ingredient

id,nume,categorie,energie\_kj,energie\_kcal,proteine,grasimi\_totale,grasimi\_saturate,grasimi\_nesaturate,carbohidrati,zahar,fibre,vitamine

1,Gr u,cereale,1360,327,12.6,1.5,0.3,1.2,71.2,0.4,12.2,"B1, B3, B5"

2,Orez alb,cereale,1530,365,7.1,0.9,0.3,0.6,79.6,0.1,1.3,"B1, B3, B5"

3,Orez brun,cereale,1527,362,7.5,2.7,0.5,2.2,76.2,0.7,3.5,"B1, B3, B6"

4,Ov z,cereale,1592,379,13.2,7.0,1.3,5.7,67.7,0.6,10.1,"B1, B5, E"

5,Secar ,cereale,1416,339,10.3,2.7,0.4,2.3,75.9,0.6,15.1,"B1, B2, E"

6,Porumb,cereale,1528,365,9.4,4.7,0.7,4.0,74.3,1.0,7.3,"B1, B3, C"

7,Orz,cereale,1442,345,10.0,2.4,0.4,2.0,73.5,0.8,17.3,"B3, B6"

8,Amarant,cereale,1558,371,13.6,7.0,1.5,5.5,65.3,0.2,6.7,"C, B2, B6"

9,Quinoa,cereale,1539,368,14.1,6.1,0.7,5.4,64.2,0.9,7.0,"B1, B2, E"

10,Sorg,cereale,1416,339,11.3,3.3,0.4,2.9,74.6,0.2,6.7,"B3, B6"

11,Spelt ,cereale,1529,366,14.6,2.4,0.5,1.9,70.2,0.9,10.7,"B1, B3, B6"

12,Mei,cereale,1477,354,11.0,4.2,0.7,3.5,69.0,0.6,8.5,"B1, B3"

13,Teff,cereale,1454,347,13.3,2.2,0.4,1.8,70.3,0.6,8.0,"B6, C"

14,Bulgur,cereale,1420,340,12.3,1.3,0.3,1.0,76.5,0.3,18.3,"B1, B6"

15,Fonio,cereale,1410,337,11.1,1.8,0.2,1.6,76.7,0.1,10.5,"B3, C"

16,Kamut,cereale,1471,352,14.5,2.0,0.4,1.6,69.5,0.7,10.5,"B1, B2, B3"

17,Hri c ,cereale,1443,343,13.3,3.4,0.7,2.7,71.5,0.4,10.0,"B1, B6"

18,Freekeh,cereale,1487,355,12.6,2.0,0.3,1.7,72.5,0.5,14.2,"B1, B3"

19,Farro,cereale,1418,339,12.0,2.0,0.4,1.6,70.0,0.4,10.0,"B1, B2"

20,Semin e de in,cereale,2234,534,18.3,42.2,3.6,38.6,28.9,1.5,27.3,"B1, B6, E"

21,Chia,cereale,1831,486,16.5,30.7,3.3,27.4,42.1,0.1,34.4,"B1, B3, E"

22,Semin e de susan,cereale,2340,573,17.0,49.7,7.0,42.7,23.5,0.3,11.8,"B1, B6, E"

23,Semin e de mac,cereale,2098,500,18.0,42.6,4.5,37.8,28.1,0.5,19.5,"B1, B3, E"

24,Semin e de floarea-soarelui,cereale,2450,584,20.8,51.5,4.5,47.0,20.0,0.5,8.6,"B1, E"

25,Spelta,cereale,1500,350,13.0,2.5,0.5,2.0,68.5,0.5,8.7,"B1, B2, B6"

26,Secar integral ,cereale,1350,320,9.5,1.3,0.3,1.0,65.0,1.0,11.2,"B1, B6"

27,Cereale de secar ,cereale,1360,327,8.0,1.0,0.2,0.8,65.4,1.2,9.7,"B1, B3"

28,Orz expandat,cereale,1450,345,11.5,2.2,0.5,1.7,67.3,1.0,10.0,"B1, B3"

29,Flakes de ov z,cereale,1531,367,13.5,7.0,1.2,5.8,58.7,0.7,10.1,"B1, B6"

30,Semin e de c nep ,cereale,2260,540,31.5,45.0,4.2,40.8,9.5,1.0,5.0,"B1, B3, E"

31,Ap mineral ,bauturi,0,0,0.0,0.0,0.0,0.0,0.0,0.0,0.0,N/A

32,Suc de portocale,bauturi,179,42,0.7,0.2,0.02,0.18,10.4,8.4,0.2,"C, B9"

33,Ap mineral ,bauturi,0,0,0.0,0.0,0.0,0.0,0.0,0.0,0.0,"Calciu, Magneziu, Sodiu"

34,Suc de portocale,bauturi,179,42,0.7,0.2,0.02,0.18,10.4,8.4,0.2,"C, B9"

35,Suc de mere,bauturi,190,46,0.1,0.0,0.0,0.0,11.0,10.0,0.0,"C, Potasiu"

36,Suc de portocale,bauturi,180,43,0.7,0.1,0.0,0.1,10.4,8.4,0.2,"C, Folat"

37,Suc de morcovi,bauturi,170,40,1.0,0.2,0.0,0.2,9.3,7.4,0.8,"A, K"

38,Smoothie de banane,bauturi,380,90,1.2,0.3,0.1,0.2,21.0,19.0,0.6,"C, B6"

39,Smoothie de fructe de p dure,bauturi,230,55,0.5,0.1,0.0,0.1,13.5,11.5,1.0,"C, K"

40,Ap de cocos,bauturi,80,19,0.7,0.2,0.1,0.1,4.2,3.0,0.1,"C, Potasiu"

41,Limonad ,bauturi,160,38,0.1,0.0,0.0,0.0,9.5,8.5,0.0,C

42,Ceai verde,bauturi,10,2,0.1,0.0,0.0,0.0,0.0,0.0,0.0,"A, C"

43,Ceai negru,bauturi,8,2,0.1,0.0,0.0,0.0,0.0,0.0,0.0,"A, K"

44,Cafea neagr ,bauturi,8,2,0.1,0.0,0.0,0.0,0.0,0.0,0.0,B2

45,Cafea cu lapte,bauturi,130,31,0.9,0.8,0.5,0.3,4.6,4.5,0.0,"B2, B3"

46,Espresso,bauturi,10,3,0.1,0.0,0.0,0.0,0.0,0.0,0.0,B2

47,Suc de struguri,bauturi,260,62,0.2,0.1,0.0,0.1,15.5,13.5,0.2,"C, K"

48,Suc de rodie,bauturi,210,50,0.2,0.0,0.0,0.0,12.0,10.0,0.2,"C, K"

49,Lapte de migdale,bauturi,45,11,0.4,0.9,0.0,0.9,0.0,0.0,0.0,"D, E"

50,Lapte de soia,bauturi,180,42,3.0,1.5,0.3,1.2,2.0,0.0,0.3,"B12, D"

51,Lapte de ov z,bauturi,190,45,0.9,1.5,0.2,1.3,6.5,4.5,0.4,"D, B12"

52,Lapte de cocos,bauturi,270,65,0.5,6.0,5.2,0.8,1.0,0.5,0.0,"E, C"

53,Suc de ro ii,bauturi,85,20,0.9,0.1,0.0,0.1,4.2,3.2,0.4,"A, C"

54,Cidrul de mere,bauturi,210,50,0.1,0.0,0.0,0.0,11.0,10.0,0.0,"C, Potasiu"

55,Vin ro u,bauturi,355,85,0.1,0.0,0.0,0.0,2.7,0.6,0.0,K

56,Vin alb,bauturi,340,80,0.1,0.0,0.0,0.0,2.6,0.5,0.0,K

57,Bere blond ,bauturi,180,43,0.5,0.0,0.0,0.0,3.6,0.1,0.0,B6

58,Bere brun ,bauturi,190,46,0.6,0.0,0.0,0.0,4.0,0.1,0.0,B6

59,Whiskey,bauturi,1060,252,0.0,0.0,0.0,0.0,0.1,0.0,0.0,-

60,Vodka,bauturi,1055,250,0.0,0.0,0.0,0.0,0.0,0.0,0.0,-

61,Rom,bauturi,1055,250,0.0,0.0,0.0,0.0,0.0,0.0,0.0,-

62,Gin,bauturi,1055,250,0.0,0.0,0.0,0.0,0.0,0.0,0.0,-

63,Suc de grepfrut,bauturi,170,40,0.5,0.1,0.0,0.1,9.0,8.0,0.0,"C, A"

64,Ceai de ment ,bauturi,5,1,0.1,0.0,0.0,0.0,0.0,0.0,0.0,A

65,Ceai de mu e el,bauturi,4,1,0.0,0.0,0.0,0.0,0.0,0.0,0.0,A

66,Ceai de hibiscus,bauturi,10,2,0.1,0.0,0.0,0.0,0.0,0.0,0.0,C

67,Lapte de c mil ,bauturi,290,70,3.0,4.5,2.8,1.7,5.0,5.0,0.0,"B12, C"

68,Lapte de bivoli ,bauturi,420,100,4.0,7.5,4.8,2.7,5.0,5.0,0.0,"B12, A"

69,Apa tonic ,bauturi,150,36,0.0,0.0,0.0,0.0,9.0,8.5,0.0,A

70,Suc de mango,bauturi,250,60,0.5,0.1,0.0,0.1,15.0,13.5,0.0,"A, C"

71,Suc de ananas,bauturi,210,50,0.3,0.1,0.0,0.1,13.0,10.0,0.0,"C, B6"

72,Suc de cire e,bauturi,210,50,0.3,0.1,0.0,0.1,12.5,10.5,0.0,"A, C"

73,Ro ii,legume,74,18,0.9,0.2,0.0,0.1,3.9,2.6,1.2,"A, C, K"

74,Castrave i,legume,66,16,0.7,0.1,0.0,0.1,3.6,1.7,0.5,"C, K"

75,Morcovi,legume,173,41,0.9,0.2,0.0,0.2,9.6,4.7,2.8,"A, C, K"

76,Ardei gras,legume,92,22,0.9,0.2,0.0,0.1,4.6,2.4,1.7,"C, B6"

77,Spanac,legume,97,23,2.9,0.4,0.0,0.4,3.6,0.4,2.2,"A, C, K"

78,Broccoli,legume,141,34,2.8,0.4,0.0,0.4,6.6,1.7,2.6,"C, K, A"

79,Ceap ,legume,167,40,1.1,0.1,0.0,0.1,9.3,4.2,1.7,"C, B6"

80,Usturoi,legume,623,149,6.4,0.5,0.1,0.4,33.1,1.0,2.1,"C, B6"

81,Porumb,legume,365,86,3.2,1.2,0.2,1.0,19.0,6.3,2.7,"C, B5"

82,Vinete,legume,104,25,1.0,0.2,0.0,0.2,5.9,3.5,3.0,"C, K, B6"

83,Zucchini,legume,69,16,1.2,0.2,0.1,0.1,3.1,1.7,1.1,"C, K"

84,Conopid ,legume,104,25,1.9,0.3,0.1,0.2,4.9,1.9,2.0,"C, K"

85,Fasole verde,legume,131,31,1.8,0.2,0.0,0.2,7.0,3.3,2.7,"A, C, K"

86,Maz re,legume,336,80,5.0,0.4,0.1,0.3,14.5,5.7,5.1,"C, K, A"

87,N sturel,legume,48,11,1.6,0.1,0.0,0.1,1.3,0.2,0.5,"A, C, K"

88,Rucola,legume,67,16,1.6,0.1,0.0,0.1,2.0,0.8,1.6,"A, C, K"

89,Kale,legume,84,20,2.9,0.6,0.0,0.6,2.0,0.8,2.0,"A, C, K"

90,Sfecl ro ie,legume,180,43,1.6,0.2,0.0,0.2,9.6,6.8,2.8,"C, B9"

91,Cartofi dulci,legume,360,86,1.6,0.1,0.0,0.1,20.1,4.2,3.0,"A, C"

92,Cartofi albi,legume,322,77,2.0,0.1,0.0,0.1,17.5,0.8,2.2,"C, B6"

93,Dovleac,legume,109,26,1.0,0.1,0.0,0.1,6.5,2.8,0.5,"A, C"

94,P trunjel,legume,151,36,3.0,0.8,0.1,0.7,6.3,0.8,3.3,"A, C, K"

95,Varz ,legume,103,25,1.3,0.1,0.0,0.1,5.8,3.2,2.5,"C, K"

96,Varz de Bruxelles,legume,180,43,3.4,0.3,0.0,0.3,8.9,2.2,3.8,"C, K"

97,Ridiche,legume,66,16,0.7,0.1,0.0,0.1,3.4,1.9,1.6,"C, B6"

98,Fenicul,legume,129,31,1.2,0.2,0.0,0.2,7.3,3.9,3.1,"C, B6"

99,Salat verde,legume,55,13,1.4,0.1,0.0,0.1,2.0,0.8,1.2,"A, C, K"

100,Ghimbir,legume,333,80,1.8,0.8,0.2,0.6,18.0,1.7,2.0,"B6, C"

101,Ciuperci champignon,legume,112,27,3.1,0.3,0.0,0.3,3.3,1.4,1.0,"D, B6"

102,Cartofi violet,legume,357,85,2.0,0.1,0.0,0.1,20.4,1.3,3.0,"C, B6"

103,Broccoli,legume,141,34,2.8,0.4,0.0,0.4,6.6,1.7,2.6,"C, K, A"

104, elin ,legume,67,16,0.7,0.2,0.0,0.1,3.0,1.3,1.6,"A, K, B6"

105,Varz crea ,legume,108,26,2.0,0.2,0.0,0.1,5.7,2.1,2.3,"A, C, K"

106,Cicoare,legume,91,22,1.7,0.3,0.1,0.2,4.2,1.1,1.7,"C, B6, K"

107,Andive,legume,67,16,1.2,0.2,0.0,0.1,3.4,0.2,1.6,"K, A, C"

108,Praz,legume,251,60,1.5,0.3,0.0,0.2,14.2,3.9,1.8,"A, C, K"

109,Broccoli rabe,legume,108,26,3.2,0.4,0.1,0.2,3.1,1.4,2.8,"A, C, K"

110,Broccoli chinezesc,legume,125,30,1.8,0.3,0.1,0.1,5.3,2.0,1.8,"A, C, K"

111,Okra,legume,131,31,2.0,0.1,0.0,0.1,7.0,1.5,3.2,"A, C, K"

112,Napi,legume,88,21,1.2,0.1,0.0,0.1,4.4,1.8,2.2,"C, K"

113,Pui (piept),carne,626,150,31.0,3.6,1.0,2.6,0.0,0.0,0.0,"B3, B6"

114,Vit (mu chi),carne,1046,250,26.0,17.0,7.0,10.0,0.0,0.0,0.0,"B12, B6, Fier"

115,Pui (piept),carne,626,150,31.0,3.6,1.0,2.6,0.0,0.0,0.0,"B3, B6"

116,Vit (mu chi),carne,1046,250,26.0,17.0,7.0,10.0,0.0,0.0,0.0,"B12, B6, Fier"

117,Mu chi de vit ,carne,653,156,26.0,5.0,2.0,3.0,0.0,0.0,0.0,"B12, B6, Zinc"

118,Carne tocat de vit ,carne,1080,258,17.0,20.0,8.0,12.0,0.0,0.0,0.0,"B12, B3, Zinc"

119,Costi de vit ,carne,1255,300,16.0,25.0,10.0,15.0,0.0,0.0,0.0,"B12, B6, Zinc"

120,Friptur de vit ,carne,840,200,23.0,12.0,5.0,7.0,0.0,0.0,0.0,"B12, B6, Zinc"

121,Cotlet de porc,carne,849,203,25.0,10.0,3.5,6.5,0.0,0.0,0.0,"B1, B6, B12"

122,Pulp de porc,carne,920,220,22.0,15.0,5.5,9.5,0.0,0.0,0.0,"B12, B3, Zinc"

123,Bacon,carne,1840,440,14.0,40.0,14.0,26.0,1.0,1.0,0.0,"B12, B3"

124,Costi de porc,carne,1392,332,15.0,30.0,11.0,19.0,0.0,0.0,0.0,"B12, B6"

125,Piept de pui,carne,460,110,23.0,2.5,0.7,1.8,0.0,0.0,0.0,"B6, Niacina"

126,Pulpe de pui,carne,675,162,19.0,9.5,2.8,6.7,0.0,0.0,0.0,"B6, B3"

127,Aripioare de pui,carne,838,200,17.0,14.0,4.5,9.5,0.0,0.0,0.0,"B6, B3"

128,Pui grill,carne,720,172,18.0,11.0,3.0,8.0,0.0,0.0,0.0,"B6, B12"

129,Piept de curcan,carne,465,111,24.0,2.0,0.5,1.5,0.0,0.0,0.0,"B6, B12, Niacina"

130,Pulpe de curcan,carne,630,150,22.0,7.0,2.2,4.8,0.0,0.0,0.0,"B6, B12, Niacina"

131,Curcan m cinat,carne,720,172,20.0,10.0,3.0,7.0,0.0,0.0,0.0,"B6, B12"

132,Cotlet de miel,carne,1050,250,20.0,18.0,7.0,11.0,0.0,0.0,0.0,"B12, B3"

133,Friptur de miel,carne,945,225,22.0,14.0,5.0,9.0,0.0,0.0,0.0,"B12, B3"

134,Costi de miel,carne,1230,295,19.0,24.0,9.0,15.0,0.0,0.0,0.0,"B12, B6"

135,Cerb,carne,500,120,25.0,2.0,0.5,1.5,0.0,0.0,0.0,"B6, B12, Fier"

136,Mistret,carne,890,213,21.0,15.0,5.0,10.0,0.0,0.0,0.0,"B12, B6, Zinc"

137,Iepure,carne,575,137,22.0,5.0,1.5,3.5,0.0,0.0,0.0,"B6, B12, Fier"

138,Piept de ra ,carne,850,203,19.0,15.0,4.0,11.0,0.0,0.0,0.0,"B6, B12, Niacina"

139,Pulpe de ra ,carne,980,235,18.0,18.0,6.0,12.0,0.0,0.0,0.0,"B6, B12"

140,Piept de g sc ,carne,850,204,23.0,12.0,4.5,7.5,0.0,0.0,0.0,"B6, B12"

141,Pulpe de g sc ,carne,1085,259,18.0,20.0,7.0,13.0,0.0,0.0,0.0,"B6, B12"

142,File de stru ,carne,480,114,24.0,2.0,0.5,1.5,0.0,0.0,0.0,"B6, B12, Fier"

143,Stru tocat,carne,735,175,21.0,10.0,3.0,7.0,0.0,0.0,0.0,"B6, B12"

144,Carne de capr ,carne,620,148,27.0,4.0,1.2,2.8,0.0,0.0,0.0,"B6, B12, Fier"

145,Carne uscat de vit ,carne,1530,365,33.0,25.0,10.0,15.0,1.0,0.0,0.0,"B6, B12, Zinc"

146,Salam de var ,carne,1660,397,14.0,36.0,14.0,22.0,2.0,0.0,0.0,"B12, B6"

147,Prosciutto,carne,1176,282,25.0,20.0,7.0,13.0,0.0,0.0,0.0,"B12, B6"

148,Pastram de vit ,carne,700,167,19.0,10.0,3.5,6.5,0.0,0.0,0.0,"B12, B6"

149,C rna i afuma i,carne,1390,330,15.0,30.0,11.0,19.0,0.5,0.0,0.0,"B12, B6"

150,Somon,carne,858,206,20.0,13.0,3.0,10.0,0.0,0.0,0.0,"D, B12, Omega-3"

151,Ton,carne,527,125,27.0,1.5,0.3,1.2,0.0,0.0,0.0,"B6, B12, Niacina"

152,Cod,carne,380,91,20.0,0.9,0.2,0.7,0.0,0.0,0.0,"B6, B12"

153,Creve i,carne,418,100,20.0,1.5,0.3,1.2,0.0,0.0,0.0,"B12, Zinc"

154,Calamar,carne,407,97,17.0,1.4,0.4,1.0,0.0,0.0,0.0,"B12, Seleniu"

155,Caracati ,carne,332,79,14.0,1.0,0.3,0.7,0.0,0.0,0.0,"B12, Fier, Seleniu"

156,Scoici,carne,417,99,17.0,1.5,0.4,1.1,0.0,0.0,0.0,"B12, Fier, Zinc"

157,Stridii,carne,272,66,7.0,1.8,0.5,1.3,3.9,0.0,0.0,"B12, Fier, Zinc"

158,Ficat de pui,carne,566,135,18.0,5.0,1.5,3.5,1.2,0.5,0.0,"A, B12, Fier"

159,Ficat de vit ,carne,536,128,20.0,4.0,1.2,2.8,5.0,0.0,0.0,"A, B12, Fier"

160,Limba de vit ,carne,1021,245,16.0,19.0,7.0,12.0,0.0,0.0,0.0,"B12, Zinc"

161,Rinichi de vit ,carne,568,135,20.0,4.0,1.2,2.8,0.0,0.0,0.0,"B12, Fier, Zinc"

162,Lapte integral,lactate,271,64,3.2,3.7,2.4,1.3,4.7,4.7,0.0,"A, D, B12"

163,Br nz cheddar,lactate,1725,415,24.9,33.1,21.1,12.0,1.3,0.5,0.0,"A, D, B12"

164,Lapte integral,lactate,271,64,3.2,3.7,2.4,1.3,4.7,4.7,0.0,"A, D, B12"

165,Br nz cheddar,lactate,1725,415,24.9,33.1,21.1,12.0,1.3,0.5,0.0,"A, D, B12"

166,Iaurt simplu,lactate,263,63,3.5,1.6,1.1,0.5,4.7,4.7,0.0,"Calciu, B12, B2"

167,Lapte degresat,lactate,146,35,3.4,0.1,0.1,0.0,5.0,5.0,0.0,"Calciu, B12, B2"

168,Br nz de vaci,lactate,593,143,11.1,10.0,6.4,3.6,3.4,2.7,0.0,"Calciu, B12, A"

169,Sm nt n ,lactate,774,185,2.1,18.0,11.2,6.8,2.9,2.9,0.0,"A, Calciu"

170,Unt,lactate,3061,737,0.5,81.1,51.4,29.7,0.9,0.1,0.0,"A, E, D"

171,Mozzarella,lactate,1055,253,18.0,20.0,13.0,7.0,2.2,0.5,0.0,"Calciu, B12, A"

172,Parmezan,lactate,1671,402,35.6,29.4,18.7,10.7,4.1,0.9,0.0,"Calciu, B12, A"

173,Lapte de capr ,lactate,285,69,3.6,4.1,2.7,1.4,4.5,4.5,0.0,"Calciu, B12, B2"

174,Lapte de bivoli ,lactate,430,103,4.5,7.5,4.8,2.7,4.9,4.9,0.0,"Calciu, B12, B2"

175,Iaurt grecesc,lactate,406,97,5.7,4.4,3.1,1.3,3.6,3.6,0.0,"Calciu, B12, B2"

176,Iaurt cu fructe,lactate,337,81,3.8,2.1,1.3,0.8,12.4,10.4,0.0,"Calciu, B12, C"

177,Chefir,lactate,210,50,3.3,1.0,0.7,0.3,7.5,7.5,0.0,"Calciu, B12, B2"

178,Iaurt de cocos,lactate,447,107,1.5,8.6,7.2,1.4,6.5,5.5,0.0,"B12, D"

179,Telemea de oaie,lactate,1181,282,15.6,23.0,16.0,7.0,1.8,0.7,0.0,"Calciu, B12, A"

180,Br nz Gouda,lactate,1527,366,25.0,30.0,19.0,11.0,2.2,0.8,0.0,"Calciu, B12, A"

181,Br nz Feta,lactate,1101,264,14.2,21.3,15.4,5.9,4.1,0.7,0.0,"Calciu, B12, A"

182,Br nz Brie,lactate,1230,297,18.0,24.0,17.0,7.0,0.5,0.1,0.0,"Calciu, B12, A"

183,Br nz Camembert,lactate,1205,300,19.8,24.3,15.5,8.8,0.5,0.1,0.0,"Calciu, B12, A"

184,Br nz Ricotta,lactate,600,144,7.5,10.5,6.4,4.1,3.0,0.3,0.0,"Calciu, A"

185,Br nz Mascarpone,lactate,1880,455,4.5,47.0,29.0,18.0,4.6,3.4,0.0,"A, D"

186,Br nz Gorgonzola,lactate,1410,340,21.0,28.0,17.0,11.0,2.0,0.6,0.0,"Calciu, B12"

187,Br nz Stilton,lactate,1502,360,23.0,31.0,19.0,12.0,2.3,0.1,0.0,"Calciu, B12"

188,Lapte b tut,lactate,150,36,3.0,0.9,0.6,0.3,4.7,4.7,0.0,"Calciu, B12, B2"

189,Sm nt n fermentat 15%,lactate,632,151,2.5,15.0,9.5,5.5,4.0,3.8,0.0,"A, Calciu"

190,Sm nt n pentru g tit 30%,lactate,1210,292,2.0,30.0,18.0,12.0,3.2,3.1,0.0,"A, D"

191,Unt s rat,lactate,3057,732,0.5,82.0,51.3,30.7,0.7,0.1,0.0,"A, E, D"

192,Unt nes rat,lactate,3061,737,0.5,81.1,51.4,29.7,0.9,0.1,0.0,"A, E, D"

193,Margarina vegetal ,lactate,2870,686,0.2,77.0,20.0,57.0,0.6,0.1,0.0,"E, D"

194,Br nz Edam,lactate,1320,315,25.0,23.0,15.0,8.0,1.5,0.5,0.0,"Calciu, B12, A"

195,Br nz Emmental,lactate,1530,368,28.0,28.0,18.0,10.0,2.0,0.5,0.0,"Calciu, B12"

196,Br nz Roquefort,lactate,1430,340,21.0,30.0,19.0,11.0,2.0,0.7,0.0,"Calciu, B12"

197,Br nz Pecorino,lactate,1680,402,28.0,33.0,21.0,12.0,2.4,0.1,0.0,"Calciu, B12"

198,Lapte de migdale,lactate,55,13,0.4,1.1,0.2,0.9,0.6,0.2,0.0,"Calciu, E"

199,Lapte de soia,lactate,179,42,3.5,1.5,0.2,1.3,2.9,0.6,0.0,"Calciu, B12, D"

200,Lapte de orez,lactate,197,47,0.1,1.0,0.1,0.9,9.2,6.5,0.0,"Calciu, D"

201,Lapte de ov z,lactate,180,43,1.0,1.5,0.2,1.3,7.0,2.0,0.5,"Calciu, D"

202,Br nz degresat ,lactate,600,144,10.0,10.0,6.0,4.0,3.0,0.6,0.0,"Calciu, B12"

203,Iaurt degresat,lactate,146,35,3.6,0.1,0.1,0.0,5.0,4.5,0.0,"Calciu, B12, B2"

204,Ricotta degresat ,lactate,460,110,11.3,4.8,3.2,1.6,3.2,0.2,0.0,"Calciu, A, B12"

205,Br nz Neuch tel,lactate,1060,257,12.0,23.0,15.0,8.0,2.4,0.5,0.0,"Calciu, B12, A"

206,M r,fructe,218,52,0.3,0.2,0.0,0.1,14.0,10.4,2.4,"C, K"

207,Banana,fructe,371,89,1.1,0.3,0.1,0.2,22.8,12.2,2.6,"C, B6"

208,Portocal ,fructe,192,47,0.9,0.1,0.0,0.1,11.8,9.4,2.4,"C, B9"

209,Pere,fructe,239,57,0.4,0.1,0.0,0.1,15.2,10.0,3.1,"C, K"

210,C p uni,fructe,136,32,0.7,0.3,0.0,0.3,7.7,4.9,2.0,"C, K"

211,Struguri,fructe,288,69,0.6,0.2,0.1,0.1,18.1,15.5,0.9,"C, K"

212,Pepene verde,fructe,127,30,0.6,0.2,0.0,0.2,7.6,6.2,0.4,"A, C"

213,Ananas,fructe,209,50,0.5,0.1,0.0,0.1,13.1,9.9,1.4,"C, B6"

214,Mango,fructe,250,60,0.8,0.4,0.1,0.3,15.0,13.7,1.6,"A, C"

215,Kiwi,fructe,255,61,1.1,0.5,0.0,0.5,14.7,8.9,3.0,"C, E, K"

216,Papaya,fructe,179,43,0.5,0.3,0.1,0.2,10.8,5.9,1.7,"A, C"

217,Prun ,fructe,192,46,0.7,0.3,0.0,0.3,11.4,9.9,1.4,"A, C"

218,Cire e,fructe,209,50,1.0,0.2,0.0,0.2,12.2,8.5,1.6,"A, C"

219,Avocado,fructe,670,160,2.0,14.7,2.1,12.6,8.5,0.7,6.7,"K, B5, E"

220,Rodie,fructe,209,83,1.7,1.2,0.0,1.2,18.7,13.7,4.0,"C, K"

221,Afine,fructe,192,57,0.7,0.3,0.0,0.3,14.5,9.9,2.4,"C, K"

222,Zmeur ,fructe,211,52,1.2,0.7,0.0,0.7,11.9,4.4,6.5,"C, K"

223,Mure,fructe,180,43,1.4,0.5,0.0,0.5,9.6,4.9,5.3,"C, K"

224,L m ie,fructe,121,29,1.1,0.3,0.0,0.3,9.3,2.5,2.8,C

225,Lime,fructe,126,30,0.7,0.2,0.0,0.2,10.5,1.7,2.8,C

226,Piersic ,fructe,167,39,0.9,0.3,0.0,0.3,9.5,8.4,1.5,"A, C"

227,Caise,fructe,201,48,1.4,0.4,0.0,0.4,11.1,9.2,2.0,"A, C, E"

228,Nectarine,fructe,192,44,1.1,0.3,0.0,0.3,10.6,7.9,1.7,"A, C"

229,Smochin,fructe,307,74,0.8,0.3,0.0,0.3,19.2,16.3,2.9,"A, C, K"

230,Curmale,fructe,1184,282,2.5,0.4,0.0,0.4,75.0,63.4,8.0,"B6, K"

231,Pepene galben,fructe,150,36,0.5,0.1,0.0,0.1,9.1,8.1,0.8,"A, C"

232,Gutuie,fructe,209,57,0.4,0.1,0.0,0.1,15.3,12.5,1.9,"A, C"

233,Coac ze negre,fructe,243,63,1.4,0.4,0.0,0.4,15.3,9.3,5.0,"C, K"

234,Merisor,fructe,192,46,0.4,0.1,0.0,0.1,12.2,4.3,3.6,C

235,Pepene verde,fructe,127,30,0.6,0.2,0.0,0.2,7.6,6.2,0.4,"A, C"

236,Fructul pasiunii,fructe,365,97,2.2,0.4,0.0,0.4,23.4,11.2,10.4,"C, A"

237,C tin ,fructe,406,98,1.2,2.0,0.5,1.5,16.2,8.4,6.0,"C, E"

238,Mangustan,fructe,271,73,0.6,0.6,0.1,0.5,17.9,13.0,1.8,C

239,Carambola,fructe,143,31,1.0,0.3,0.0,0.3,6.7,3.9,2.8,C

240,Noni,fructe,121,29,0.7,0.2,0.0,0.2,10.5,1.7,2.8,C

241,Kumquat,fructe,282,71,1.9,0.9,0.1,0.8,15.9,9.4,6.5,"A, C"

242,Litchi,fructe,276,66,0.8,0.4,0.0,0.4,16.5,15.2,1.3,"C, B6"

243,Fructul dragonului,fructe,207,50,1.2,0.1,0.0,0.1,11.0,8.0,3.0,C

244,Guava,fructe,285,68,2.6,0.9,0.3,0.6,14.3,5.4,5.4,"A, C, B9"

245,Durian,fructe,594,147,1.5,5.3,2.2,3.1,27.1,6.5,3.8,"C, B6"

246,Longan,fructe,251,60,1.0,0.1,0.0,0.1,15.1,13.7,1.1,C

247,Rambutan,fructe,332,82,0.7,0.2,0.0,0.2,20.9,16.5,0.9,C

248,Soursop,fructe,276,66,1.0,0.3,0.1,0.2,16.8,13.5,3.3,"C, B1, B2"

249,Persimmon,fructe,293,70,0.6,0.2,0.0,0.2,18.6,12.5,3.6,"A, C"

250,Jackfruit,fructe,397,95,1.7,0.6,0.2,0.4,23.5,19.1,1.5,"A, C"

251,Acerola,fructe,167,32,0.4,0.3,0.0,0.3,7.7,4.5,1.1,"C, A"

252,Yuzu,fructe,174,41,0.8,0.2,0.0,0.2,10.4,2.4,1.8,C

253,Clementine,fructe,195,47,0.9,0.1,0.0,0.1,12.0,9.2,1.7,C

254,Tamarillo,fructe,208,48,1.9,0.1,0.0,0.1,10.9,7.7,2.8,"C, A"

255,Honeysuckle,fructe,229,55,0.9,0.0,0.0,0.0,12.8,0.0,3.0,"C, A"

256,Physalis,fructe,223,53,1.9,0.7,0.0,0.7,11.2,4.9,1.9,"C, A"

257,Medlar,fructe,157,37,0.4,0.1,0.0,0.1,10.1,7.6,3.6,C

258,Baobab,fructe,1087,270,2.0,0.5,0.0,0.5,75.0,30.0,43.0,"C, B2, B6"

259,Sapodilla,fructe,371,83,0.4,1.1,0.1,1.0,20.0,12.9,5.3,C

260,Maracuja,fructe,339,97,2.2,0.4,0.0,0.4,23.4,11.2,10.4,"C, A"

261,Cherimoya,fructe,307,75,1.6,0.4,0.1,0.3,17.7,12.0,3.0,"C, B6"

262,Jabuticaba,fructe,152,36,0.6,0.3,0.0,0.3,9.4,4.8,2.5,C

263,Mangaba,fructe,156,37,1.0,0.4,0.0,0.4,8.9,4.4,1.5,"C, A"

264,Jujube,fructe,333,79,1.2,0.2,0.0,0.2,20.2,5.4,10.0,"C, A"

265,Cupuacu,fructe,1892,454,8.0,18.0,7.0,11.0,43.0,5.9,12.0,"C, B1"

266,Pequi,fructe,830,198,1.0,19.2,0.0,19.2,6.4,1.3,6.4,"A, B2, C"

267,Uvaia,fructe,218,52,0.9,0.2,0.0,0.2,13.0,11.0,4.1,C

268,Pulasan,fructe,332,82,1.0,0.3,0.0,0.3,20.9,17.5,0.9,C

269,Salak,fructe,354,88,0.9,0.2,0.0,0.2,22.0,10.3,2.6,"A, C"

270,Santol,fructe,192,46,0.8,0.1,0.0,0.1,12.1,8.0,2.5,"B6, C"

271,Tamarind,fructe,1072,239,2.8,0.6,0.0,0.6,62.5,57.4,5.1,"B1, B2, C"

272,Ribes,fructe,209,50,1.2,0.2,0.0,0.2,13.9,6.5,4.3,C

273,Sorban,fructe,192,46,1.0,0.1,0.0,0.1,12.3,8.3,2.2,C

274,Yantok,fructe,207,50,1.5,0.3,0.0,0.3,10.0,7.5,2.3,C

275,Sapote,fructe,251,60,1.0,0.1,0.0,0.1,15.5,10.0,2.5,C

276,Sugar Apple,fructe,209,50,1.7,0.6,0.2,0.4,23.5,19.1,1.5,"A, C"

277,Atemoya,fructe,277,66,1.0,0.3,0.1,0.2,16.8,13.5,3.3,"C, B1, B2"

278,Migdale,nuci\_seminte,2500,576,21.2,49.4,3.7,45.7,21.6,4.4,12.5,"E, B2, B3"

279,Nuci,nuci\_seminte,2738,654,15.2,65.2,6.1,59.1,13.7,2.6,6.7,"B6, E"

280,Semin e de floarea-soarelui,nuci\_seminte,2445,584,20.8,51.5,4.5,47.0,20.0,0.3,8.6,"B1, B6, E"

281,Nuci pecan,nuci\_seminte,2893,691,9.2,72.0,6.2,65.8,13.9,4.0,9.6,"E, B1"

282,Semin e de dovleac,nuci\_seminte,2300,559,30.2,49.0,8.7,40.3,10.7,1.4,6.5,"B1, B2, E"

283,Nuci caju,nuci\_seminte,2314,553,18.2,44.5,7.8,36.7,30.2,6.0,3.3,"B1, B6, E"

284,Alune de p dure,nuci\_seminte,2639,628,15.0,61.2,4.5,56.7,16.7,4.3,9.7,"B1, B6, E"

285,Fistic,nuci\_seminte,2376,572,21.2,45.3,5.6,39.7,27.2,7.8,10.6,"B6, E"

286,Nuci de Brazilia,nuci\_seminte,2733,656,14.3,66.4,15.1,51.3,12.3,2.3,7.5,"B1, E"

287,Macadamia,nuci\_seminte,3004,718,7.9,75.8,12.1,63.7,13.8,4.6,8.6,"B1, E"

288,Semin e de in,nuci\_seminte,2234,534,18.3,42.2,3.6,38.6,28.9,1.5,27.3,"B1, B6, E"

289,Semin e de chia,nuci\_seminte,1831,486,16.5,30.7,3.3,27.4,42.1,0.1,34.4,"B1, B3, E"

290,Semin e de susan,nuci\_seminte,2340,573,17.0,49.7,7.0,42.7,23.5,0.3,11.8,"B1, B6, E"

291,Pin,nuci\_seminte,2649,628,13.7,60.1,4.9,55.2,20.0,3.6,10.6,"B1, B6, E"

292,Nuci Kukui,nuci\_seminte,2662,635,13.1,60.7,4.3,56.4,20.1,2.0,6.8,"B6, E"

293,Semin e de c nep ,nuci\_seminte,2382,567,25.8,47.8,4.6,43.2,8.6,1.5,4.0,"B1, E"

294,Castane,nuci\_seminte,836,199,2.0,1.8,0.3,1.5,44.0,10.6,8.1,"C, B6"

295,Semin e de pepene verde,nuci\_seminte,2058,491,28.3,30.8,3.2,27.6,15.3,0.2,3.0,"B1, B6"

296,Nuci de cocos,nuci\_seminte,1486,354,3.3,33.5,29.7,3.8,15.2,5.9,9.0,"E, B1"

297,Semin e de mac,nuci\_seminte,2235,536,17.5,41.6,4.5,37.1,28.1,2.4,19.5,"B1, B3, E"

298,Nuci de kola,nuci\_seminte,1480,354,7.9,0.1,0.0,0.1,80.5,8.6,9.8,"C, B1"

299,Semin e de negrilic ,nuci\_seminte,1505,360,16.2,25.5,2.7,22.8,33.0,0.3,11.7,"B1, C"

300,Semin e de dovleac alb,nuci\_seminte,2100,503,18.3,33.3,4.3,29.0,42.0,0.1,7.3,"B1, B2"

301,Nuci de Macadamia verzi,nuci\_seminte,2508,601,8.3,57.6,10.3,47.3,25.6,0.2,8.4,"B1, E"

302,Semin e de dovleac europene,nuci\_seminte,2370,567,29.4,49.8,4.5,45.3,8.8,0.2,6.4,"B2, B3"

303,Semin e de dovleac negre,nuci\_seminte,2190,523,18.8,45.4,6.2,39.2,28.1,0.2,12.6,"B1, E"

304,Nuci de mosc,nuci\_seminte,2184,522,20.0,47.4,3.6,43.8,17.4,0.3,12.2,"B1, C"

305,Nuci tigrate,nuci\_seminte,1950,465,4.8,24.9,0.8,24.1,62.0,18.6,7.1,"B1, B6, C"

306,Nuci verzi,nuci\_seminte,2382,567,25.0,49.8,3.8,46.0,12.4,1.4,14.3,"E, B6"

307,Alune de p m nt,nuci\_seminte,2332,567,25.8,49.2,6.8,42.4,16.1,4.7,8.5,"B3, B6, E"

308,Somon,peste\_si\_fructe\_de\_mare,824,197,20.4,13.3,3.1,10.2,0.0,0.0,0.0,"D, B12, B6"

309,Ton,peste\_si\_fructe\_de\_mare,644,153,24.4,5.1,1.5,3.6,0.0,0.0,0.0,"D, B12"

310,Cod,peste\_si\_fructe\_de\_mare,343,82,18.1,0.7,0.1,0.6,0.0,0.0,0.0,"B12, B6"

311,P str v,peste\_si\_fructe\_de\_mare,707,169,20.5,9.2,2.3,6.9,0.0,0.0,0.0,"D, B12"

312,Macrou,peste\_si\_fructe\_de\_mare,891,213,18.6,15.0,4.2,10.8,0.0,0.0,0.0,"B12, D"

313,Sardine,peste\_si\_fructe\_de\_mare,858,205,24.6,11.5,2.7,8.8,0.0,0.0,0.0,"B12, D"

314,Hering,peste\_si\_fructe\_de\_mare,820,196,18.8,11.8,2.9,8.9,0.0,0.0,0.0,"D, B12"

315,An oa,peste\_si\_fructe\_de\_mare,795,190,20.4,11.5,3.1,8.4,0.0,0.0,0.0,"B12, D"

316,Halibut,peste\_si\_fructe\_de\_mare,536,128,21.0,4.3,0.9,3.4,0.0,0.0,0.0,"B12, B6"

317,Calmar,peste\_si\_fructe\_de\_mare,419,100,16.2,1.4,0.4,1.0,3.1,0.4,0.0,"B12, C"

318,Caracati ,peste\_si\_fructe\_de\_mare,335,80,14.9,1.0,0.3,0.7,2.1,0.6,0.0,"B12, E"

319,Creve i,peste\_si\_fructe\_de\_mare,385,92,20.3,0.9,0.3,0.6,0.0,0.0,0.0,"B12, D"

320,Crab,peste\_si\_fructe\_de\_mare,407,97,19.0,1.5,0.3,1.2,0.0,0.0,0.0,"B12, C"

321,Homar,peste\_si\_fructe\_de\_mare,371,89,19.0,0.9,0.2,0.7,0.0,0.0,0.0,"B12, E"

322,Midii,peste\_si\_fructe\_de\_mare,457,108,18.8,2.2,0.5,1.7,3.4,0.5,0.0,"B12, C"

323,Stridii,peste\_si\_fructe\_de\_mare,302,72,7.0,2.5,0.6,1.9,3.9,0.5,0.0,"B12, C"

324,Scoici Saint-Jacques,peste\_si\_fructe\_de\_mare,380,91,17.8,0.8,0.2,0.6,4.1,0.1,0.0,"B12, C"

325,Langustine,peste\_si\_fructe\_de\_mare,450,107,21.2,1.7,0.4,1.3,0.0,0.0,0.0,"B12, E"

326,Pe te-spad ,peste\_si\_fructe\_de\_mare,724,172,20.0,9.2,2.6,6.6,0.0,0.0,0.0,"D, B12"

327,Bibanie,peste\_si\_fructe\_de\_mare,411,98,18.2,1.8,0.5,1.3,0.0,0.0,0.0,"B12, B6"

328,Sturion,peste\_si\_fructe\_de\_mare,680,162,20.0,8.6,2.4,6.2,0.0,0.0,0.0,"B12, D"

329,Pe te-furtuna ,peste\_si\_fructe\_de\_mare,472,112,22.0,1.5,0.4,1.1,0.0,0.0,0.0,"B12, D"

330,Vongole,peste\_si\_fructe\_de\_mare,210,50,9.5,0.7,0.1,0.6,1.7,0.3,0.0,"B12, C"

331,Pe te- arpe,peste\_si\_fructe\_de\_mare,708,169,19.1,9.4,2.6,6.8,0.0,0.0,0.0,"B12, D"

332,File de cod,peste\_si\_fructe\_de\_mare,348,83,17.9,0.7,0.2,0.5,0.0,0.0,0.0,"B12, B6"

333,File de tilapia,peste\_si\_fructe\_de\_mare,430,102,21.0,1.7,0.5,1.2,0.0,0.0,0.0,"B12, D"

334,Scrumbie,peste\_si\_fructe\_de\_mare,846,202,19.6,13.1,3.4,9.7,0.0,0.0,0.0,"B12, D"

335,Pe te-char,peste\_si\_fructe\_de\_mare,744,178,22.0,8.5,2.2,6.3,0.0,0.0,0.0,"B12, D"

336,Cambul ,peste\_si\_fructe\_de\_mare,536,128,19.5,4.0,1.1,2.9,0.0,0.0,0.0,"B12, B6"

337,Capelin,peste\_si\_fructe\_de\_mare,602,143,16.5,8.0,1.8,6.2,0.0,0.0,0.0,"B12, D"

338,Merluciu,peste\_si\_fructe\_de\_mare,392,94,20.2,0.9,0.2,0.7,0.0,0.0,0.0,"B12, B6"

339,Creve i mari,peste\_si\_fructe\_de\_mare,380,91,19.9,1.0,0.3,0.7,0.0,0.0,0.0,"B12, D"

340,Suc de lamaie,bauturi,92,22,0.4,0.2,0.0,0.2,6.9,1.6,0.3,"C, B6"

341,Zahar,indulcitori,1700,400,0.0,0.0,0.0,0.0,100.0,100.0,0.0,--

342,Ulei de masline,uleiuri,3700,884,0.0,100.0,14.0,86.0,0.0,0.0,0.0,"E, K"

343,Bulion de legume,condimente,84,20,0.5,0.1,0.0,0.1,4.0,2.0,0.5,"A, C"

344,Fasole neagra conservata,legume,552,132,8.9,0.5,0.1,0.4,23.7,0.3,7.4,"B9, C, E"

345,Chimen,condimente,375,89,4.0,22.3,1.5,20.8,44.2,2.3,10.5,"C, E"

346,Piper Cayenne,condimente,1676,400,12.0,17.3,3.3,14.0,56.6,10.3,27.2,"A, C, E"

347,O et,condimente,20,5,0.0,0.0,0.0,0.0,0.3,0.0,0.0,-

348,Zah r brun,indulcitori,1680,400,0.0,0.0,0.0,0.0,100.0,100.0,0.0,-

349,Praf de usturoi,condimente,1394,332,16.6,0.7,0.1,0.6,72.7,2.4,9.0,"C, B6"

350,Ardei ro ii,legume,176,42,1.3,0.2,0.0,0.2,9.5,5.4,1.5,"A, C, B6"

351,Condiment pentru fructe de mare,condimente,420,100,0.5,0.2,0.0,0.2,24.0,0.0,1.0,-

352,Ulei vegetal,uleiuri,3700,884,0.0,100.0,15.0,85.0,0.0,0.0,0.0,E

353,Pasta de curry,condimente,564,134,2.0,7.0,1.0,6.0,13.0,2.0,2.0,"A, C"

354,Praf de curry,condimente,1404,325,14.3,14.0,3.0,11.0,58.2,0.0,33.0,"A, C, E"

355,Turmeric,condimente,1480,354,8.0,10.0,3.0,7.0,65.0,3.2,21.0,"C, E, K"

356,Praf de chilli,condimente,1404,325,12.0,15.0,2.2,12.8,58.0,1.5,34.8,"A, C, E"

357,Sare,condimente,0,0,0.0,0.0,0.0,0.0,0.0,0.0,0.0,-

358,Ghimbir,condimente,333,80,1.8,0.8,0.2,0.6,18.0,1.7,2.0,"B6, C"

359,Piure de ro ii,legume,92,22,1.2,0.3,0.0,0.3,4.8,3.6,1.5,"A, C, K"

360,Condiment pentru barbeque,condimente,500,120,2.0,3.5,1.0,2.5,20.0,8.0,3.0,"A, C"

361,Caramel,indulcitori,1684,400,0.0,0.0,0.0,0.0,100.0,100.0,0.0,-

362,Tendon de pui,carne,718,172,23.0,8.0,3.5,4.5,0.0,0.0,0.0,B6

363,Ov z rulat,cereale,1565,375,13.2,7.0,1.3,5.7,67.7,0.6,10.1,"B1, B5, E"

364,Scor i oar ,condimente,1034,247,4.0,1.2,0.3,0.9,80.6,2.2,53.1,K

365,Lapte redus de gr sime,lactate,201,48,3.4,1.5,1.0,0.5,5.0,5.0,0.0,"B12, A, D"

366,Fasole neagr ,legume,552,132,8.9,0.5,0.1,0.4,23.7,0.3,7.4,"B9, C, E"

367,Morcovi baby,legume,176,42,1.0,0.1,0.0,0.1,10.0,4.7,2.8,"A, K"

368,Ardei gras verde,legume,84,20,1.0,0.2,0.0,0.2,4.6,2.4,1.7,"C, B6"

369,Ardei iute,legume,1676,400,12.0,17.3,3.3,14.0,56.6,10.3,27.2,"A, C, E"

370,Amidon de porumb,ingrediente,1526,364,0.3,0.1,0.0,0.1,91.3,0.0,0.9,-

371,Condiment pentru fructe de mare,condimente,420,100,0.5,0.2,0.0,0.2,24.0,0.0,1.0,-

372,Piper negru,condimente,1053,251,10.4,3.3,1.4,1.9,63.9,0.6,26.5,"C, K"

373,P ine integral ,produse de panifica ie,1030,246,12.3,3.4,0.7,2.7,41.3,5.0,6.7,"B1, B2, B3"

374,F in de gr u,cereale,1364,327,10.3,1.2,0.2,1.0,72.3,0.4,3.4,"B1, B3"

375,F in de gr u dur,cereale,1416,339,12.7,1.5,0.3,1.2,69.9,0.4,3.6,"B1, B2"

376,Sos de soia,condimente,230,53,8.1,0.0,0.0,0.0,4.9,0.4,0.8,B3

377,Fasole verde,legume,131,31,1.8,0.2,0.0,0.2,7.0,3.3,2.7,"A, C, K"

378,Halibut,peste\_si\_fructe\_de\_mare,516,123,20.0,3.0,0.8,2.2,0.0,0.0,0.0,"D, B6, B12"

379,M rar,condimente,43,11,1.8,0.1,0.0,0.1,2.0,0.1,0.8,"A, C"

380,Praf de ceap ,condimente,1394,332,10.4,0.5,0.0,0.5,74.3,38.2,9.0,"C, B6"

381,P trunjel,condimente,151,36,3.0,0.8,0.1,0.7,6.3,0.8,3.3,"A, C, K"

382,Paprika,condimente,1323,318,14.1,12.0,2.1,9.9,54.0,10.3,34.9,"A, C, E"

383,Condiment cu piper i l m ie,condimente,400,96,2.0,1.0,0.2,0.8,20.0,5.0,4.0,C

384,M lai,cereale,1505,361,9.4,3.9,0.7,3.2,75.0,1.5,7.3,"B1, B3"

385,Condiment pentru carne de pui,condimente,500,120,2.0,3.5,1.0,2.5,20.0,8.0,3.0,"A, C"

386,Br nz procesat ,lactate,1140,272,16.0,22.0,13.0,9.0,2.0,2.0,0.0,"B12, A"

387,Sare de ceap ,condimente,420,100,0.5,0.2,0.0,0.2,24.0,0.0,1.0,-

388,Ceap verde,legume,117,28,1.8,0.2,0.0,0.2,6.6,2.3,2.4,"A, C, K"

389, elin ,legume,67,16,0.7,0.2,0.0,0.2,3.0,1.3,1.6,"A, C, K"

390,Fasole,legume,336,80,5.0,0.4,0.1,0.3,14.5,0.3,5.1,"C, B9"

391,Ciuperci,legume,112,27,3.1,0.3,0.0,0.3,3.3,1.4,1.0,"D, B6"

392,Ardei gras verde,legume,84,20,1.0,0.2,0.0,0.2,4.6,2.4,1.7,"C, B6"

393, unc ,carne,1053,251,16.5,19.0,6.8,12.2,1.5,1.0,0.0,"B1, B6"

394,Unt,uleiuri,3067,717,0.9,81.1,51.4,29.7,0.1,0.1,0.0,"A, D, E"

395,Zah r vanilat,indulcitori,1700,400,0.0,0.0,0.0,0.0,100.0,100.0,0.0,-

396,Nuc oar ,condimente,2157,525,5.8,36.3,25.9,10.4,49.3,3.0,20.8,B6

397,Mere,fructe,218,52,0.3,0.2,0.0,0.2,13.8,10.4,2.4,C

398,C p uni,fructe,136,32,0.7,0.3,0.0,0.3,7.7,4.9,2.0,C

399,O et balsamic,condimente,350,88,0.5,0.0,0.0,0.0,17.0,15.0,0.0,-

400,Extract de vanilie,condimente,1200,288,0.0,0.0,0.0,0.0,12.6,12.5,0.0,-

401,Unt de arahide,uleiuri,2510,598,25.1,50.0,10.0,40.0,20.0,4.9,6.0,"E, B6"

402,Suc de portocale,bauturi,180,43,0.9,0.2,0.0,0.2,10.0,8.4,0.2,C

403,Coaj de portocal ,condimente,144,34,1.5,0.2,0.0,0.2,7.8,2.9,4.6,C

404,Coaj de l m ie,condimente,142,33,1.5,0.2,0.0,0.2,8.0,3.0,4.0,C

405,Ananas,fructe,209,50,0.5,0.1,0.0,0.1,13.1,9.9,1.4,C

406,Kiwi,fructe,255,61,1.1,0.5,0.0,0.5,14.7,9.0,3.0,"C, E"

407,Portocal ,fructe,197,47,0.9,0.1,0.0,0.1,11.8,9.4,2.4,C

408,Struguri,fructe,288,69,0.6,0.2,0.0,0.2,18.1,15.5,0.9,"C, K"

409,Afine,fructe,240,57,0.7,0.3,0.0,0.3,14.5,9.7,2.4,"C, K"

410,Mix de verde uri cu salat de pui,mancare preparata,400,95,7.0,5.0,1.5,3.5,5.0,2.0,3.0,"A, C, B6"

411,Ro ii,legume,74,18,0.9,0.2,0.0,0.2,3.9,2.6,1.2,"A, C, K"

412,Piersici,fructe,165,39,0.9,0.3,0.0,0.3,9.5,8.4,1.5,"A, C"

413,Mure,fructe,180,43,1.4,0.5,0.0,0.5,9.6,4.9,5.3,"C, K"

414,Zmeur ,fructe,209,52,1.2,0.7,0.0,0.7,11.9,4.4,6.5,"C, K"

415,M rar,condimente,43,11,1.8,0.1,0.0,0.1,2.0,0.1,0.8,"A, C"

416,Castravete,legume,67,16,0.7,0.1,0.0,0.1,3.6,1.7,0.5,"C, K"

417,Cartofi ro ii,legume,322,77,2.0,0.1,0.0,0.1,17.5,0.8,2.2,"C, B6"

418,Rozmarin,condimente,1314,331,4.9,15.2,7.4,7.8,64.1,0.0,42.6,"A, C"

419,Cimbru,condimente,1016,239,9.1,7.4,2.7,4.7,63.9,1.7,37.0,"A, C, K"

420,Sparanghel,legume,85,20,2.2,0.1,0.0,0.1,3.9,1.9,2.1,"A, C, K"

421,Oua,lactate,586,143,12.6,9.5,3.3,6.2,1.0,1.0,0.0,"A, B12, D"

422,Otet alb distilat,condimente,0,0,0.0,0.0,0.0,0.0,0.0,0.0,0.0,-