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NUTRITIONAL & INGREDIENTS TABLES

JAVA COFFEE

Ginger macchiato with nutmeg



340 ml/ 175 kcal

Ingredients: espresso coffee, foamed milk, ginger syrup, grated nutmeg.

Fat.....	5,6 g
Saturated fat.....	3,4 g
Trans fat.....	0 g
Cholesterol.....	25 mg
Protein.....	8,5 g
Sodium.....	85 mg
Carbohydrates.....	15,4 g
Fiber.....	0 g
Sugar.....	12,8 g

PYTHON COFFEE

White chocolate latte with almond



340 ml/ 270 kcal

Ingredients: Almond syrup, double espresso coffee, foamed milk, milk, toasted almonds, white chocolate.

Fat.....	9 g
Saturated fat.....	6 g
Trans fat.....	0 g
Cholesterol.....	30 mg
Protein.....	11 g
Sodium.....	120 mg
Carbohydrates.....	37 g
Fiber.....	1 g
Sugar.....	35 g

PHP COFFEE

Coconut vanilla capuccino



340 ml/ 200 kcal

Ingredients: Coconut milk, espresso coffee, sugar, vanilla extract.

Fat.....	8 g
Saturated fat.....	6 g
Trans fat.....	0 g
Cholesterol.....	0 mg
Protein.....	3 g
Sodium.....	80 mg
Carbohydrates.....	25 g
Fiber.....	0 g
Sugar.....	22 g

RUBY COFFEE

Hazelnut affogato



340 ml/ 290 kcal

Ingredients: Espresso coffee, hazelnut syrup, vanilla ice cream.

Fat.....	11 g
Saturated fat.....	6,7 g
Trans fat.....	3 g
Cholesterol.....	46 mg
Protein.....	4 g
Sodium.....	25 mg
Carbohydrates.....	17 g
Fiber.....	0 g
Sugar.....	17 g

SWIFT COFFEE

Moca with tree chili and cinnamon



340 ml/ 307 kcal

Ingredients: Cinnamon, dark chocolate, espresso coffee, milk, sugar, tree chili powder.

Fat.....	16 g
Saturated fat.....	10 g
Trans fat.....	0 g
Cholesterol.....	39 mg
Protein.....	10 g
Sodium.....	84 mg
Carbohydrates.....	32 g
Fiber.....	4 g
Sugar.....	26 g

JAVASCRIPT COFFEE

Apple frappe with honey and banana



340 ml/ 251 kcal

Ingredients: Apple, banana, espresso coffee, honey, ice, milk, sugar.

Fat.....	2.6 g
Saturated fat.....	1.6 g
Trans fat.....	0 g
Cholesterol.....	9 mg
Protein.....	5 g
Sodium.....	78 mg
Carbohydrates.....	52 g
Fiber.....	2 g
Sugar.....	40 g

KOTLIN COFFEE

Mint Irish coffee



340 ml/ 270 kcal

Ingredients: Hot coffee, mint syrup, Irish whisky, sugar, whipped cream.

Fat.....	10 g
Saturated fat.....	6 g
Trans fat.....	0 g
Cholesterol.....	45 mg
Protein.....	3 g
Sodium.....	70 mg
Carbohydrates.....	24 g
Fiber.....	0 g
Sugar.....	21 g

C# COFFEE

Caramel flat white




340 ml/ 220 kcal

Ingredients: Caramel syrup, espresso coffee, streamed milk, sugar.

Fat.....	11 g
Saturated fat.....	6 g
Trans fat.....	0 g
Cholesterol.....	35 mg
Protein.....	8 g
Sodium.....	115 mg
Carbohydrates.....	23 g
Fiber.....	0 g
Sugar.....	22 g

ORACLE TEA

Yellow tea with honey




240 ml/ 75 kcal

Ingredients: Honey, yellow tea, water.

Fat.....	0 g
Saturated fat.....	0 g
Trans fat.....	0 g
Cholesterol.....	0 mg
Protein.....	0 g
Sodium.....	0 mg
Carbohydrates.....	19 g
Fiber.....	0 g
Sugar.....	19 g

MYSQL TEA

Lavender tea




240 ml/ 5 kcal

Ingredients: Dried lavender flowers, water.

Fat.....	0 g
Saturated fat.....	0 g
Trans fat.....	0 g
Cholesterol.....	0 mg
Protein.....	0 g
Sodium.....	0 mg
Carbohydrates.....	1 g
Fiber.....	0 g
Sugar.....	0 g

MONGODB TEA

Turmeric tea with lemon




240 ml/ 7 kcal

Ingredients: Lemon juice, turmeric powder, water.

Fat.....	0 g
Saturated fat.....	0 g
Trans fat.....	0 g
Cholesterol.....	0 mg
Protein.....	0 g
Sodium.....	0 mg
Carbohydrates.....	2 g
Fiber.....	0 g
Sugar.....	0 g

POSTGRESQL TEA

Hibiscus mint tea




240 ml/ 5 kcal

Ingredients: Dried hibiscus flowers, fresh mint leaves, water.

Fat.....	0 g
Saturated fat.....	0 g
Trans fat.....	0 g
Cholesterol.....	0 mg
Protein.....	0 g
Sodium.....	0 mg
Carbohydrates.....	2 g
Fiber.....	0 g
Sugar.....	0 g

LARAVEL JUICE

Orange juice




240 ml/ 115 kcal

Ingredients: Oranges.

Fat.....	0 g
Saturated fat.....	0 g
Trans fat.....	0 g
Cholesterol.....	0 mg
Protein.....	2 g
Sodium.....	0 mg
Carbohydrates.....	27 g
Fiber.....	0 g
Sugar.....	27 g

REACT JUICE

Strawberry banana juice




240 ml/ 130 kcal

Ingredients: Bananas, strawberries.

Fat.....	1 g
Saturated fat.....	0 g
Trans fat.....	0 g
Cholesterol.....	0 mg
Protein.....	2 g
Sodium.....	2 mg
Carbohydrates.....	35 g
Fiber.....	4 g
Sugar.....	27 g

ANGULAR JUICE

Pineapple juice



240 ml/ 140 kcal

Ingredients: Pineapple.

Fat.....	0 g
Saturated fat.....	0 g
Trans fat.....	0 g
Cholesterol.....	0 mg
Protein.....	2 g
Sodium.....	7 mg
Carbohydrates.....	32 g
Fiber.....	2 g
Sugar.....	0 g

SYMPHONY JUICE

Red currant juice




240 ml/ 75 kcal

Ingredients: Red currants.

Fat.....	0 g
Saturated fat.....	0 g
Trans fat.....	0 g
Cholesterol.....	0 mg
Protein.....	1 g
Sodium.....	3 mg
Carbohydrates.....	17 g
Fiber.....	4 g
Sugar.....	14 g

DEBIAN SWEET

Croissant




50 g/ 230 kcal

Ingredients: Butter, eggs, leavening, salt, sugar, water, wheat flour.

Fat.....	13 g
Saturated fat.....	3.5 g
Trans fat.....	1 g
Cholesterol.....	25 mg
Protein.....	4.5 g
Sodium.....	240 mg
Carbohydrates.....	22 g
Fiber.....	1.5 g
Sugar.....	3 g

FEDORA SWEET

Cookies




[1 un] 30 g/ 150 kcal

Ingredients: Butter, chocolate chips, eggs, leavening, salt, sugar, vanilla extract, wheat flour.

Fat.....	1 g
Saturated fat.....	0 g
Trans fat.....	0 g
Cholesterol.....	0 mg
Protein.....	2 g
Sodium.....	2 mg
Carbohydrates.....	35 g
Fiber.....	4 g
Sugar.....	27 g

LINUX SWEET

Chocolate muffin




80 g/ 320 kcal

Ingredients: Butter, chocolate chips, cocoa powder, eggs, leavening, milk, salt, sugar, vanilla syrup, wheat flour.

Fat.....	15 g
Saturated fat.....	6 g
Trans fat.....	0 g
Cholesterol.....	45 mg
Protein.....	4 g
Sodium.....	230 mg
Carbohydrates.....	45 g
Fiber.....	2 g
Sugar.....	25 g

UBUNTU SWEET

Chocolate croissant



75 g/ 270 kcal

Ingredients: Butter, eggs, melted chocolate, puff pastry, sugar.

Fat.....	17 g
Saturated fat.....	9 g
Trans fat.....	0 g
Cholesterol.....	27 mg
Protein.....	4 g
Sodium.....	120 mg
Carbohydrates.....	27 g
Fiber.....	1.5 g
Sugar.....	12 g

NETBEANS SALTY

Bagel



120 g/ 325 kcal

Ingredients: Bagel bread, cream cheese, salmon.

Fat.....	12 g
Saturated fat.....	6 g
Trans fat.....	0 g
Cholesterol.....	40 mg
Protein.....	15 g
Sodium.....	600 mg
Carbohydrates.....	45 g
Fiber.....	3 g
Sugar.....	4 g

ECLIPSE SALTY

Vegetable sandwich 1



175 g/ 325 kcal

Ingredients: Feta cheese, lettuce, rye bread, tomato.

Fat.....	12 g
Saturated fat.....	5 g
Trans fat.....	0 g
Cholesterol.....	25 mg
Protein.....	12 g
Sodium.....	550 mg
Carbohydrates.....	45 g
Fiber.....	6.5 g
Sugar.....	5 g

VISUAL SALTY

Vegetable toast



100 g/ 275 kcal

Ingredients: Apple, bread, egg, lettuce, mayonnaise, olives, salmon.

Fat.....	12.5 g
Saturated fat.....	3 g
Trans fat.....	0 g
Cholesterol.....	175 mg
Protein.....	17 g
Sodium.....	600 mg
Carbohydrates.....	22 g
Fiber.....	4 g
Sugar.....	17 g

INTELLIJ SALTY

Vegetable sandwich 2



75 g/ 270 kcal

Ingredients: Bread, cheddar cheese, lettuce, tomato.

Fat.....	17 g
Saturated fat.....	9 g
Trans fat.....	0 g
Cholesterol.....	27 mg
Protein.....	4 g
Sodium.....	120 mg
Carbohydrates.....	27 g
Fiber.....	1.5 g
Sugar.....	12 g