

1 Covrigi simpli 90g

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Faina	g	50.0	182	5.2	0.5	38.2	1.4	0	0	0
Drojdie	g	1.0	1.1	0.1	0	0.2	0	0	0	0
Sare	g	1.5	0	0	0	0	0	0	0	1.5
Zahar	g	3.5	13.5	0	0	3.5	0	0	3.5	0
Margarina	g	1.5	11.1	0	1.2	0	0	0.225	0	0
Ulei	ml	2.5	22.1	0	2.5	0	0	0.325	0	0
Total			229.8	5.3	4.2	41.9	1.4	0.55	3.5	1.5

2 Covrigi umpluti (vanilie, visine, ciocolata)

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
faina	g	55.6	202.4	5.7	0.6	42.4	1.5	0	0	0
Drojdie	g	1.1	1.2	0.1	0	0.2	0	0	0	0
Sare	g	1.7	0	0	0	0	0	0	0	1.7
Zahar	g	3.9	15.1	0.0	0.0	3.9	0.0	0.0	3.9	0.0
Margarina	g	1.7	12.5	0.0	1.3	0.0	0.0	0.3	0.0	0.0
Ulei	ml	2.8	24.8	0.0	2.8	0.0	0.0	0.2	0.0	0.0
Crema (visine, vanilie, ciocolata)	g	40	176.4	1.8	11.6	20.8	4.8	0.0	19.2	0.0
Total			432.4	7.6	16.3	67.3	6.3	0.424	23.1	1.7

3 Covrigi cu cascaval

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Faina	g	55.6	202.4	5.7	0.6	42.4	1.5	0	0	0
Drojdie	g	1.1	1.2	0.1	0	0.2	0	0	0	0
Sare	g	1.7	0	0	0	0	0	0	0	1.7
Zahar	g	3.9	15.1	0.0	0.0	3.9	0.0	0.0	3.9	0.0
Margarina	g	1.7	12.5	0.0	1.3	0.0	0.0	0.3	0.0	0.0
Ulei	ml	2.8	24.8	0.0	2.8	0.0	0.0	0.2	0.0	0.0
Cascaval	g	40	113.2	10	7.6	0.4	0	6	0	0
Total			369.2	15.8	12.3	46.9	1.5	6.424	3.9	1.7

4 Covrigi cu cascaval si chimen

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Faina	g	55.6	202.4	5.7	0.6	42.4	1.5	0	0	0
Drojdie	g	1.1	1.2	0.1	0	0.2	0	0	0	0
Sare	g	1.7	0	0	0	0	0	0	0	1.7
Zahar	g	3.9	15.1	0.0	0.0	3.9	0.0	0.0	3.9	0.0
Margarina	g	1.7	12.5	0.0	1.3	0.0	0.0	0.3	0.0	0.0
Ulei	ml	2.8	24.8	0.0	2.8	0.0	0.0	0.2	0.0	0.0
Chimen	g	1.0	3.3	0.2	0.1	0.5	0.4	0.0	0.0	0

Cascaval	g	40	113.2	10	7.6	0.4	0	6	0	0
Total			372.5	16	12.4	47.4	1.9	6.424	3.9	1.7

5 Merdenele cu ciuperci

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Foietaj (morarita)	g	100	395	4.5	27.6	32	0	0	0	0
Umplutura ciuperci	g	50	11	1.6	0.2	1.7	0.5	0	0	0
Total			406	6.1	27.8	33.7	0.5	0	0	0

6 Strudel cu visine

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Foietaj (morarita)	g	100	395	4.5	27.6	32	0	0	0	0
Umplutura visine	g	50	25	0.5	0.2	6.1	0.8	0	4.25	0
Total			420	5	27.8	38.1	0.8	0	4.25	0

7 Strudel cu caise

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Foietaj (morarita)	g	100	395	4.5	27.6	32	0	0	0	0
Umplutura caise	g	50	24	0.7	0.2	5.6	1	0	4.6	0
Total			419	5.2	27.8	37.6	1	0	4.6	0

8 Strudel cu crema de iaurt

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Foietaj (morarita)	g	100	395	4.5	27.6	32	0	0	0	0
Umplutura crema de iaurt	g	50	40	1.7	2.5	2.3	0	0	0	0
Total			435	6.2	30.1	34.3	0	0	0	0

9 Strudel cu ciocolata si frisca

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Foietaj (morarita)	g	100	395	4.5	27.6	32	0	0	0	0
Umplutura ciocolata si frisca	g	50	277.5	4	17.4	26.1	0.1	9	28	0
Total			672.5	8.5	45	58.1	0.1	9	28	0

10 Strudel cu fructe de padure

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Foietaj (morarita)	g	100	395	4.5	27.6	32	0	0	0	0
Umplutura fructe de padure	g	50	29.5	0.5	0.3	5.1	0	0	5	0
Total			424.5	5	27.9	37.1	0	0	5	0

11 Strudel cu mar si scortisoara

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Foietaj (morarita)	g	100	395	4.5	27.6	32	0	0	0	0
Umplutura mar si scortisoara	g	50	190	0	0	44.5	10	0	6.6	0
Total			585	4.5	27.6	76.5	10	0	6.6	0

12 Melc cu scortisoara si caramel

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Faina	g	60	218.4	6.2	0.6	45.8	1.6	0	0	0
Drojdie	g	30	31.5	2.5	0.6	5.4	0	0	0	0
Oua	g	11	17.1	1.4	1.2	0.1	0	0.363	0	0
Zahar	g	10	38.7	0	0	10	0	0	10	0
Sare	g	1	0	0	0	0	0	0	0	1
Ulei	ml	10	88.4	0	10	0	0	1.3	0	0
Zahar pudra	g	20	77.8	0	0	19.9	0	0	19.9	0
Scortisoara	g	3	7.8	0.1	0.1	2.4	1.6	0	0.066	0
Total			479.7	10.2	12.5	83.6	3.2	1.663	29.966	1

13 Tort buturuga

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Zahar	g	37.5	145.1	0	0	37.5	0	0	37.5	0
Nuca	g	25	178	3.9	17.3	2	1.7	1.5	0.65	0
Ciocolata menaj	g	18.75	102	0.9	6.6	9	0	3.33	9.18	0
Unt	g	18.75	134.4	0.1	15	0.1	0	9.18	0	0
Lapte	ml	1	0.6	0	0	0	0	0.023	0	0
Rom	ml	1	2.3	0	0	0	0	0	0	0
Total			562.4	4.9	38.9	48.6	1.7	14.033	47.33	0

14 Prajitura vis vienez

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Zahar pudra	g	33.3	129.5	0	0	33.2	0	0	33.2	0
Nuca	g	16.6	118.2	2.6	11.5	1.3	1.1	0.96	0.416	0
Unt	g	16.6	119	0.1	13.3	0.1	0	8.16	0	0
Lapte	ml	8.3	5.2	0.3	0.3	0.4	0	0.1909	0.4	0
Oua	g	27.5	42.6	3.6	3	0.3	0	0.891	0	0
Cacao	g	1	3.5	0.3	0.1	0.2	0	0.08	0.018	0
Amidon	g	1	3.4	0	0	0.8	0	0	0	0
Zahar	g	2	7.7	0	0	2	0	0	2	0
Total			429.1	6.9	28.2	38.3	1.1	10.2819	36.034	0

15 Prajitura cu ness

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Faina	g	16.6	60.4	1.7	0.2	12.7	0.4	0	0	0
Nuca	g	16.6	118.2	2.6	11.5	1.3	1.1	0.96	0.416	0
Zahar	g	25	96.8	0	0	25	0	0	25	0
Unt	g	20.83	149	0.1	16.6	0.1	0	10.2	10.2	0
Oua	g	27.5	42.6	3.6	3	0.3	0	0.891	0	0

Ness	g	16.6	0.16	0	0	0.048	0	0	0	0
Zahar vanilat	g	0.41	163.139	0	0	40.385	0	0	40.385	0
Total			630.299	8	31.3	79.833	1.5	12.051	76.001	0

16 Prajitura Snickers

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Faina	g	3.75	13.7	0.4	0	2.9	0.1	0	0	0
Amidon de porumb	g	1	3.5	0	0	0.9	0	0	0.9	0
Praf de copt	g	1	0	0	0	0	0	0	0	0
Zahar vanilat	g	1	3.979	0	0	0.985	0	0	0.985	0
Oua	g	20.625	31.9	2.7	2.3	0.2	0	0.66	0	0
Zahar	g	18.75	72.6	0	0	18.7	0	0	18.7	0
Nuca	g	18.75	133.5	2.9	13	1.5	1.3	1.08	0.468	0
Unt	g	12.5	89.6	0.1	10	0.1	0	6.12	0	0
Ciocolata alba	g	18.75	104.3	1.2	6.6	10.1	0	3.42	10.62	0
Ciocolata menaj	g	12.5	68	0.6	4.4	6	0	2.22	6.12	0
Total			521.079	7.9	36.3	41.385	1.4	13.5	37.793	0

17 Prajitura Krantz

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Budince vanilie	g	31.25	31.6	0.9	0.9	5.1	0	0	5.1	0
Praf de copt	g	1	0	0	0	0	0	0	0	0
Oua	g	20.625	31.9	2.7	2.3	0.2	0	0.66	0	0
Zahar	g	37.5	145	0	0	37.5	0	0	37.5	0
Lapte	ml	31.25	19.5	1	1.1	1.5	0	0.713	0	0
Unt	g	12.5	89.6	0	10	0	0	6.12	0	0
Nuca	g	9.375	66.7	1.5	6.5	0.7	0.6	0.54	0.234	0
Total			384.3	6.1	20.8	45	0.6	8.033	42.834	0

18 Spritate Simple

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Unt	g	25	179.3	0	20	0	0	12.75	0	0
Margarina	g	25	184.3	0	19.8	0	0	3.75	0	0
Zahar pudra	g	15	58.4	0	0	14.9	0	0	14.9	0
Oua	g	20	31	2.6	2.2	0.2	0	2.2	0	0
Faina	g	65	236.6	6.7	0.7	49.6	1.8	0	0	0
Fructe confiate	g	5	17.7	0	0	4.2	2	0	4.2	0
Vanilina	g	0.5	14.4	0	0	0.6375	0	0	0	0
Coaja de lamaie rasa	g	5	2.4	0	0	0.8	0.5	0	0	0
Total			724.1	9.3	42.7	70.3375	4.3	18.7	19.1	0

19 Fursec cu stafide

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Stafide	g	20	59.8	0.6	0.1	15.8	0.7	0	11.8	0
Unt	g	16	114.7	0	12.8	0	0	8.16	0	0
Margarina	g	16	117.9	0	12.6	0	0	2.4	0	0
Zahar pudra	g	25	97.3	0	0	24.9	0	0	24.9	0
Albusuri de ou	g	15	7.8	1.6	0	0	0	0	0	0
Faina	g	35.5	129.2	3.7	0.4	27.1	0	0	0	0
Vanilina	g	0.5	14.4	0	0	0.6375	0	0	0	0
Total			541.1	5.9	25.9	68.4375	0.7	10.56	36.7	0

20 Fursec cu ciocolata/picaturi de ciocolata

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Unt	g	10	71.7	0	8	0	0	5.1	0	0
Margarina	g	10	73.7	0	7.9	0	0	1.5	0	0
Zahar pudra	g	15	58.4	0	0	14.9	0	0	14.9	0
Oua	g	20	31	2.6	2.2	0.2	0	2.2	0	0
Faina	g	28	101.9	2.9	0.3	21.4	0.8	0	0	0
Nuci	g	15	106.8	2.3	10.4	1.2	1	0.9	0.39	0
Lamaie	g	5	1.5	0.1	0	0.5	0.1	0	0	0
Vanilina	g	0.5	14.4	0	0	0.6375	0	0	0	0
Ciocolata	g	20	109	0.98	6.2	12.2	1.4	3.8	9.6	0
Ulei	g	2.5	22.1	0	2.5	0	0	0	0	0
Total			590.5	8.88	37.5	51.0375	3.3	13.5	24.89	0

21 Fursec cu gem

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Gem	g	20	48.4	0.24	0.18	11.6	0.18	0	0	0
Unt	g	16	114.7	0	12.8	0	0	8.16	0	0
Margarina	g	16	117.9	0	12.6	0	0	2.4	0	0
Zahar pudra	g	25	97.3	0	0	24.9	0	0	24.9	0
Albusuri de ou	g	15	7.8	1.6	0	0	0	0	0	0
Faina	g	35.5	129.2	3.7	0.4	27	1	0	0	0
Vanilina	g	0.5	14.4	0	0	0.6375	0	0	0	0
Total			529.7	5.54	25.98	64.1375	1.18	10.56	24.9	0

22 Fursec cu arici/nuca

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Nuca	g	20	142.4	3.1	13.8	1.6	1.3	1.2	0.52	0
Unt	g	16	114.7	0	12.8	0	0	8.16	0	0
Margarina	g	16	117.9	0	12.6	0	0	2.4	0	0
Zahar pudra	g	25	97.3	0	0	24.9	0	0	24.9	0
Albusuri de ou	g	15	7.8	1.6	0	0	0	0	0	0

Faina	g	35.5	129.2	3.7	0.4	27	1	0	0	0
Vanilina	g	0.5	14.4	0	0	0.6375	0	0	0	0
Total			623.7	8.4	39.6	54.1375	2.3	11.76	25.42	0

23 Fursec cu bezea

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Bezea	g	20	56.424	0.732	0	13.36	0	0	13.36	0
Unt	g	16	114.7	0	12.8	0	0	8.16	0	0
Margarina	g	16	117.9	0	12.6	0	0	2.4	0	0
Zahar pudra	g	25	97.3	0	0	24.9	0	0	24.9	0
Albusuri de ou	g	15	7.8	1.6	0	0	0	0	0	0
Faina	g	35.5	129.2	3.7	0.4	27	1	0	0	0
Vanilina	g	0.5	14.4	0	0	0.6375	0	0	0	0
Total			537.724	6.032	25.8	65.8975	1	10.56	38.26	0

24 Gogosi cu ciocolata

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Faina	g	40	145.6	4.1	0.4	30.5	1.1	0	0	0
Lapte	g	15	9.5	0.5	0.5	0.7	0	3.45	0	0
Drojdie de bere	g	2	7.728	1.066	0	0.866	0.4	0	0	0
Oua	g	2.5	3.9	0.3	0.3	0	0	0.0825	0	0
Sare	g	0.5	0	0	0	0	0	0	0	0.5
Ulei	g	1	8.8	0	1	0	0	0.13	0	0
Lamaie	g	0.25	0.1	0	0	0	0	0	0	0
Zahar	g	3.5	13.5	0	0	3.5	0	0	3.5	0
Vanilina	g	0.1	0.288	0	0	0.0127	0	0	0	0
Ulei	g	4	35.4	0	4	0	0	0.52	0	0
Untura	g	2	18.5	0	2	0	0	0.64	0	0
Ciocolata menaj	g	20	108.8	1	7	9.6	0.68	3.7	10.3	0
Zahar pudra	g	1	3.9	0	0	1	0	0	1	0
Total			356.016	6.966	15.2	46.1787	2.18	8.5225	14.8	0.5

24 Cornulete cu rahat

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Unt	g	11	78.9	0.1	8.8	0.1	0	5.61	0	0
Margarina	g	11	81.1	0	8.7	0	0	1.65	0	0
Faina	g	32	116.5	3.3	0.3	24.4	0.9	0	0	0
Otet	ml	0.25	0.1	0	0	0	0	0	0	0
Sare	g	0.25	0	0	0	0	0	0	0	0.25
Galbenus de ou	g	25	80.5	4	6.8	0.9	0	2.5	0	0
Zahar	g	8.5	32.9	0	0	8.5	0	0	8.5	0
Rahat	g	12.5	45.6	0.8	1.1	8.1	0	0	8.1	0

Total	435.6	8.2	25.7	42	0.9	9.76	16.6	0.25
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25 Simi

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Unt	g	20	143.4	0	16	0	0	10.2	0	0
Zahar	g	13.3	51.5	0	0	13.3	0	0	13.3	0
Oua	g	22	34	2.9	2.4	0.2	0	0.726	0	0
Faina	g	10	36.4	1	0.1	7.6	0.3	0	0	0
Nuca macinata	g	23.3	150.3	3.3	14.2	4.1	1.9	1.38	0.598	0
Cacao	g	1	3.5	0.3	0.1	0.2	0	0.014	0.0018	0
Zahar pudra	g	13.3	51.7	0	0	13.2	0	0	13.2	0
Total			470.8	7.5	32.8	38.6	2.2	12.32	27.0998	0

26 Branzaice (din produs congelat)

	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Total	303	10.3	7	49.6	0	2.7	12.9	1

27 Kinder

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Oua	g	13.75	21.3	1.8	1.5	0.2	0	0.429	0	0
Faina	g	6.25	22.8	0.6	0.1	4.8	0.2	0	0	0
Cacao	g	1	3.5	0.3	0.1	0.2	0	0.014	0.0018	0
Zahar	g	5	19.4	0	0	5	0	0	5	0
Frisca	g	40	136.9	0.7	12.4	5.7	0	0	0	0
Lapte	g	10	6.3	0.3	0.4	0.5	0	0.23	0	0
Miere	g	7.5	24.4	0	0	6.1	0	0	6.1	0
Ciocolata	g	12.5	65.4	0.588	3.72	7.32	0.84	2.28	5.76	0
Total			300	4.288	18.22	29.82	1.04	2.953	16.8618	0

28 Prajitura cu lamaie

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Faina	g	20	72.8	2.1	0.2	15.3	0.5	0	0	0
Sare	g	1	0	0	0	0	0	0	0	1
Unt	g	3.75	26.9	0	3	0	0	0.1887	0	0
Ulei	g	3	26.5	0	3	0	0	0.39	0	0
Zahar	g	6.8	26.3	0	0	6.8	0	0	6.8	0
Oua	g	5.5	8.5	0.7	0.6	0.1	0	0.1815	0	0
Lamaie	g	5	1.5	0.1	0	0.5	0.1	0	0	0
Lapte	g	20	12.6	0.6	0.7	0.9	0	0.46	0	0
Mascarpone	g	25	94	1.1	9.5	1	0	6.25	0	0
Frisca batuta	g	30	90.6	0.8	9	0.9	0	0	0	0
Total			359.7	5.4	26	25.5	0.6	7.4702	6.8	1

29 Croissant cu ciocolata

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Faina	g	20	72.8	2.1	0.2	15.3	0.5	0	0	0
Drojdie	g	1	1.1	0.1	0	0.2	0	0	0	0
Zahar	g	4	15.5	0	0	4	0	0	4	0
Unt	g	2	14.3	0	1.6	0	0	1.02	0	0
Lapte	ml	8	8	0.2	0.3	0.4	0	0.184	0	0
Oua	g	2	3.1	0.3	0.2	0	0	0.22	0	0
Sare	g	1	0	0	0	0	0	0	0	1
Total			114.8	2.7	2.3	19.9	0.5	1.424	4	1

30 Croissant cu ciocolata

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Biscuiti	g	46.67	162.38	3.22	7.36	20.7	0.69	1.978	1.012	0
Zahar	g	10.00	38.7	0	0	10	0	0	10	0
Unt	g	5.00	35.9	0	4	0	0	2.55	0	0
Rom	g	5.00	11.6	0	0	0	0	0	0	0
Lapte	ml	10.00	6.3	0.3	0.4	0.5	0	0.23	0	0
Nuci	g	5.00	35.6	0.8	3.5	0.4	0.3	0.3	0.13	0
Cocos	g	10.00	47.4	0.3	3.2	4.8	0.4	0	0	0
Total			337.88	4.62	18.46	36.4	1.39	5.058	11.142	0

31 Mini pateuri cu branza

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Aluat foietaj	g	50	197.5	2.3	13.8	16	0	0	0	0
Telemea	g	40	109.2	7.8	8.2	0	0	0	0	0
Oua	g	5.5	8.5	0.7	0.6	0.1	0	0.018	0	0
Total			315.2	10.8	22.6	16.1	0	0.018	0	0

32 Rondele cu branza sarata

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Aluat foietaj	g	50	197.5	2.3	13.8	16	0	0	0	0
Branza	g	40	114	4.6	10	0.6	0	0	0	0
Marar	g	10	4.3	0.4	0.1	0.7	0.2	0	0	0
Oua	g	10	15.5	1.3	1.1	0.1	0	0.33	0	0
Total			331.3	8.6	25	17.4	0.2	0.33	0	0

33 Cremsnit

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Aluat foietaj	g	27.5	108.6	1.2	7.6	8.8	0	0	0	0
Lapte	ml	50	31.5	1.6	1.8	2.4	0	1.15	0	0
Oua	g	22	34	2.9	2.4	0.2	0	0.726	0	0

Zahar	g	5	19.4	0	0	5	0	0	5	0
Amidon	g	5	16.8	0	0	4.2	0	0	0	0
Total			210.3	5.7	11.8	20.6	0	1.876	5	0

34 Covridog

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Aluat foietaj	g	41.67	164.6	1.9	11.5	13.3	0	0	0	0
Crenvursti	g	50.00	119	6.3	10	0.1	0	3.5	0	0
Oua	g	2.00	3.1	0.3	0.2	0	0	0.0066	0	0
Total			286.7	8.5	21.7	13.4	0	3.5066	0	0

35 Islere

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Faina	g	38.46	140	4	0.4	29.3	1	0	0	0
Unt	g	26.92	193	0	21.5	0	0	13.26	0	0
Smantana	g	6.15	20.3	0.1	2.2	0.1	0	0.72	0	0
Alune de padure	g	15.38	82.4	3.8	7.1	3.3	1.6	0	0	0
Zahar	g	11.54	44.7	0	0	11.5	0	0	0	0
Total			480.4	7.9	31.2	44.2	2.6	13.98	0	0

36 Banuti cu nuca

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Unt	g	35.71	256	0.2	28.6	0.2	0	17.85	0	0
Zahar	g	5.00	19.4	0	0	5	0	0	5	0
Faina	g	35.71	130	3.7	0.4	27.2	1	0	0	0
Nuci	g	35.71	254.3	5.5	24.7	2.9	2.4	2.1	0.91	0
Cacao	g	2.00	6.9	0.5	0.2	0.3	0	0.016	0.0036	0
Sare	g	2.00	0	0	0	0	0	0	0	2
Total			666.6	9.9	53.9	35.6	3.4	19.966	5.9136	2

37 Pogace cu jumari

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Aluat foietaj	g	100	395	4.6	27.6	32	0	0	0	0
Jumari	g	20	164.6	2.4	16.6	0	0	2.04	0	0
Untura	g	10	92.4	0	10	0	0	3.2	0	0
Total			652	7	54.2	32	0	5.24	0	0

38 Pogace cu cascaval

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Aluat foietaj	g	100	395	4.6	27.6	32	0	0	0	0
Cascaval	g	20	56.6	5	3.8	0.2	0	3	0	0
Untura	g	10	92.4	0	10	0	0	3.2	0	0
Total			544	9.6	41.4	32.2	0	6.2	0	0

39 Tosca

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Oua	g	12	18.6	1.6	1.3	0.1	0	0.396	0	0
Cocos	g	4	19	0.1	1.3	1.9	0.2	0	0	0
Mac	g	15	80	2.7	6.7	3.6	1.5	0.675	0.45	0
Faina	g	5	18.2	0.5	0.1	3.8	0.1	0	0	0
Zahar	g	12	46.4	0	0	12	0	0	12	0
Lapte	ml	40	25.2	1.2	1.4	1.9	0	0.92	0	0
Total			207.4	6.1	10.8	23.3	1.8	1.991	12.45	0

40 Prajitura casei

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
Faina	g	55	200.2	5.7	0.6	42	1.5	0	0	0
Ulei	ml	5	44.2	0	5	0	0	0.065	0	0
Zahar	g	20	77.4	0	0	20	0	0	20	0
Oua	g	16.5	25.6	2.1	1.8	0.2	0	0.528	0	0
Gem de prune	g	40	110.4	0.1	0.1	26.8	0.4	0	21.2	0
Nuca	g	15	106.8	2.3	10.4	1.2	1	0.9	0.39	0
Ciocolata alba	g	10	53.8	0.6	3.2	5.9	0.02	1.9	5.9	0
Total			618.4	10.8	21.1	96.1	2.92	3.393	47.49	0

41 Gogoasa cu umplutura de vanilie si glazura de cacao

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
-	g	100	399	4.7	22	45	0	12	20	0.83

42 Gogoasa cu umplutura de crema de alune si glazura de cacao

Denumire	UM	Cantitate	Calorii	Proteine	Lipide	Carbohidrati	Fibre	Acizi Grasi	Zaharuri	Sare
-	g	100	452	1.6	27	46	0	12	24	0.8