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Dorada portie	100 gr	VE=89 cal/372 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Mustar Verdeata	100 gr	VE=67 cal/281 kj,	G=4 gr,	AGS=0.2 gr,	Z=0.9 gr,	Na=1135 mg

Saramura de biban de mare

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei iute	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Biban portie	100 gr	VE=97 cal/406 kj,	G=2 gr,	AGS=0.5 gr,	Z=0 gr,	Na=68 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

Saramura de crap

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei iute	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Crap	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

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Saramura de pastrav

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei iute	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Pastrav	100 gr	VE=148 ca/620 kj,	G=6.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na=52 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

Declaratii nutritionale produse Blue Acqua Iasi(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Saramura de somn

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei iute	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Somn	100 gr	VE=95 cal/398 kj,	G=2.8 gr,	AGS=0.7 gr,	Z=0 gr,	Na=43 mg

Saramura de sturion

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei iute	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Sturion	100 gr	VE=105 cal/443 kj,	G=4 gr,	AGS=0.9 gr,	Z=0 gr,	Na=54 mg

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Somn la grill cu salsa de rosii

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Somn	100 gr	VE=95 cal/398 kj,	G=2.8 gr,	AGS=0.7 gr,	Z=0 gr,	Na=43 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Tocanita de somn cu mamaliga

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Castraveti murati/otet	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Somn	100 gr	VE=95 cal/398 kj,	G=2.8 gr,	AGS=0.7 gr,	Z=0 gr,	Na=43 mg

Tochitura de crap cu bacon

Ardei iute	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Telemea vaca	100 gr	VE=261 cal/1092 kj,	G=22 gr,	AGS=15.4 gr,	Z=0.7 gr,	Na=2200 mg
Crap	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg

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Categorie: Peste - sezon

Calcan la grill

Calcan	100 gr	VE=95 cal/398 kj,	G=3 gr,	AGS=0.7 gr,	Z=0 gr,	Na=150 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Calcan prajit

Calcan	100 gr	VE=95 cal/398 kj,	G=3 gr,	AGS=0.7 gr,	Z=0 gr,	Na=150 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Chefal grill 90 gr

Chefal	100 gr	VE=117 cal/490 kj,	G=3.8 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Chefal prajit 90 gr

Chefal	100 gr	VE=117 cal/490 kj,	G=3.8 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Guvizi prajiti cu mamaliga si mujdei

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Guvizi	100 gr	VE=144 cal/602 kj,	G=8.1 gr,	AGS=0 gr,	Z=0 gr,	Na=10 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Lapti grill, mamaliga si mujdei

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapti crap	100 gr	VE=130 cal/544 kj,	G=3 gr,	AGS= 0 gr,	Z= 0 gr,	Na=0 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Lapti prajiti, mamaliga si mujdei

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapti crap	100 gr	VE=130 cal/544 kj,	G=3 gr,	AGS= 0 gr,	Z= 0 gr,	Na=0 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Declaratii nutritionale produse Blue Acqua Iasi(Art.3,(2)/Ordin nr.201 din 19.04.2022– valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Salau de Dunare grill 90 gr

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Strapazan	100 gr	VE=86 cal/361 kj,	G=0.7 gr,	AGS=0.2 gr,	Z=0 gr,	Na=60 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Salau de Dunare prajit 90 gr

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Strapazan	100 gr	VE=86 cal/361 kj,	G=0.7 gr,	AGS=0.2 gr,	Z=0 gr,	Na=60 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Saramura de Strapazan 90 gr

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Strapazan	100 gr	VE=86 cal/361 kj,	G=0.7 gr,	AGS=0.2 gr,	Z=0 gr,	Na=60 mg

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Scrumbie mare la grill

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Scrumbie	100 gr	VE=262 cal/1096 kj,	G=18 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Scrumbie mica la grill

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Scrumbie	100 gr	VE=262 cal/1096 kj,	G=18 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Stavrid pe plita cu sare de mare

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Stavrid	100 gr	VE=115 cal/483 kj,	G=5 gr,	AGS=0.2 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Categorie:Peste la 100 gr

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Barbun grill 100 gr

Barbun	100 gr	VE=117 cal/490 kj,	G=3.8 gr,	AGS=1.1 gr,	Z=0 gr,	Na=65 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Biban de mare grill 100 gr

Biban kg	100 gr	VE=97 cal/406 kj,	G=2 gr,	AGS=0.5 gr,	Z=0 gr,	Na=68 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Calcan grill 100 gr

Calcan	100 gr	VE=95 cal/398 kj,	G=3 gr,	AGS=0.7 gr,	Z=0 gr,	Na=150 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Caras prajit 100 gr

Caras	100 gr	VE=87 cal/365 kj,	G=1.8 gr,	AGS=0.8 gr,	Z=0 gr,	Na=40 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Chefal grill 90 gr

Chefal	100 gr	VE=117 cal/490 kj,	G=3.8 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Dorada salbatica grill 100 gr

Dorada kg	100 gr	VE=89 cal/372 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Dorada salpa grill 100 gr

Dorada sapla	100 gr	VE=89 cal/372 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Lufar la grill 100 gr

Lufar	100 gr	VE=124 cal/519 kj,	G=4.2 gr,	AGS=0.9 gr,	Z=0 gr,	Na=60 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Pastrav grill 100 gr

Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Pastrav	100 gr	VE=148 ca/620 kj,	G=6.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na=52 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Unditar 100 gr

Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Unditar	100 gr	VE=76 cal/318 kj,	G=1.5 gr,	AGS=0.3 gr,	Z=0 gr,	Na=18 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Zargan grill 100 gr

Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
Zargan	100 gr	VE=184 cal/770 kj,	G=11.7 gr,	AGS=2.4 gr,	Z=0 gr	Na=51 mg

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Zargan prajit 100 gr

Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
Zargan	100 gr	VE=184 cal/770 kj,	G=11.7 gr,	AGS=2.4 gr,	Z=0 gr	Na=51 mg

Categorie: Platouri aperitiv

Platou Blue Acqua

Calamar tub	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Pui de balta	100 gr	VE=73 cal/306 kj,	G=0.3 gr,	AGS=0.1 gr,	Z=0 gr,	Na=58 mg
Rapane	100 gr	VE=87 cal/364 kj,	G=0.6 gr,	AGS=0.2 gr,	Z=0.2 gr,	Na=190 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg
Susan	100 gr	VE=573 cal/2399 kj,	G=49.7 gr,	AGS=7 gr,	Z=0.3 gr,	Na=11 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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Platou caracatita, calamari, creveti

Calamar tub	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Caracatita tentacule	100 gr	VE=82 cal/343 kj,	G=1 gr,	AGS=0.2 gr,	Z=0 gr,	Na= 230 mg

Declaratii nutritionale produse Blue Acqua Iasi(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Platou de post

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr ,	Z=0 gr ,	Na=10 mg
Castraveti murati/otet	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr ,	AGS=0.1 gr ,	Z=1.1 gr ,	Na=1208 gr
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr ,	AGS=0 gr ,	Z=4.2 gr ,	Na=4 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr ,	AGS= 0.1 gr ,	Z=2.5 gr ,	Na= 2mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr ,	AGS=0.2 gr ,	Z=0.3 gr ,	Na=2 mg
Fasole conserva	100 gr	VE=94 cal/394 kj,	G=0.4 gr ,	AGS=0.1 gr ,	Z=8 gr ,	Na=343 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr ,	AGS=1.4 gr ,	Z=0 gr ,	Na=872 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr ,	AGS=0 gr ,	Z=4.7 gr ,	Na=69 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr ,	Z=0 gr ,	Na=0.0 mg
Pachetele de primavara ?						
Pasta de tomate	100 gr	VE=82 cal/343 kj,	G=0.5 gr ,	AGS=0.1 gr ,	Z=12.2 gr ,	Na=790 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr ,	AGS=0 gr ,	Z=2.6 gr ,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr ,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr ,	AGS=9 gr ,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr ,	AGS=0.1 gr ,	Z=1 gr ,	Na=17 mg
Verdeata						
Vinete congelate	100 gr	VE=24 cal/100 kj	G=0.2 gr ,	AGS=0 gr ,	Z=2.4 gr ,	Na=2 mg

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Platou Dunarean

Carne tocata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr ,	AGS=1.1 gr ,	Z=0 gr ,	Na= 49 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr ,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr ,	AGS=0 gr ,	Z=4.2 gr ,	Na=4 mg
Crap	100 gr	VE=127 cal/532 kj,	G=5.6 gr ,	AGS=1.1 gr ,	Z=0 gr ,	Na= 49 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr ,	AGS=0.2 gr ,	Z=0.3 gr ,	Na=2 mg
Icre Novac						
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr ,	AGS=0 gr ,	Z=0 gr ,	Na=3 mg
Macrou marinat(crud)	100 gr	VE=158 cal/662 kj,	G=7.9 gr ,	AGS=2.2 gr ,	Z=0 gr ,	Na=86 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr ,	AGS=1.4 gr ,	Z=0 gr ,	Na=872 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr ,	AGS=0 gr ,	Z=4.7 gr ,	Na=69 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr ,	Z=0 gr ,	Na=0.0 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr ,	AGS=1.5 gr ,	Z=0.4 gr ,	Na=70 mg
Pastrama de macrou	100 gr	VE=288 cal/1209 kj,	G=23 gr ,	AGS= 4 gr ,	Z=0 gr ,	Na= 2600 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr ,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr ,	AGS=9 gr ,	Z=0 gr ,	Na=0 mg

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Platou Gourmand

Carne tocata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Guvizi	100 gr	VE=144 cal/602 kj,	G=8.1 gr,	AGS=0 gr,	Z=0 gr,	Na=10 mg
Hamsie/Sprot	100 gr	VE=131 cal/548 kj,	G=4.8 gr,	AGS=1.3 gr,	Z=0 gr,	Na=104 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pate de ficat	100 gr	VE=319 cal/1336 kj,	G=28 gr,	AGS=9.6 gr,	Z=0 gr,	Na=697 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Sardina	100 gr	VE=208 cal/871 kj,	G=11.5 gr,	AGS=1.5 gr,	Z=0 gr,	Na=505 mg
Sardine conserva	100 gr	VE=208 cal/871 kj,	G=11.5 gr,	AGS=1.5 gr,	Z=0 gr,	Na=505 mg

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Platou Mediteranean

Calamar tentacule	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Calamar tub	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 gr
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Muslitos	100 gr	VE=133 cal/556 kj,	G=2 gr,	AGS=0 gr,	Z= 0 gr,	Na=
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg

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Platou Mixt

Carne tocata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Hamsie/Sprot	100 gr	VE=131 cal/548 kj,	G=4.8 gr,	AGS=1.3 gr,	Z=0 gr,	Na=104 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Macrou marinat(crud)	100 gr	VE=158 cal/662 kj,	G=7.9 gr,	AGS=2.2 gr,	Z=0 gr,	Na=86 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pastrama de macrou	100 gr	VE=288 cal/1209 kj,	G=23 gr,	AGS= 4 gr	Z=0 gr	Na= 2600 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Pui de balta	100 gr	VE=73 cal/306 kj,	G=0.3 gr,	AGS=0.1 gr,	Z=0 gr,	Na=58 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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Platou rece pescaresc

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Macrou marinat(crud)	100 gr	VE=158 cal/662 kj,	G=7.9 gr,	AGS=2.2 gr,	Z=0 gr,	Na=86 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Pastrama de macrou	100 gr	VE=288 cal/1209 kj,	G=23 gr,	AGS= 4 gr	Z=0 gr	Na= 2600 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Somon afumat	100 gr	VE=117 cal/490 kj,	G=4.3 gr,	AGS=0.9 gr,	Z=0 gr,	Na=784 mg
Ton (conserva)	100 gr	VE=128 cal/536 kj,	G=3 gr,	AGS=0.8 gr,	Z=0 gr,	Na= 377 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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Categorie:Platouri extra

Platou 1 carne rulada cascaval

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Branza de vaci	100 gr	VE=201 cal/841 kj,	G=12.2,	AGS=0 gr,	Z=0 gr,	Na= 0 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Cascaval	100 gr	VE=283 cal/1184 kj,	G=19 gr,	AGS=3.5 gr,	Z=0 gr,	Na=450 mg
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Ficat de pui	100 gr	VE=116 cal/486 kj,	G=4.8 gr,	AGS=1.6 gr,	Z=0 gr,	Na=71 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg
Sos chili cu usturoi						
Sos Chili dulce	100 gr	VE=106 cal/444 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=21.4 gr,	Na=1310 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
Sos se soia	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg
Susan	100 gr	VE=573 cal/2399 kj,	G=49.7 gr,	AGS=7 gr,	Z=0.3 gr,	Na=11 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Verdeata

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Platou 1 carne rulada pui

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Branza de vaci	100 gr	VE=201 cal/841 kj,	G=12.2,	AGS=0 gr,	Z=0 gr,	Na= 0 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Cascaval	100 gr	VE=283 cal/1184 kj,	G=19 gr,	AGS=3.5 gr,	Z=0 gr,	Na=450 mg
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Ficat de pui	100 gr	VE=116 cal/486 kj,	G=4.8 gr,	AGS=1.6 gr,	Z=0 gr,	Na=71 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg

Declaratii nutritionale produse Blue Acqua Iasi(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Sos chili cu usturoi						
Sos Chili dulce	100 gr	VE=106 cal/444 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=21.4 gr,	Na=1310 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
Sos se soia	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg
Susan	100 gr	VE=573 cal/2399 kj,	G=49.7 gr,	AGS=7 gr,	Z=0.3 gr,	Na=11 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Verdeata

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Platou 2 cu carne

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Cascaval	100 gr	VE=283 cal/1184 kj,	G=19 gr,	AGS=3.5 gr,	Z=0 gr,	Na=450 mg
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Castraveti murati/otet	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pastrama de porc	100 gr	VE=152 cal/656 kj,	G=7 gr,	AGS=0 gr,	Z=0 gr,	Na=62 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Ridichi kg	100 gr	VE=16 cal/67 kj,	G=0.1 gr,	AGS=0 gr,	Z=1.9 gr	Na=39 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Salam Sibiu	100 gr	VE=475 cal/1987 kj,	G=41.5 gr,	AGS=16.6 gr,	Z=0.8 gr,	Na=3800 mg
Sos chili cu usturoi						
Sos Chili dulce	100 gr	VE=106 cal/444 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=21.4 gr,	Na=1310 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
Sos se soia	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Verdeata

Declaratii nutritionale produse Blue Acqua Iasi(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Platou branzeturi 2 persoane

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Cascaval	100 gr	VE=283 cal/1184 kj,	G=19 gr,	AGS=3.5 gr,	Z=0 gr,	Na=450 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Feta	100 gr	VE=264 cal/1105 kj	G=21.3 gr,	AGS=14.9 gr,	Z=4.1 gr,	Na=1116 mg
Gorgonzola	100 gr	VE=353 cal/1478 kj ,	G=28.7 gr,	AGS=18.7 gr,	Z=0.5 gr,	Na=1395 mg
Mere	100 gr	VE=52 cal/218 kj,	G=0.2 gr,	AGS=0 gr,	Z=10.4 gr,	Na= 1mg
Miere	100 gr	VE=304 cal/1273 kj,	G=0 gr,	AGS=0 gr,	Z= 82.1 gr,	Na=4 mg
Miez de nuca	100 gr	VE=618 cal/2587 kj,	G=59 gr,	AGS= 3.4 gr,	Z=1.1 gr,	Na=2 mg
Mozzarella	100 gr	VE=300 gr/1256 kj,	G=22.4 gr,	AGS=13.2 gr,	Z=1 gr,	Na=627 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Parmezan	100 gr	VE=392 cal/1641 kj,	G=25.8 gr,	AGS=16.4 gr,	Z=0.8 gr,	Na= 1602 mg
Struguri	100 gr	VE=69 cal/289 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=15.5 gr	Na= 2 mg
Telemea vaca	100 gr	VE=261 cal/1092 kj,	G=22 gr,	AGS=15.4 gr,	Z=0.7 gr,	Na=2200 mg
Zahar	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg

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Platou cu carnuri

Apio	100 gr	VE=21 cal/88 kj,	G=0.6 gr,	AGS=0 gr,	Z=0 gr,	Na=80 mg
Aripi de pui pane	100 gr	VE=321 cal/1344 kj ,	G=22.2 gr,	AGS=6.1 gr,	Z=0 gr ,	Na=77 mg
Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Busuioc	100 gr	VE=23 cal/96.3 kj,	G=0.6 gr,	AGS=0 gr,	Z=0.3 gr,	Na=4 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Ficat de pui	100 gr	VE=116 cal/486 kj,	G=4.8 gr,	AGS=1.6 gr,	Z=0 gr,	Na=71 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Mac	100 gr	VE=525 cal/2198 kj,	G=41.6 gr,	AGS=4.5 gr,	Z=3 gr,	Na=26 mg
Mozzarella	100 gr	VE=300 gr/1256 kj,	G=22.4 gr,	AGS=13.2 gr,	Z=1 gr,	Na=627 mg
Muschi de vita	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Curcan piept	100 gr	VE=157 cal/657 kj,	G=7 gr,	AGS=1.9 gr,	Z=0 gr,	Na=59 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Sos Worcester	100 gr	VE=78 cal/327 kj,	G=0 gr,	AGS=0 gr,	Z=10 gr,	Na=980 mg
Susan	100 gr	VE=573 cal/2399 kj,	G=49.7 gr,	AGS=7 gr,	Z=0.3 gr,	Na=11 mg

Declaratii nutritionale produse Blue Acqua Iasi(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Unt Verdeata	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

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Platou Dubai

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Calamar tentacule	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Calamar tub	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Cognac	100 gr	VE=225 cal/941 kj	G=0 gr,	AGS=0 gr,	Z=0 gr	Na=0 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Feta	100 gr	VE=264 cal/1105 kj	G=21.3 gr,	AGS=14.9 gr,	Z=4.1 gr,	Na=1116 mg
laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46
Icre stiuca	100 gr	VE=195 cal/819 kj,	G=8.2 gr,	AGS=1.9 gr,	Z=0 gr,	Na=117 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Miere	100 gr	VE=304 cal/1273 kj,	G=0 gr,	AGS=0 gr,	Z= 82.1 gr,	Na=4 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Caracatita tentacule	100 gr	VE=82 cal/343 kj,	G=1 gr,	AGS=0.2 gr,	Z=0 gr,	Na= 230 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Unt Verdeata	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Declaratii nutritionale produse Blue Acqua Iasi(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Platou festiv

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Calamar tentacule	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Calamar tub	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Cognac	100 gr	VE=225 cal/941 kj	G=0 gr,	AGS=0 gr,	Z=0 gr	Na=0 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Miere	100 gr	VE=304 cal/1273 kj,	G=0 gr,	AGS=0 gr,	Z= 82.1 gr,	Na=4 mg
Nuca de cocos fulgi	100 gr	VE=456 cal/1909 kj,	G=28 gr,	AGS=26.4 gr,	Z=36.8 gr,	Na=285 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Parmezan	100 gr	VE=392 cal/1641 kj,	G=25.8 gr,	AGS=16.4 gr,	Z=0.8 gr,	Na= 1602 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Praz	100 gr	VE=61 cal/255 kj,	G=0.3 gr,	AGS=0 gr,	Z=3.9 gr,	Na=20 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Rosii conserva	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg
Sos chili cu usturoi						
Sos Chili dulce	100 gr	VE=106 cal/444 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=21.4 gr,	Na=1310 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
Sos se soia	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg
Sos Tabasco	100 gr	VE=12 cal/50 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.1 gr	Na=633 mg
Sos Worcester	100 gr	VE=78 cal/327 kj,	G=0 gr,	AGS=0 gr,	Z=10 gr,	Na=980 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

Declaratii nutritionale produse Blue Acqua Iasi(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Platou fish-meet

Busuioc	100 gr	VE=23 cal/96.3 kj,	G=0.6 gr,	AGS=0 gr,	Z=0.3 gr,	Na=4 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Cascaval	100 gr	VE=283 cal/1184 kj,	G=19 gr,	AGS=3.5 gr,	Z=0 gr,	Na=450 mg
Castraveti murati/otet	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Mazare(congelata)	100 gr	VE=77 cal/322 kj,	G=0.4 gr,	AGS=0.1 gr,	Z=5 gr,	Na=108 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Mozzarella	100 gr	VE=300 gr/1256 kj,	G=22.4 gr,	AGS=13.2 gr,	Z=1 gr,	Na=627 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Sos chili cu usturoi						
Sos Chili dulce	100 gr	VE=106 cal/444 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=21.4 gr,	Na=1310 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
Sos se soia	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg
Telina radacina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
Verdeata						

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Platou grill mixt carne-pesto

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Carnati proaspeti						
- Carne de porc	100 gr	VE=236 cal/988 kj,	G=18 gr,	AGS=6.2 gr,	Z=0 gr,	Na=65 mg
- Carne de vita	100 gr	VE=144 cal/603 kj,	G= 6.2 gr,	AGS=2.1 gr,	Z=0 gr,	Na=58 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Castraveti murati/otet	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Cotlet de porc	100 gr	VE=152 cal/636 kj,	G=6.5 gr,	AGS=2.2 gr,	Z=0 gr,	Na=45 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Dorada portie	100 gr	VE=89 cal/372 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg

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Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Somon file	100 gr	VE=208 cal/871 kj,	G=13.4 gr,	AGS= 3 gr,	Z=0 gr,	Na= 59 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr	Na=0 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg
Verdeata						
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

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Platou peste

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Capere	100 gr	VE=23 cal/96 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0.4 gr,	Na=2964 mg
Carne tocata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Icre crap	100 gr	VE=130 cal/544 kj,	G=3 gr,	AGS= 0 gr,	Z= 0 gr,	Na=0 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Muslitos	100 gr	VE=133 cal/556 kj,	G=2 gr,	AGS=0 gr,	Z= 0 gr,	Na=
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Praz	100 gr	VE=61 cal/255 kj,	G=0.3 gr,	AGS=0 gr,	Z=3.9 gr,	Na=20 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg
Somon afumat	100 gr	VE=117 cal/490 kj,	G=4.3 gr,	AGS=0.9 gr,	Z=0 gr,	Na=784 mg
Sos chili cu usturoi						
Sos Chili dulce	100 gr	VE=106 cal/444 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=21.4 gr,	Na=1310 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Declaratii nutritionale produse Blue Aqua Iasi(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Sos se soia	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg
Verdeata						

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Categorie: Salate

Salata Blue Aqua

Andive	100 gr	VE=17 cal/71 kj,	G=0.2 gr,	AGS=0 gr,	Z=0.3 gr,	Na=22 mg
Avocado	100 gr	VE=160 cal/670 kj,	G=14.7 gr,	AGS=2.1 gr,	Z=0.7 gr,	Na=7 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Fructe de padure bucatarie - vezi diverse						
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Mozzarella	100 gr	VE=300 gr/1256 kj,	G=22.4 gr,	AGS=13.2 gr,	Z=1 gr,	Na=627 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg

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Salata cu fructe de mare

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Calamar tub	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 gr
Cognac	100 gr	VE=225 cal/941 kj	G=0 gr,	AGS=0 gr,	Z=0 gr	Na=0 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Sparanghel	100 gr	VE=22 cal/ 82.7 kj,	G=0.1 gr,	AGS=0 gr,	Z=1.9 gr,	Na=2 mg
Caracatita tentacule	100 gr	VE=82 cal/343 kj,	G=1 gr,	AGS=0.2 gr,	Z=0 gr,	Na= 230 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Salata cu muschi de vita

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Muschi de vita	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg

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Salata cu piept de pui

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg

Salata de ton

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Dressing salate						
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Fulgi de migdale	100 gr	VE=579 cal/2424 kj,	G=50 gr,	AGS=0 gr,	Z=0 gr,	Na= 0 mg
Porumb boabe	100 gr	VE=81 cal/339 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=3 gr,	Na=298 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Ton (conserva)	100 gr	VE=128 cal/536 kj,	G=3 gr,	AGS=0.8 gr,	Z=0 gr,	Na= 377 mg

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Salata fitness

Calamar tub	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Limes	100 gr	VE=30 cal/126 kj,	G=0.2 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Miez de nuca	100 gr	VE=618 cal/2587 kj,	G=59 gr,	AGS= 3.4 gr,	Z=1.1 gr,	Na=2 mg
Portocale bucatarie	100 gr	VE=53 cal/222 kj,	G=0.3 gr,	AGS=0 gr,	Z=11 gr,	Na=2 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg

Categorie: Salate extra

Castraveti murati

Castraveti murati/otet	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
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Mix de salata

Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg

Salata de rosii

Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg

Salata de rosii cherry

Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg

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Salata de rucola cu rosii cherry

Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Parmezan	100 gr	VE=392 cal/1641 kj,	G=25.8 gr,	AGS=16.4 gr,	Z=0.8 gr,	Na= 1602 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Rucola	100 gr	VE=25 cal/105 kj,	G=0.66 gr,	AGS=0.08 gr,	Z=2 gr	Na= 27 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg

Salata de vara

Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

Salata de varza

Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Varza	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Salata verde

Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg

Categorie: Sosuri

Aioli 70 gr

Maioneza 100 gr VE=390 cal/1633 kj, G=33.4 gr, AGS=4.9 gr, Z=6.4 gr, Na=711 mg

Bechamel 40 gr

Lapte bucatarie 100 ml VE=64 cal/268 kj , G=3.7 gr, AGS=2.3 gr, Z=0 gr, Na=49 mg

Oua 1 buc VE=71.5 cal/299 kj, G=5 gr, AGS=1.5 gr, Z=0.4 gr, Na=70 mg

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China 70 gr

Ketchup 100 gr VE=88 cal/369 kj, G=0 gr, AGS=0 gr, Z=23.5 gr, Na=1118 mg

Sos Worcester 100 gr VE=78 cal/327 kj, G=0 gr, AGS=0 gr, Z=10 gr, Na=980 mg

Cocktail 70 gr

Ketchup 100 gr VE=88 cal/369 kj, G=0 gr, AGS=0 gr, Z=23.5 gr, Na=1118 mg

Maioneza 100 gr VE=390 cal/1633 kj, G=33.4 gr, AGS=4.9 gr, Z=6.4 gr, Na=711 mg

Dulceata de ardei iute 70 gr

Ardei Kapia 100 gr VE=31 cal/130 kj , G=0.3 gr , AGS=0 gr , Z=4.1 gr , Na= 4 mg

Otet 100 ml VE=19 cal/79.5 kj , G=0 gr , AGS=0 gr, Z=0 gr , Na=0.0 mg

Zahar 100 gr VE=387 cal/1620 kj, G=0 gr , AGS=0 gr , Z=99.9 gr, Na=0 mg

Fresh 70 gr

Ceapa 100 gr VE=40 cal/167 kj, G=0.1 gr, AGS=0 gr, Z=4.2 gr, Na=4 mg

Ulei de floarea soarelui 100 ml VE=884 cal/3701 kj, G=100 gr, AGS=9 gr, Z=0 gr , Na=0 mg

Ketchup 70 gr

Ketchup 100 gr VE=88 cal/369 kj, G=0 gr, AGS=0 gr, Z=23.5 gr, Na=1118 mg

Maioneza

Maioneza 100 gr VE=390 cal/1633 kj, G=33.4 gr, AGS=4.9 gr, Z=6.4 gr, Na=711 mg

Muidei 70 gr

Ulei de floarea soarelui 100 ml VE=884 cal/3701 kj, G=100 gr, AGS=9 gr, Z=0 gr , Na=0 mg

Usturoi 100 gr VE=149 cal/624 kj, G=0.5 gr, AGS=0.1 gr, Z=1 gr , Na=17 mg

Mustar 70 gr

Mustar 100 gr VE=67 cal/281 kj, G=4 gr, AGS=0.2 gr, Z=0.9 gr, Na=1135 mg

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Mustar si miere 70 gr

Dressing salate

Mustar	100 gr	VE=67 cal/281 kj,	G=4 gr,	AGS=0.2 gr,	Z=0.9 gr,	Na=1135 mg
Miere	100 gr	VE=304 cal/1273 kj,	G=0 gr,	AGS=0 gr,	Z= 82.1 gr,	Na=4 mg

Salsa de rosii proaspete 70 gr

Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
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Smantana 70 gr

Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg
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Sos de creveti

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Smantana lichida	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

Sos de lamaie si marar 70 gr

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

Sos dobrogean 70 gr

Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
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Sos picant

Sos chili cu usturoi

Sos Chili dulce	100 gr	VE=106 cal/444 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=21.4 gr,	Na=1310 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
Sos se soia	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg

Tartar 70 gr

Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
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Tzatziki 70 gr

laurt 100 gr VE=61 cal/255 kj, G=3.3 gr, AGS=2.1 gr, Z= 4.7 gr, Na=46

Categorie:Tazz discount

Negresa cu inghetata

Ciocolata bucatarie (aprox)100 gr VE=258 cal/1083 kj, G=15 gr, AGS=9.6 gr, Z=65 gr Na=300 mg

Inghetata bucatarie – vezi diverse

Oua 1 buc VE=71.5 cal/299 kj, G=5 gr, AGS=1.5 gr, Z=0.4 gr, Na=70 mg

Unt 100 gr VE=717 cal/3002 kj, G=81.1 gr, AGS= 51.4 gr, Z=0.1 gr, Na= 576 mg

Salata de icre de stiuca, cu masline

Ceapa 100 gr VE=40 cal/167 kj, G=0.1 gr, AGS=0 gr, Z=4.2 gr, Na=4 mg

Faina 100 gr VE=361 cal/1511 kj, G=1.7 gr, AGS=0.2 gr, Z=0.3 gr, Na=2 mg

Icre stiuca 100 gr VE=195 cal/819 kj, G=8.2 gr, AGS=1.9 gr, Z=0 gr, Na=117 mg

Masline 100 gr VE=115 cal/481 kj, G=10.7 gr, AGS=1.4 gr, Z=0 gr, Na=872 mg

Ulei de floarea soarelui 100 ml VE=884 cal/3701 kj, G=100 gr, AGS=9 gr, Z=0 gr , Na=0 mg

Somn prajit, mamaliga si mujdei

Faina 100 gr VE=361 cal/1511 kj, G=1.7 gr, AGS=0.2 gr, Z=0.3 gr, Na=2 mg

Lamaie 100 gr VE=20 cal/83.7 kj, G=0.3 gr, AGS=0 gr, Z=0 gr, Na=3 mg

Malai 100 gr VE=361 cal/1511 kj, G=3.9 gr, AGS=0.5 gr, Z=0.6 gr, Na=5 mg

Salata verde 100 gr VE=15 cal/62.8 kj , G=0.2 gr , AGS=0 gr , Z=0.8 gr, Na=28 mg

Somn 100 gr VE=95 cal/398 kj, G=2.8 gr, AGS=0.7 gr, Z=0 gr, Na=43 mg

Ulei de floarea soarelui 100 ml VE=884 cal/3701 kj, G=100 gr, AGS=9 gr, Z=0 gr , Na=0 mg

Usturoi 100 gr VE=149 cal/624 kj, G=0.5 gr, AGS=0.1 gr, Z=1 gr , Na=17 mg

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Diverse

Mix fructe de padure congelate

Mure	100 gr	VE=43 cal/180 kj,	G=0.5 gr,	AGS=0 gr,	Z=4.9 gr,	Na=1 mg
Zmeura	100 gr	VE=52 cal/218 kj,	G=0.7 gr,	AGS=0 gr,	Z=4.4 gr,	Na=1 mg
Afine	100 gr	VE=46 cal/193 kj,	G=0.1 gr,	AGS=0 gr,	Z=4 gr,	Na=2 mg
Fragi	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=4.9 gr,	Na=1 mg
Coacaze	100 gr	VE=57 cal/239 kj,	G=0.3 gr,	AGS=0 gr,	Z=10 gr,	Na=1 mg
Inghetata vanilie	100 gr	VE=207 cal/867 kj,	G=11 gr,	AGS= 6.8 gr,	Z=21.2 gr,	Na=80 mg
Inghetata ciocolata	100 gr	VE=216 cal/904 kj,	G=11 gr,	AGS=6.8 gr,	Z=25.4 gr,	Na=76 mg
Inghetata capsuni	100 gr	VE=192 cal/804 kj	G=8.4 gr,	AGS=5.2 gr,	Z=20.5 gr,	Na=65 mg
Inghetata caramel sarat	100 gr	VE=283 cal/1184 kj,	G=10.7 gr,	AGS=8.9 gr,	Z=32.4 gr,	Na=380 mg

Maioneza

- dietetica	100 gr	VE=231 cal/967 kj,	G=19.2 gr,	AGS=3.3 gr,	Z=4.2 gr,	Na=110 mg
- vegetala(soia)	100 gr	VE=232 cal/971 kj,	G=19.2 gr,	AGS=3.3 gr,	Z=6 gr,	Na=497 mg
- „normal”	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Mustar	100 gr	VE=67 cal/281 kj,	G=4 gr,	AGS=0.2 gr,	Z=0.9 gr,	Na=1135 mg
Sos Barbeque	100 gr	VE=143 cal/599 kj,	G=0 gr,	AGS=0 gr,	Z=22.9 gr,	Na=700 mg
Sos Sriracha	100 gr	VE=155 cal/649 kj,	G=0.7 gr,	AGS=0.2 gr,	Z=22 gr,	Na= 1480 mg
Sos Chili dulce	100 gr	VE=106 cal/444 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=21.4 gr,	Na=1310 mg
Sos de stridii	100 gr	VE=61 cal/260 kj,	G=0 gr,	AGS=0 gr,	Z=10.1 gr,	Na=920 mg
Sos se soia	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg
Sos Worcester	100 gr	VE=78 cal/327 kj,	G=0 gr,	AGS=0 gr,	Z=10 gr,	Na=980 mg
Sos Tabasco	100 gr	VE=12 cal/50 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.1 gr	Na=633 mg

Crema de branza

Ex: Philadelphia	100 gr	VE=245 cal/1078 kj,	G=23.5 gr,	AGS=2.3 gr,	Z=0 gr,	Na= 310 mg
Milbona	100 gr	VE=222 cal/929 kj,	G=20.5 gr,	AGS=15 gr,	Z=3 gr,	Na=350 mg
Ehrmann 20%	100 gr	VE=86 cal/360 kj,	G=4 gr,	AGS=0 gr,	Z=0 gr,	Na= 270 mg
Ridichi kg	100 gr	VE=16 cal/67 kj,	G=0.1 gr,	AGS=0 gr,	Z=1.9 gr	Na=39 mg

*Verificati cantitatea de Na pe ambalajul de Muslitos