



CALCULATIE NUTRITIVA SI MACRONUTRIENTI  
ARGENTINIAN STEAKHOUSE

Lucrare efectuata pe baza retetarului asumat de catre DEL CORSO FAMILY S.R.L, si având ca sursa a materiilor prime si a calculatiei Oneden.com aplicand formulele specifice de calcul aferente procesului termic suferit.

Nota : 1) Prezentul calcul are la baza materiile prime cu valori de mijloc si poate avea o marja de eroare intre 1% si 4%.

2) Toate preparatele de bucatarie au la baza o concentratie de sare in valoare de 0.9gr/100 gr produs finit.

3) Se recomanda a fi afisate in meniu sub fiecare preparat!!!

4) Mentionam ca in produsele noastre de bucatarie se gaseste potentiator de aroma(monoglutamat de sodiu E621) neadaugat.

**GUSTARI RECI :**

Bruschete mixte cu straciatela.....400 gr	Straciatella BIOLAND - 170 grame, 207.4 calorii, 7 proteine, 8.3 lipide, 25.7 carbohidrati, 0 fibre  Rosii cherry - 50 grame, 10 calorii, 0.7 proteine, 0 lipide, 2 carbohidrati, 0.7 fibre  Pate de pui Mandy - 60 grame, 183.6 calorii, 4.1 proteine, 17.2 lipide, 3.2 carbohidrati, 0 fibre  Paine toast Metro - 120 grame, 296.4 calorii, 10.1 proteine, 3.1 lipide, 54.5 carbohidrati, 5.3 fibre  ----- <b>TOTAL: 400 grame, 697.4 calorii, 21.9 proteine, 28.6 lipide din care acizi grasi 2%, 85.4 carbohidrati, 6 fibre</b>
Masline marinate ..... 200 gr	masline verzi in ulei, cu busuioc - 190 grame, 376.2 calorii, 3 proteine, 34.2 lipide, 13.5 carbohidrati, 0 fibre  Rozmarin proaspat - 10 grame, 13.1 calorii, 0.3 proteine, 0.6 lipide, 2.1 carbohidrati, 1.4 fibre

	<p>Usturoi - 10 grame, 14.9 calorii, 0.6 proteine, 0.1 lipide, 3.3 carbohidrati, 0.2 fibre</p> <p>Zahar tos - 3 grame, 11.6 calorii, 0 proteine, 0 lipide, 3 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 200 grame, 415.8 calorii, 3.9 proteine, 34.9 lipide din care acizi grasi 2%, 21.9 carbohidrati din care zahar adaugat 3, 1.6 fibre</b></p>
<p>Tartar classic cu ou posat .... 200 gr</p> <p><b>!!!! 240 gr fara paine si unt !!!!!</b></p>	<p>Muschi de vita crud - 130 grame, 279.5 calorii, 24.7 proteine, 19.5 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Boia de ardei dulce - 1 grame, 2.7 calorii, 0.1 proteine, 0.1 lipide, 0.6 carbohidrati, 0 fibre</p> <p>Tabasco Chipotle - 2 grame, 1 calorii, 0 proteine, 0 lipide, 0.2 carbohidrati, 0 fibre</p> <p>Sos Worcester Heinz - 2 grame, 1.9 calorii, 0 proteine, 0 lipide, 0.4 carbohidrati, 0 fibre</p> <p>Mustar clasic Knorr - 10 grame, 10.5 calorii, 0.5 proteine, 0.5 lipide, 0.8 carbohidrati, 0 fibre</p> <p>Ketchup - 20 grame, 21.8 calorii, 0.4 proteine, 0.1 lipide, 4.8 carbohidrati, 0 fibre</p> <p>Capere conservate - 5 grame, 1.2 calorii, 0.1 proteine, 0 lipide, 0.2 carbohidrati, 0.2 fibre</p> <p>Ceapa rosie - 10 grame, 3.9 calorii, 0.1 proteine, 0 lipide, 0.8 carbohidrati, 0.1 fibre</p> <p>Castraveti murati - 15 grame, 1.8 calorii, 0.2 proteine, 0 lipide, 0.5 carbohidrati, 0.2 fibre</p> <p>Ou gaina fiert - 40 grame, 62 calorii, 5 proteine, 4.2 lipide, 0.4 carbohidrati, 0 fibre</p>

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<p>Burata cu sfecla coapta .... 450 gr</p>	<p>Sfecla rosie fiarta - 120 grame, 44.4 calorii, 1.7 proteine, 0.2 lipide, 10.2 carbohidrati, 2 fibre</p> <p>Rosii cherry - 80 grame, 16 calorii, 1 proteine, 0 lipide, 3.2 carbohidrati, 1 fibre</p> <p>Busuioc verde - 10 grame, 2.7 calorii, 0.3 proteine, 0.1 lipide, 0.4 carbohidrati, 0.4 fibre</p> <p>Burrata Lactana - 250 grame, 612.5 calorii, 40 proteine, 50.8 lipide, 0 carbohidrati, 0 fibre</p> <p>Salata Mixta Agriro Fresh - 10 grame, 1.9 calorii, 0.1 proteine, 0 lipide, 0.4 carbohidrati, 0.3 fibre</p> <p>Zahar tos - 10 grame, 38.7 calorii, 0 proteine, 0 lipide, 10 carbohidrati, 0 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Ulei de masline - 10 grame, 82.4 calorii, 0 proteine, 10 lipide, 0 carbohidrati, 0 fibre</p> <p>Otet balsamic - 20 grame, 13.4 calorii, 0 proteine, 0 lipide, 2.7 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 450 grame, 812 calorii, 43.1 proteine, 61.1 lipide din care acizi grasi 2%, 26.9 carbohidrati din care zahar adaugat 10, 3.7 fibre</b></p>
<p>Humus cu salsa de ardei copt .... 200 gr</p> <p><b>!!!! 240 gr !!!!</b></p>	<p>Boabe de naut fierte - 120 grame, 196.8 calorii, 10.7 proteine, 3.1 lipide, 32.9 carbohidrati, 9.1 fibre</p> <p>Ulei de masline - 20 grame, 164.8 calorii, 0 proteine, 20 lipide, 0 carbohidrati, 0 fibre</p>

	<p>Pasta de susan tahini Darinne - 20 grame, 139.4 calorii, 4.3 proteine, 12.1 lipide, 2.7 carbohidrati, 0.2 fibre</p> <p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>zeama lamaie - 20 grame, 4.8 calorii, 0 proteine, 0 lipide, 1.1 carbohidrati, 0 fibre</p> <p>Usturoi - 10 grame, 14.9 calorii, 0.6 proteine, 0.1 lipide, 3.3 carbohidrati, 0.2 fibre</p> <p>salsa de ardei - 50 grame, 65.2 calorii, 0.59 proteine, 6.02 lipide, 3.39 carbohidrati, 0.87 fibre</p> <p>-----</p> <p><b>TOTAL: 240 grame, 585.9 calorii, 16.2 proteine, 41.3 lipide din care acizi grasi 2%, 43.4 carbohidrati, 10.4 fibre</b></p>
<p>Platou traditional ..... 500 gr</p>	<p>Sunca Coppa - 50 grame, 156 calorii, 15.5 proteine, 10.5 lipide, 0.5 carbohidrati, 0 fibre</p> <p>Branza capra maturata - 50 grame, 226 calorii, 15.3 proteine, 17.8 lipide, 1.1 carbohidrati, 0 fibre</p> <p>Branza Provolone Auricchio - 50 grame, 199 calorii, 12.5 proteine, 16.5 lipide, 0.1 carbohidrati, 0 fibre</p> <p>Sunca uscata de vita Bresaola - 60 grame, 91.8 calorii, 18.6 proteine, 1.2 lipide, 1.8 carbohidrati, 0 fibre</p> <p>Rosii cherry - 60 grame, 12 calorii, 0.8 proteine, 0 lipide, 2.4 carbohidrati, 0.8 fibre</p> <p>Salata Mixta Agriro Fresh - 40 grame, 7.6 calorii, 0.6 proteine, 0.1 lipide, 1.5 carbohidrati, 1.1 fibre</p>

	<p>Salam Napoli Citterio - 50 grame, 187 calorii, 13 proteine, 15 lipide, 0.1 carbohidrati, 0 fibre</p> <p>Masline negre - 40 grame, 46 calorii, 0.3 proteine, 4.3 lipide, 2.5 carbohidrati, 1.3 fibre</p> <p>Branza maturata Hochland - 50 grame, 187 calorii, 13 proteine, 15 lipide, 0 carbohidrati, 0 fibre</p> <p>Salam Chorizo - 50 grame, 129 calorii, 10.5 proteine, 9 lipide, 1.5 carbohidrati, 0 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <hr/> <p><b>TOTAL: 500 grame, 1285.2 calorii, 100.2 proteine, 94.4 lipide din care acizi grasi 2%, 12.1 carbohidrati, 3.5 fibre</b></p>
<p>Jamon iberico 100 gr</p>	<p>Jamon Serrano-sunca - 100 grame, 232 calorii, 30 proteine, 12 lipide, 1 carbohidrati, 0 fibre</p> <hr/> <p><b>TOTAL: 100 grame, 232 calorii, 30 proteine, 12 lipide din care acizi grasi 2%, 1 carbohidrati, 0 fibre</b></p>
<p>Masline verzi .... 100 gr</p>	<p>Masline verzi - 100 grame, 145 calorii, 1 proteine, 15.3 lipide, 3.8 carbohidrati, 3.3 fibre</p> <hr/> <p><b>TOTAL: 100 grame, 145 calorii, 1 proteine, 15.3 lipide din care acizi grasi 2%, 3.8 carbohidrati, 3.3 fibre</b></p>

**GUSTARI CALDE :**

<p>Queso argentino 200 gr</p> <p><b>!!!! 270 gr !!!!</b></p>	<p>Branza maturata Hochland - 35 grame, 130.9 calorii, 9.1 proteine, 10.5 lipide, 0 carbohidrati, 0 fibre</p> <p>Branza capra maturata - 35 grame, 158.2 calorii, 10.7 proteine, 12.5 lipide, 0.8 carbohidrati, 0 fibre</p> <p>Mix de fructe deshidratate si fructe confiate Sanovita - 20 grame, 70.6 calorii, 0.4 proteine, 0.2 lipide, 16.7 carbohidrati, 0.2 fibre</p> <p>Gorgonzola - 20 grame, 70 calorii, 4.2 proteine, 5.6 lipide, 0.3 carbohidrati, 0 fibre</p> <p>Branza Provolone Auricchio - 100 grame, 398 calorii, 25 proteine, 33 lipide, 0.2 carbohidrati, 0 fibre</p> <p>Miez de nuca - 10 grame, 71.2 calorii, 1.6 proteine, 6.9 lipide, 0.8 carbohidrati, 0.7 fibre</p> <p>Paine alba - 50 grame, 133 calorii, 3.8 proteine, 1.7 lipide, 25.3 carbohidrati, 1.2 fibre</p> <hr/> <p><b>TOTAL: 270 grame, 1031.9 calorii, 54.8 proteine, 70.4 lipide din care acizi grasi 2%, 44.1 carbohidrati, 2.1 fibre</b></p>
<p>Guacamole cu carne prajita 280 gr</p>	<p>Avocado - 100 grame, 167 calorii, 2 proteine, 15.4 lipide, 8.6 carbohidrati, 6.8 fibre</p> <p>Unt 82% Napolact - 30 grame, 221.7 calorii, 0 proteine, 24.6 lipide, 0 carbohidrati, 0 fibre</p> <p>Muschi de vita crud - 100 grame, 215 calorii, 19 proteine, 15 lipide, 0 carbohidrati, 0 fibre</p> <p>Frunze de patrunjel - 5 grame, 1.8 calorii, 0.2 proteine, 0 lipide, 0.3 carbohidrati, 0.2 fibre</p>

	<p>Usturoi - 5 grame, 7.5 calorii, 0.3 proteine, 0 lipide, 1.7 carbohidrati, 0.1 fibre</p> <p>Antricot de vita - 100 grame, 236 calorii, 17.4 proteine, 18.5 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p> <p>Salata Mixta Agriro Fresh - 20 grame, 3.8 calorii, 0.3 proteine, 0.1 lipide, 0.7 carbohidrati, 0.5 fibre</p> <p>-----</p> <p><b>TOTAL: 280 grame, 896.6 calorii, 39.3 proteine, 78.6 lipide din care acizi grasi 2%, 11.9 carbohidrati, 7.9 fibre</b></p>
<p>Creveti cu unt 280 gr</p>	<p>Creveti cruzi - 250 grame, 265 calorii, 50.8 proteine, 4.3 lipide, 2.3 carbohidrati, 0 fibre</p> <p>Unt 82% Napolact - 25 grame, 184.8 calorii, 0 proteine, 20.5 lipide, 0 carbohidrati, 0 fibre</p> <p>Vin alb sec - 15 grame, 11 calorii, 0 proteine, 0 lipide, 0.4 carbohidrati, 0 fibre</p> <p>Ardei capia - 20 grame, 5.2 calorii, 0.2 proteine, 0.1 lipide, 1.2 carbohidrati, 0.4 fibre</p> <p>Usturoi - 10 grame, 14.9 calorii, 0.6 proteine, 0.1 lipide, 3.3 carbohidrati, 0.2 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p>

	<p>Faina alba - 10 grame, 36.4 calorii, 1 proteine, 0.1 lipide, 7.6 carbohidrati, 0.3 fibre</p> <p>Frunze de patrunjel - 3 grame, 1.1 calorii, 0.1 proteine, 0 lipide, 0.2 carbohidrati, 0.1 fibre</p> <p>-----</p> <p><b>TOTAL: 280 grame, 521 calorii, 52.8 proteine, 25.1 lipide din care acizi grasi 2%, 15.6 carbohidrati, 1.3 fibre</b></p>
<p>Risso cu spanac 300 gr</p> <p><b>!!!! 350 gr!!!!</b></p>	<p>Orez fiert - 170 grame, 221 calorii, 4.6 proteine, 0.5 lipide, 47.9 carbohidrati, 0.7 fibre</p> <p>Unt 82% Napolact - 30 grame, 221.7 calorii, 0 proteine, 24.6 lipide, 0 carbohidrati, 0 fibre</p> <p>Ceapa - 30 grame, 12.6 calorii, 0.3 proteine, 0 lipide, 3 carbohidrati, 0.4 fibre</p> <p>Usturoi - 5 grame, 7.5 calorii, 0.3 proteine, 0 lipide, 1.7 carbohidrati, 0.1 fibre</p> <p>Edenia spanac congelat - 50 grame, 12.5 calorii, 1.6 proteine, 0.1 lipide, 1.9 carbohidrati, 1.6 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Ulei de masline - 10 grame, 82.4 calorii, 0 proteine, 10 lipide, 0 carbohidrati, 0 fibre</p> <p>Smantana vegetala de gatit Hulala Gran Cucina - 50 grame, 101 calorii, 1.1 proteine, 10 lipide, 1.5 carbohidrati, 0 fibre</p> <p>Parmezan - 40 grame, 172.4 calorii, 15.4 proteine, 11.4 lipide, 1.6 carbohidrati, 0 fibre</p> <p>-----</p>



	<p><b>TOTAL: 350 grame, 833.7 calorii, 23.4 proteine, 56.6 lipide din care acizi grasi 2%, 58.2 carbohidrati, 3.1 fibre</b></p>
<p>Empanadas cu pui sii ciuperci 160 gr</p> <p><b>!!!! 280 gr!!!!</b></p>	<p>Faina alba - 80 grame, 291.2 calorii, 8.2 proteine, 0.8 lipide, 61 carbohidrati, 2.2 fibre</p> <p>Unt 82% Napolact - 40 grame, 295.6 calorii, 0 proteine, 32.8 lipide, 0 carbohidrati, 0 fibre</p> <p>Smantana 20% Aro - 20 grame, 40.8 calorii, 0.6 proteine, 4 lipide, 0.6 carbohidrati, 0 fibre</p> <p>Ou de gaina - 30 grame, 46.5 calorii, 3.9 proteine, 3.3 lipide, 0.3 carbohidrati, 0 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Piept de pui Banat Bun - 100 grame, 108 calorii, 23.3 proteine, 1.6 lipide, 0 carbohidrati, 0 fibre</p> <p>Ciuperci champignon, crude - 50 grame, 11 calorii, 1.6 proteine, 0.2 lipide, 1.7 carbohidrati, 0.5 fibre</p> <p>Smantana vegetala de gatit Hulala Gran Cucina - 80 grame, 161.6 calorii, 1.8 proteine, 16 lipide, 2.4 carbohidrati, 0 fibre</p> <hr/> <p><b>TOTAL: 280 grame, 957.3 calorii, 39.5 proteine, 58.7 lipide din care acizi grasi 2%, 66.6 carbohidrati, 3 fibre</b></p>
<p>Empanadas vita 160 gr</p> <p><b>!!!! 280 gr !!!!!</b></p>	<p>Faina alba - 80 grame, 291.2 calorii, 8.2 proteine, 0.8 lipide, 61 carbohidrati, 2.2 fibre</p> <p>Unt 82% Napolact - 40 grame, 295.6 calorii, 0 proteine, 32.8 lipide, 0 carbohidrati, 0 fibre</p>

	<p>Smantana 20% Aro - 20 grame, 40.8 calorii, 0.6 proteine, 4 lipide, 0.6 carbohidrati, 0 fibre</p> <p>Ou de gaina - 30 grame, 46.5 calorii, 3.9 proteine, 3.3 lipide, 0.3 carbohidrati, 0 fibre</p> <p>Carne de vita tocata gatita 10% grasime - 100 grame, 225 calorii, 27.4 proteine, 12.9 lipide, 0 carbohidrati, 0 fibre</p> <p>Ceapa - 20 grame, 8.4 calorii, 0.2 proteine, 0 lipide, 2 carbohidrati, 0.3 fibre</p> <p>Zarzavat pt ciorbe Elio produs de Monte Verde - 40 grame, 9.8 calorii, 0.4 proteine, 0 lipide, 1.6 carbohidrati, 0.8 fibre</p> <p>Branza Cheddar - 40 grame, 161.2 calorii, 10 proteine, 13.2 lipide, 0.5 carbohidrati, 0 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>-----</p> <p>TOTAL: 280 grame, 1081.1 calorii, 50.8 proteine, 67 lipide din care acizi grasi 2%, 66.6 carbohidrati, 3.6 fibre</p>
<p>Maduva coapta 550 gr</p>	<p>Maduva osoasa vita - 100 grame, 600 calorii, 5 proteine, 65 lipide, 1 carbohidrati, 0 fibre</p> <p>Usturoi - 15 grame, 22.4 calorii, 1 proteine, 0.1 lipide, 5 carbohidrati, 0.3 fibre</p> <p>Ulei Clever - 6 grame, 49.7 calorii, 0 proteine, 5.5 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p>

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<p>Vanata coapte 350 gr</p>	<p>Vinete - 300 grame, 72 calorii, 3 proteine, 0.6 lipide, 17.1 carbohidrati, 10.2 fibre</p> <p>Ceapa rosie - 40 grame, 15.6 calorii, 0.5 proteine, 0 lipide, 3.3 carbohidrati, 0.6 fibre</p> <p>Ardei capia - 60 grame, 15.6 calorii, 0.6 proteine, 0.2 lipide, 3.6 carbohidrati, 1.3 fibre</p> <p>Rosii cherry - 40 grame, 8 calorii, 0.5 proteine, 0 lipide, 1.6 carbohidrati, 0.5 fibre</p> <p>Usturoi - 2 grame, 3 calorii, 0.1 proteine, 0 lipide, 0.7 carbohidrati, 0 fibre</p> <p>Zahar tos - 1 grame, 3.9 calorii, 0 proteine, 0 lipide, 1 carbohidrati, 0 fibre</p> <p>Sos de rosii Bella Parma - 80 grame, 27.2 calorii, 1.1 proteine, 0.4 lipide, 4.7 carbohidrati, 1.1 fibre</p> <p>Ulei de masline - 15 grame, 123.6 calorii, 0 proteine, 15 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>-----</p> <p><b>TOTAL: 350 grame, 271.5 calorii, 5.9 proteine, 16.2 lipide din care acizi grasi 2% , 32.6 carbohidrati din care zahar adaugat 1, 14 fibre</b></p>

**SUPE :**

<p>Supa de vita 350 ml</p>	<p>Cartofi de iarna - 80 grame, 70.4 calorii, 1.6 proteine, 0.2 lipide, 16 carbohidrati, 1.6 fibre</p> <p>Usturoi - 5 grame, 7.5 calorii, 0.3 proteine, 0 lipide, 1.7 carbohidrati, 0.1 fibre</p> <p>Ardei capia - 20 grame, 5.2 calorii, 0.2 proteine, 0.1 lipide, 1.2 carbohidrati, 0.4 fibre</p> <p>Ceapa - 20 grame, 8.4 calorii, 0.2 proteine, 0 lipide, 2 carbohidrati, 0.3 fibre</p> <p>Varza - 30 grame, 9.3 calorii, 0.5 proteine, 0.1 lipide, 1.7 carbohidrati, 0.6 fibre</p> <p>Morcovi - 30 grame, 12.3 calorii, 0.3 proteine, 0.1 lipide, 2.9 carbohidrati, 0.8 fibre</p> <p>Radacina de telina - 20 grame, 3.2 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>rasol vita - 40 grame, 53.2 calorii, 9 proteine, 1.8 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Apa - 500 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <hr/> <p><b>TOTAL: 350 grame, 172.1 calorii, 12.3 proteine, 2.3 lipide din care acizi grasi 2%, 26.7 carbohidrati, 4.4 fibre</b></p>
<p>Supa crema de sparanghel 350 ml</p> <p style="text-align: center;">+</p> <p>30 gr crutoane</p>	<p>Ulei de masline - 15 grame, 123.6 calorii, 0 proteine, 15 lipide, 0 carbohidrati, 0 fibre</p> <p>Praz - 60 grame, 36.6 calorii, 0.9 proteine, 0.2 lipide, 8.5 carbohidrati, 1.1 fibre</p>

	<p>Sparanghel - 130 grame, 26 calorii, 2.9 proteine, 0.1 lipide, 5.1 carbohidrati, 2.7 fibre</p> <p>Cartofi de iarna - 50 grame, 44 calorii, 1 proteine, 0.1 lipide, 10 carbohidrati, 1 fibre</p> <p>Unt 82% Napolact - 30 grame, 221.7 calorii, 0 proteine, 24.6 lipide, 0 carbohidrati, 0 fibre</p> <p>Ulei seminte de dovleac - 10 grame, 88.4 calorii, 0 proteine, 10 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>crutoane paine alba Panemar - 30 grame, 108 calorii, 3.8 proteine, 0.3 lipide, 22.6 carbohidrati, 0 fibre</p> <p>Apa - 300 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 380 grame, 650.9 calorii, 8.7 proteine, 50.3 lipide din care acizi grasi 2%, 46.8 carbohidrati, 5.1 fibre</b></p>
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**PREPARATE LA GRATAR:**

Rib Eye steak 100 gr	<p>Ribeye steak crud - 130 grame, 378.3 calorii, 31.2 proteine, 28.6 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p>
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Tomahawk vita 100 gr	<p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p> <p>Antricot de vita de Argentina - 140 grame, 238 calorii, 29.4 proteine, 13.2 lipide, 0 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 100 grame, 281.8 calorii, 29.5 proteine, 18.2 lipide din care acizi grasi 2%, 0.6 carbohidrati, 0.3 fibre</b></p>
Diafragma de vita 100 gr	<p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p> <p>diafragma de vita - 130 grame, 178.1 calorii, 27.8 proteine, 6.5 lipide, 0 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 100 grame, 221.9 calorii, 27.9 proteine, 11.5 lipide din care acizi grasi 25, 0.6 carbohidrati, 0.3 fibre</b></p>
Antricot de vita 100 gr	<p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p>

	<p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p> <p>Antricot de vita de Argentina - 140 grame, 238 calorii, 29.4 proteine, 13.2 lipide, 0 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 100 grame, 281.8 calorii, 29.5 proteine, 18.2 lipide din care acizi grasi 2%, 0.6 carbohidrati, 0.3 fibre</b></p>
<p>Muschi de vita 250 gr</p>	<p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p> <p>Muschi de vita crud - 300 grame, 645 calorii, 57 proteine, 45 lipide, 0 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 250 grame, 688.8 calorii, 57.1 proteine, 50 lipide din care acizi grasi 2%, 0.6 carbohidrati, 0.3 fibre</b></p>
<p>Bon in sirloin 100 gr</p>	<p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p> <p>Sirloin vrabioara manzat - 130 grame, 156 calorii, 27.3 proteine, 5.2 lipide, 0 carbohidrati, 0 fibre</p>

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**FELURI PRINCIPALE :**

<p>Salau muselina 300 gr</p> <p><b>!!!! 340 gr !!!</b></p>	<p>Sos de rosii Bella Parma - 100 grame, 34 calorii, 1.4 proteine, 0.5 lipide, 5.9 carbohidrati, 1.4 fibre</p> <p>Salau - 180 grame, 154.8 calorii, 34.2 proteine, 1.4 lipide, 0.4 carbohidrati, 0 fibre</p> <p>Ceapa - 30 grame, 12.6 calorii, 0.3 proteine, 0 lipide, 3 carbohidrati, 0.4 fibre</p> <p>Ou de gaina - 50 grame, 77.5 calorii, 6.5 proteine, 5.5 lipide, 0.6 carbohidrati, 0 fibre</p> <p>Ulei Clever - 10 grame, 82.8 calorii, 0 proteine, 9.2 lipide, 0 carbohidrati, 0 fibre</p> <p>Ardei capia - 50 grame, 13 calorii, 0.5 proteine, 0.2 lipide, 3 carbohidrati, 1.1 fibre</p> <p>zeama lamaie - 20 grame, 4.8 calorii, 0 proteine, 0 lipide, 1.1 carbohidrati, 0 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>-----</p> <p><b>TOTAL: 340 grame, 382.1 calorii, 43 proteine, 16.8 lipide din care acizi grasi 2%, 14.6 carbohidrati, 3.2 fibre</b></p>
<p>Surf and turf 200/100 gr</p> <p><b>!!!!!! 350 gr !!!!</b></p>	<p>Muschi de vita crud - 220 grame, 473 calorii, 41.8 proteine, 33 lipide, 0 carbohidrati, 0 fibre</p>



	<p>Ciuperci champignon, crude - 80 grame, 17.6 calorii, 2.5 proteine, 0.2 lipide, 2.6 carbohidrati, 0.8 fibre</p> <p>Creveti cruzi - 100 grame, 106 calorii, 20.3 proteine, 1.7 lipide, 0.9 carbohidrati, 0 fibre</p> <p>Unt 82% Napolact - 30 grame, 221.7 calorii, 0 proteine, 24.6 lipide, 0 carbohidrati, 0 fibre</p> <p>Coniac 40% - 20 grame, 47.8 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Ulei de masline - 10 grame, 82.4 calorii, 0 proteine, 10 lipide, 0 carbohidrati, 0 fibre</p> <p>Usturoi - 3 grame, 4.5 calorii, 0.2 proteine, 0 lipide, 1 carbohidrati, 0.1 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>-----</p> <p><b>TOTAL: 350 grame, 955.6 calorii, 64.9 proteine, 69.5 lipide din care acizi grasi 2%, 5.1 carbohidrati, 1.2 fibre</b></p>
<p>Antricot de vita cu sos de piper verde 240 gr</p>	<p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Ulei de masline - 10 grame, 82.4 calorii, 0 proteine, 10 lipide, 0 carbohidrati, 0 fibre</p> <p>Antricot de vita de Argentina - 220 grame, 374 calorii, 46.2 proteine, 20.7 lipide, 0 carbohidrati, 0 fibre</p> <p>sos piper verde - 100 grame, 269.3 calorii, 3.6 proteine, 24.9 lipide, 9.3 carbohidrati, 2.7 fibre</p>

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<p>Antricot cu salsa de ardei iute 240 gr</p> <p><b>!!!! 300 gr !!!!!</b></p>	<p>Antricot de vita de Argentina - 250 grame, 425 calorii, 52.5 proteine, 23.5 lipide, 0 carbohidrati, 0 fibre</p> <p>Ulei de masline - 10 grame, 82.4 calorii, 0 proteine, 10 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Chimicurri - 100 grame, 238.6 calorii, 1.2 proteine, 25.4 lipide, 6.8 carbohidrati, 1.8 fibre</p> <p>salsa ardei iute - 50 grame, 65.2 calorii, 0.59 proteine, 6.02 lipide, 3.39 carbohidrati, 0.87 fibre</p> <p>-----</p> <p><b>TOTAL: 300 grame, 813.8 calorii, 54.4 proteine, 64.9 lipide din care acizi grasi 2%, 10.8 carbohidrati, 3 fibre</b></p>
<p>Antricot cu ceapa caramelizata 250 gr</p>	<p>Antricot de vita de Argentina - 250 grame, 425 calorii, 52.5 proteine, 23.5 lipide, 0 carbohidrati, 0 fibre</p> <p>Ulei de masline - 10 grame, 82.4 calorii, 0 proteine, 10 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p>

	<p>Ceapa - 70 grame, 29.4 calorii, 0.6 proteine, 0.1 lipide, 7.1 carbohidrati, 1 fibre</p> <p>Coniac 40% - 15 grame, 35.9 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Unt 82% Napolact - 15 grame, 110.9 calorii, 0 proteine, 12.3 lipide, 0 carbohidrati, 0 fibre</p> <p>Zahar tos - 15 grame, 58.1 calorii, 0 proteine, 0 lipide, 15 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 250 grame, 744.3 calorii, 53.2 proteine, 45.9 lipide din care acizi grasi 2%, 22.7 carbohidrati din care zahar adaugat 15, 1.3 fibre</b></p>
<p>Lasagna bolognese 400 gr</p>	<p>Lapte Pilos 3.5% - 50 grame, 31.5 calorii, 1.6 proteine, 1.8 lipide, 2.4 carbohidrati, 0 fibre</p> <p>Parmezan - 40 grame, 172.4 calorii, 15.4 proteine, 11.4 lipide, 1.6 carbohidrati, 0 fibre</p> <p>Mozzarella pentru pizza Lovilio - 20 grame, 53.4 calorii, 4.2 proteine, 4 lipide, 0.2 carbohidrati, 0 fibre</p> <p>Foi de lasagna Barilla - 150 grame, 549 calorii, 20.3 proteine, 6 lipide, 100.5 carbohidrati, 6 fibre</p> <p>Apa - 100 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>raggu - 200 grame, 399.78 calorii, 20.6 proteine, 28.64 lipide, 11.22 carbohidrati, 2.24 fibre</p> <p>-----</p> <p><b>TOTAL: 400 grame, 1206.1 calorii, 62.1 proteine, 51.8 lipide din care acizi grasi 2%,</b></p>

	<b>115.9 carbohidrati din care zahar adaugat 0.5, 8.2 fibre</b>
Snitel crocant de vita 200 gr	<p>Pulpa de vita - 150 grame, 373.5 calorii, 25.5 proteine, 28.5 lipide, 0.9 carbohidrati, 0 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Faina alba - 20 grame, 72.8 calorii, 2.1 proteine, 0.2 lipide, 15.3 carbohidrati, 0.5 fibre</p> <p>Ou de gaina - 40 grame, 62 calorii, 5.2 proteine, 4.4 lipide, 0.4 carbohidrati, 0 fibre</p> <p>Pesmet - 40 grame, 136.8 calorii, 4.1 proteine, 0.4 lipide, 29.3 carbohidrati, 1.2 fibre</p> <p>Ulei Clever - 12 grame, 99.4 calorii, 0 proteine, 11 lipide, 0 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 200 grame, 747.1 calorii, 37 proteine, 44.5 lipide din care acizi grasi 2%, 46.5 carbohidrati, 2 fibre</b></p>
Cotlet de porc cu os 100 gr	<p>Cotlet de porc - 130 grame, 201.5 calorii, 28.1 proteine, 9.1 lipide, 0 carbohidrati, 0 fibre</p> <p>Ulei Clever - 5 grame, 41.4 calorii, 0 proteine, 4.6 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 100 grame, 242.9 calorii, 28.1 proteine, 13.7 lipide din care acizi grasi 2%, 0 carbohidrati, 0 fibre</b></p>
Steak de ton 100 gr	<p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p>

	<p>File de ton - 130 grame, 148.2 calorii, 33.8 proteine, 1.2 lipide, 0 carbohidrati, 0 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 100 grame, 189.4 calorii, 33.8 proteine, 6.2 lipide din care acizi grasi 2%, 0 carbohidrati, 0 fibre</b></p>
<p>File de somon cu masline 250 gr</p>	<p>Somon - 250 grame, 317.5 calorii, 51.3 proteine, 11 lipide, 0.5 carbohidrati, 0 fibre</p> <p>Masline negre - 50 grame, 57.5 calorii, 0.4 proteine, 5.4 lipide, 3.2 carbohidrati, 1.6 fibre</p> <p>Usturoi - 10 grame, 14.9 calorii, 0.6 proteine, 0.1 lipide, 3.3 carbohidrati, 0.2 fibre</p> <p>Rosii uscate - 30 grame, 77.4 calorii, 4.2 proteine, 0.9 lipide, 16.7 carbohidrati, 3.7 fibre</p> <p>Unt 82% Napolact - 20 grame, 147.8 calorii, 0 proteine, 16.4 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Ardei capia - 60 grame, 15.6 calorii, 0.6 proteine, 0.2 lipide, 3.6 carbohidrati, 1.3 fibre</p> <p>Vin alb sec - 20 grame, 14.6 calorii, 0 proteine, 0 lipide, 0.5 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 250 grame, 645.3 calorii, 57.1 proteine, 34 lipide din care acizi grasi 2%, 27.8 carbohidrati, 6.8 fibre</b></p>
<p>Cocos de munte marinat 380 gr</p> <p><b>!!!! 400 gr !!!!!</b></p>	<p>Cocos de munte - 550 grame, 770 calorii, 104.5 proteine, 35.8 lipide, 2.2 carbohidrati, 0 fibre</p> <p>Ulei Clever - 10 grame, 82.8 calorii, 0 proteine, 9.2 lipide, 0 carbohidrati, 0 fibre</p>

	<p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Chimicurri - 100 grame, 238.6 calorii, 1.2 proteine, 25.4 lipide, 6.8 carbohidrati, 1.8 fibre</p> <p>-----</p> <p><b>TOTAL: 400 grame, 1094 calorii, 105.8 proteine, 70.4 lipide din care acizi grasi 2%, 9.6 carbohidrati din care zahar adaugat 2, 2.1 fibre</b></p>
<p>Snitel crocant de curcan 200 gr</p>	<p>Piept de curcan Dulano - 150 grame, 154.5 calorii, 30 proteine, 3 lipide, 1.5 carbohidrati, 0 fibre</p> <p>Ulei Clever - 12 grame, 99.4 calorii, 0 proteine, 11 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Faina alba - 20 grame, 72.8 calorii, 2.1 proteine, 0.2 lipide, 15.3 carbohidrati, 0.5 fibre</p> <p>Ou de gaina - 30 grame, 46.5 calorii, 3.9 proteine, 3.3 lipide, 0.3 carbohidrati, 0 fibre</p> <p>Pesmet - 30 grame, 102.6 calorii, 3.1 proteine, 0.3 lipide, 22 carbohidrati, 0.9 fibre</p> <p>-----</p> <p><b>TOTAL: 200 grame, 478.4 calorii, 39.2 proteine, 17.8 lipide din care acizi grasi 2%, 39.7 carbohidrati, 1.7 fibre</b></p>
<p>Piept de curcan la gratar 180 gr</p>	<p>Piept de curcan Dulano - 240 grame, 247.2 calorii, 48 proteine, 4.8 lipide, 2.4 carbohidrati, 0 fibre</p>

	<p>Ulei Clever - 10 grame, 82.8 calorii, 0 proteine, 9.2 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>-----</p> <p><b>TOTAL: 180 grame, 332.6 calorii, 48.1 proteine, 14 lipide din care acizi grasi 2%, 3 carbohidrati, 0.3 fibre</b></p>
<p>Stroganoff de vita cu cartofi piure</p> <p><b>!!!!!! 380 gr + 200 gr cartofi piure !!!!</b></p>	<p>Muschi de vita crud - 150 grame, 322.5 calorii, 28.5 proteine, 22.5 lipide, 0 carbohidrati, 0 fibre</p> <p>Ciuperci champignon, crude - 100 grame, 22 calorii, 3.1 proteine, 0.3 lipide, 3.3 carbohidrati, 1 fibre</p> <p>Antricot de vita - 50 grame, 118 calorii, 8.7 proteine, 9.3 lipide, 0 carbohidrati, 0 fibre</p> <p>Ceapa - 40 grame, 16.8 calorii, 0.4 proteine, 0 lipide, 4 carbohidrati, 0.6 fibre</p> <p>Smantana vegetala de gatit Hulala Gran Cucina - 100 grame, 202 calorii, 2.2 proteine, 20 lipide, 3 carbohidrati, 0 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Mustar clasic Knorr - 10 grame, 10.5 calorii, 0.5 proteine, 0.5 lipide, 0.8 carbohidrati, 0 fibre</p> <p>Castraveti murati - 20 grame, 2.4 calorii, 0.2 proteine, 0 lipide, 0.6 carbohidrati, 0.2 fibre</p> <p>Usturoi - 5 grame, 7.5 calorii, 0.3 proteine, 0 lipide, 1.7 carbohidrati, 0.1 fibre</p>

	<p>Unt 82% Napolact - 10 grame, 73.9 calorii, 0 proteine, 8.2 lipide, 0 carbohidrati, 0 fibre</p> <p>cartofi piure - 200 grame, 253.7 calorii, 4.4 proteine, 9.3 lipide, 38.9 carbohidrati, 3.8 fibre</p> <p>-----</p> <p><b>TOTAL: 580 grame, 1031.9 calorii, 48.4 proteine, 70.1 lipide din care acizi grasi 2%, 52.9 carbohidrati, 6 fibre</b></p>
<p>Tofu marinat cu ardei copt... 380 gr</p> <p><b>!!!!!!! 460 gr !!!!!!!</b></p>	<p>Tofu - 120 grame, 109.2 calorii, 12 proteine, 7.2 lipide, 2.4 carbohidrati, 0 fibre</p> <p>Ulei de masline - 20 grame, 164.8 calorii, 0 proteine, 20 lipide, 0 carbohidrati, 0 fibre</p> <p>Ardei capia copti Olympia - 120 grame, 39.6 calorii, 0 proteine, 0 lipide, 15.6 carbohidrati, 3.6 fibre</p> <p>Ciuperci champignon, crude - 80 grame, 17.6 calorii, 2.5 proteine, 0.2 lipide, 2.6 carbohidrati, 0.8 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Cartofi dulci gatiti - 200 grame, 152 calorii, 2 proteine, 0 lipide, 36 carbohidrati, 6 fibre</p> <p>-----</p> <p><b>TOTAL: 460 grame, 485.8 calorii, 16.6 proteine, 27.4 lipide din care acizi grasi 2%, 57.2 carbohidrati, 10.7 fibre</b></p>
<p>Tagliata cu rucola si sparanghel 380 gr</p> <p><b>!!!!!!! 420 gr !!!!!!!</b></p>	<p>Antricot de vita de Argentina - 220 grame, 374 calorii, 46.2 proteine, 20.7 lipide, 0 carbohidrati, 0 fibre</p>



CALCULATIE NUTRITIVA SI MACRONUTRIENTI

	<p>Ulei de masline - 12 grame, 98.9 calorii, 0 proteine, 12 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Rucola - 50 grame, 12.5 calorii, 1.3 proteine, 0.4 lipide, 1.9 carbohidrati, 0.8 fibre</p> <p>Rosii cherry - 80 grame, 16 calorii, 1 proteine, 0 lipide, 3.2 carbohidrati, 1 fibre</p> <p>Parmezan - 40 grame, 172.4 calorii, 15.4 proteine, 11.4 lipide, 1.6 carbohidrati, 0 fibre</p> <p>Crema balsamica de Modena - 20 grame, 30.6 calorii, 0.3 proteine, 0.2 lipide, 6.5 carbohidrati, 0 fibre</p> <p>Sparanghel - 50 grame, 10 calorii, 1.1 proteine, 0.1 lipide, 2 carbohidrati, 1.1 fibre</p> <p>-----</p> <p><b>TOTAL: 420 grame, 717 calorii, 65.4 proteine, 44.8 lipide din care acizi grasi 2%, 15.8 carbohidrati, 3.2 fibre</b></p>
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**GARNITURI :**

Sparanghel 150 gr	<p>Sparanghel - 165 grame, 33 calorii, 3.6 proteine, 0.2 lipide, 6.4 carbohidrati, 3.5 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p>
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Porumb 150 gr	<p>Porumb fiert - 160 grame, 153.6 calorii, 5.4 proteine, 2.4 lipide, 33.6 carbohidrati, 3.8 fibre</p> <p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 150 grame, 194.8 calorii, 5.4 proteine, 7.4 lipide din care acizi grasi 2%, 33.6 carbohidrati, 3.8 fibre</b></p>
Sfecla rosie 150 gr	<p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p> <p>Sfecla rosie fiarta - 150 grame, 55.5 calorii, 2.1 proteine, 0.3 lipide, 12.8 carbohidrati, 2.6 fibre</p> <p>-----</p> <p><b>TOTAL: 150 grame, 96.7 calorii, 2.1 proteine, 5.3 lipide din care acizi grasi 2%, 12.8 carbohidrati, 2.6 fibre</b></p>
Cartofi dulci wedges 150 gr	<p>Cartofi dulci fierti - 170 grame, 129.2 calorii, 1.7 proteine, 0 lipide, 30.6 carbohidrati, 5.1 fibre</p> <p>Amidon (porumb) - 10 grame, 34.6 calorii, 0 proteine, 0 lipide, 8.6 carbohidrati, 0 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p>

	<p>Ulei Clever - 12 grame, 99.4 calorii, 0 proteine, 11 lipide, 0 carbohidrati, 0 fibre</p> <p>Usturoi - 2 grame, 3 calorii, 0.1 proteine, 0 lipide, 0.7 carbohidrati, 0 fibre</p> <p>Lamaie - 5 grame, 1.5 calorii, 0.1 proteine, 0 lipide, 0.5 carbohidrati, 0.1 fibre</p> <p>-----</p> <p><b>TOTAL: 150 grame, 270.3 calorii, 2 proteine, 11 lipide din care acizi grasi 2%, 41 carbohidrati, 5.5 fibre</b></p>
<p>Radacinoase la cuptor 180</p>	<p>Sfecla rosie fiarta - 50 grame, 18.5 calorii, 0.7 proteine, 0.1 lipide, 4.3 carbohidrati, 0.9 fibre</p> <p>Morcovi - 60 grame, 24.6 calorii, 0.5 proteine, 0.1 lipide, 5.8 carbohidrati, 1.7 fibre</p> <p>Radacina de telina - 50 grame, 8 calorii, 0.4 proteine, 0.1 lipide, 1.5 carbohidrati, 0.8 fibre</p> <p>Pastarnac radacina - 60 grame, 43.2 calorii, 0.8 proteine, 0.3 lipide, 9 carbohidrati, 2.9 fibre</p> <p>Marar - 1 grame, 0.4 calorii, 0 proteine, 0 lipide, 0.1 carbohidrati, 0 fibre</p> <p>Frunze de patrunjel - 1 grame, 0.4 calorii, 0 proteine, 0 lipide, 0.1 carbohidrati, 0 fibre</p> <p>Busuioc uscat - 1 grame, 2.5 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.4 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p> <p>-----</p>

	<p><b>TOTAL: 180 grame, 141.4 calorii, 2.6 proteine, 5.6 lipide din care acizi grasi 2%, 22 carbohidrati, 7 fibre</b></p>
Cartofi prajiti de casa 200 gr	<p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Ulei de palmier - 15 grame, 132.6 calorii, 0 proteine, 15 lipide, 0 carbohidrati, 0 fibre</p> <p>Cartofi de iarna - 240 grame, 211.2 calorii, 4.8 proteine, 0.5 lipide, 48 carbohidrati, 4.8 fibre</p> <hr/> <p><b>TOTAL: 200 grame, 343.8 calorii, 4.8 proteine, 15.5 lipide din care acizi grasi 2%, 48 carbohidrati, 4.8 fibre</b></p>
Fasole verde sote.... 180 gr	<p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p> <p>Fasole verde congelata Alfredo - 170 grame, 40.8 calorii, 5.1 proteine, 0 lipide, 3.9 carbohidrati, 0 fibre</p> <p>Rosii cherry - 60 grame, 12 calorii, 0.8 proteine, 0 lipide, 2.4 carbohidrati, 0.8 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Unt 82% Napolact - 10 grame, 73.9 calorii, 0 proteine, 8.2 lipide, 0 carbohidrati, 0 fibre</p> <p>Usturoi - 5 grame, 7.5 calorii, 0.3 proteine, 0 lipide, 1.7 carbohidrati, 0.1 fibre</p> <hr/> <p><b>TOTAL: 180 grame, 178 calorii, 6.3 proteine, 13.2 lipide din care acizi grasi 2%, 8.6 carbohidrati, 1.2 fibre</b></p>

Spanac cu seminte de pin..... 250 gr	<p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 1 grame, 2.6 calorii, 0.1 proteine, 0 lipide, 0.6 carbohidrati, 0.3 fibre</p> <p>Unt 82% Napolact - 20 grame, 147.8 calorii, 0 proteine, 16.4 lipide, 0 carbohidrati, 0 fibre</p> <p>Usturoi - 5 grame, 7.5 calorii, 0.3 proteine, 0 lipide, 1.7 carbohidrati, 0.1 fibre</p> <p>Edenia spanac congelat - 200 grame, 50 calorii, 6.4 proteine, 0.4 lipide, 7.6 carbohidrati, 6.4 fibre</p> <p>Seminte de pin - 10 grame, 57.1 calorii, 2.3 proteine, 5 lipide, 1.4 carbohidrati, 0.5 fibre</p> <p>Fulgi de migdale Orlando's - 10 grame, 53.1 calorii, 2.2 proteine, 5 lipide, 2.3 carbohidrati, 1 fibre</p> <p>Smantana vegetala de gatit Hulala Gran Cucina - 80 grame, 161.6 calorii, 1.8 proteine, 16 lipide, 2.4 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 250 grame, 479.7 calorii, 13.1 proteine, 42.8 lipide din care acizi grasi 2%, 16 carbohidrati, 8.3 fibre</b></p>
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**SOSURI :**

Salsa de ardei iute	<p>Ardei rosu iute - 150 grame, 60 calorii, 3 proteine, 0 lipide, 13.5 carbohidrati, 2.3 fibre</p> <p>Ardei capia - 1500 grame, 390 calorii, 15 proteine, 4.5 lipide, 90 carbohidrati, 31.5 fibre</p> <p>Usturoi - 100 grame, 149 calorii, 6.4 proteine, 0.5 lipide, 33 carbohidrati, 2.1 fibre</p>
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	<p>Ulei Clever - 100 grame, 828 calorii, 0 proteine, 92 lipide, 0 carbohidrati, 0 fibre</p> <p>Ulei de masline - 150 grame, 1236 calorii, 0 proteine, 150 lipide, 0 carbohidrati, 0 fibre</p> <p>Otet din vin alb Clever - 50 grame, 10.2 calorii, 0 proteine, 0 lipide, 2.5 carbohidrati, 0 fibre</p> <p>Sare de masa - 5 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 2055 grame, 2673.2 calorii, 24.4 proteine, 247 lipide din care acizi grasi 2%, 139 carbohidrati, 35.9 fibre</b></p> <p><b>TOTAL: 50 grame, 65.2 calorii, 0.59 proteine, 6.02 lipide din care acizi grasi 2%, 3.39 carbohidrati, 0.87 fibre</b></p>
<p>Mustar de casa</p>	<p>Sare de masa - 8 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Piper negru - 2 grame, 5.1 calorii, 0.2 proteine, 0.1 lipide, 1.3 carbohidrati, 0.5 fibre</p> <p>Ulei Clever - 10 grame, 82.8 calorii, 0 proteine, 9.2 lipide, 0 carbohidrati, 0 fibre</p> <p>Otet din vin alb Clever - 50 grame, 10.2 calorii, 0 proteine, 0 lipide, 2.5 carbohidrati, 0 fibre</p> <p>Zahar tos - 5 grame, 19.4 calorii, 0 proteine, 0 lipide, 5 carbohidrati, 0 fibre</p> <p>Mustar Cio - 20 grame, 101.4 calorii, 5.2 proteine, 6.9 lipide, 6 carbohidrati, 3.4 fibre</p> <p>-----</p> <p><b>TOTAL: 100 grame, 218.9 calorii, 5.4 proteine, 16.2 lipide din care acizi grasi 2%, 14.8 carbohidrati din care zahar adaugat 5, 3.9 fibre</b></p>

<p>Barbeque de casa</p>	<p>Barbeque Sauce - 50 grame, 43 calorii, 0.4 proteine, 0.1 lipide, 10 carbohidrati, 0 fibre</p> <hr/> <p><b>TOTAL: 50 grame, 43 calorii, 0.4 proteine, 0.1 lipide din care acizi grasi 2%, 10 carbohidrati din care zahar adaugat 2, 0 fibre</b></p>
<p>Chimichurri rojo</p>	<p>Ulei de masline - 25 grame, 206 calorii, 0 proteine, 25 lipide, 0 carbohidrati, 0 fibre</p> <p>Otet din vin alb Clever - 10 grame, 2 calorii, 0 proteine, 0 lipide, 0.5 carbohidrati, 0 fibre</p> <p>Usturoi - 3 grame, 4.5 calorii, 0.2 proteine, 0 lipide, 1 carbohidrati, 0.1 fibre</p> <p>Ardei capia - 15 grame, 3.9 calorii, 0.2 proteine, 0 lipide, 0.9 carbohidrati, 0.3 fibre</p> <p>Ceapa - 15 grame, 6.3 calorii, 0.1 proteine, 0 lipide, 1.5 carbohidrati, 0.2 fibre</p> <p>Busuioc verde - 5 grame, 1.4 calorii, 0.1 proteine, 0 lipide, 0.2 carbohidrati, 0.2 fibre</p> <p>Frunze de patrunjel - 5 grame, 1.8 calorii, 0.2 proteine, 0 lipide, 0.3 carbohidrati, 0.2 fibre</p> <p>Marar - 5 grame, 2.2 calorii, 0.2 proteine, 0.1 lipide, 0.4 carbohidrati, 0.1 fibre</p> <p>Rozmarin proaspat - 5 grame, 6.6 calorii, 0.2 proteine, 0.3 lipide, 1 carbohidrati, 0.7 fibre</p> <p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Zahar tos - 1 grame, 3.9 calorii, 0 proteine, 0 lipide, 1 carbohidrati, 0 fibre</p> <hr/> <p><b>TOTAL: 100 grame, 238.6 calorii, 1.2 proteine, 25.4 lipide din care acizi grasi 2%, 6.8 carbohidrati din care zahar adaugat 1, 1.8 fibre</b></p>

Chimichurri verde	<p>Ulei de masline - 25 grame, 206 calorii, 0 proteine, 25 lipide, 0 carbohidrati, 0 fibre</p> <p>Otet din vin alb Clever - 10 grame, 2 calorii, 0 proteine, 0 lipide, 0.5 carbohidrati, 0 fibre</p> <p>Usturoi - 3 grame, 4.5 calorii, 0.2 proteine, 0 lipide, 1 carbohidrati, 0.1 fibre</p> <p>Ardei capia - 15 grame, 3.9 calorii, 0.2 proteine, 0 lipide, 0.9 carbohidrati, 0.3 fibre</p> <p>Ceapa - 15 grame, 6.3 calorii, 0.1 proteine, 0 lipide, 1.5 carbohidrati, 0.2 fibre</p> <p>Busuioc verde - 5 grame, 1.4 calorii, 0.1 proteine, 0 lipide, 0.2 carbohidrati, 0.2 fibre</p> <p>Frunze de patrunjel - 5 grame, 1.8 calorii, 0.2 proteine, 0 lipide, 0.3 carbohidrati, 0.2 fibre</p> <p>Marar - 5 grame, 2.2 calorii, 0.2 proteine, 0.1 lipide, 0.4 carbohidrati, 0.1 fibre</p> <p>Rozmarin proaspat - 5 grame, 6.6 calorii, 0.2 proteine, 0.3 lipide, 1 carbohidrati, 0.7 fibre</p> <p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Zahar tos - 1 grame, 3.9 calorii, 0 proteine, 0 lipide, 1 carbohidrati, 0 fibre</p> <p>Boia de ardei dulce - 3 grame, 8.2 calorii, 0.4 proteine, 0.4 lipide, 1.7 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 100 grame, 246.8 calorii, 1.6 proteine, 25.8 lipide din care acizi grasi 2%, 8.5 carbohidrati din care zahar adaugat 1, 1.8 fibre</b></p>
Guacamole cu feta	<p>zeama lamaie - 10 grame, 2.4 calorii, 0 proteine, 0 lipide, 0.6 carbohidrati, 0 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p>



	<p>Ulei de masline - 10 grame, 82.4 calorii, 0 proteine, 10 lipide, 0 carbohidrati, 0 fibre</p> <p>laurt 2,5% Aro - 10 grame, 5.4 calorii, 0.3 proteine, 0.3 lipide, 0.5 carbohidrati, 0 fibre</p> <p>Avocado - 100 grame, 167 calorii, 2 proteine, 15.4 lipide, 8.6 carbohidrati, 6.8 fibre</p> <p>Telemea de vaca Hochland - 40 grame, 111.6 calorii, 6 proteine, 9.6 lipide, 0.3 carbohidrati, 0 fibre</p> <p>Frunze de patrunjel - 5 grame, 1.8 calorii, 0.2 proteine, 0 lipide, 0.3 carbohidrati, 0.2 fibre</p> <p>-----</p> <p><b>TOTAL: 150grame, 370.6 calorii, 8.5 proteine, 35.3 lipide din care acizi grasi 2%, 10.3 carbohidrati, 7 fibre</b></p>
<p>Sos piper verde 100 gr</p>	<p>Piper negru - 10 grame, 25.5 calorii, 1.1 proteine, 0.3 lipide, 6.5 carbohidrati, 2.7 fibre</p> <p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Unt 82% Napolact - 10 grame, 73.9 calorii, 0 proteine, 8.2 lipide, 0 carbohidrati, 0 fibre</p> <p>Mustar clasic Knorr - 5 grame, 5.3 calorii, 0.2 proteine, 0.3 lipide, 0.4 carbohidrati, 0 fibre</p> <p>Smantana vegetala de gatit Hulala Gran Cucina - 80 grame, 161.6 calorii, 1.8 proteine, 16 lipide, 2.4 carbohidrati, 0 fibre</p> <p>Supa limpede de vita - 30 grame, 3 calorii, 0.5 proteine, 0.1 lipide, 0 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 100 grame, 269.3 calorii, 3.6 proteine, 24.9 lipide din care acizi grasi 2%, 9.3 carbohidrati, 2.7 fibre</b></p>

**SALATE :**

<p>Ardei copti .... 200 gr</p> <p><b>!!!!!! 350 gr !!!!!!!</b></p>	<p>zeama lamaie - 10 grame, 2.4 calorii, 0 proteine, 0 lipide, 0.6 carbohidrati, 0 fibre</p> <p>Ulei de masline - 20 grame, 164.8 calorii, 0 proteine, 20 lipide, 0 carbohidrati, 0 fibre</p> <p>Salata Mixta Agriro Fresh - 50 grame, 9.5 calorii, 0.7 proteine, 0.2 lipide, 1.9 carbohidrati, 1.4 fibre</p> <p>Rosii uscate - 50 grame, 129 calorii, 7.1 proteine, 1.5 lipide, 27.9 carbohidrati, 6.2 fibre</p> <p>Rosii cherry - 15 grame, 3 calorii, 0.2 proteine, 0 lipide, 0.6 carbohidrati, 0.2 fibre</p> <p>Ardei capia copti Olympia - 150 grame, 49.5 calorii, 0 proteine, 0 lipide, 19.5 carbohidrati, 4.5 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Zahar tos - 2 grame, 7.7 calorii, 0 proteine, 0 lipide, 2 carbohidrati, 0 fibre</p> <p>Telemea de vaca Hochland - 50 grame, 139.5 calorii, 7.5 proteine, 12 lipide, 0.4 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 350 grame, 505.4 calorii, 15.5 proteine, 33.7 lipide din care acizi grasi 2%, 52.9 carbohidrati din care zahar adaugat 2, 12.3 fibre</b></p>
<p>Salata verde 100 gr</p>	<p>Salata verde - 90 grame, 15.3 calorii, 1.1 proteine, 0.3 lipide, 3 carbohidrati, 1.9 fibre</p> <p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p>

	<p>zeama lamaie - 10 grame, 2.4 calorii, 0 proteine, 0 lipide, 0.6 carbohidrati, 0 fibre</p> <p>Zahar tos - 1 grame, 3.9 calorii, 0 proteine, 0 lipide, 1 carbohidrati, 0 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 100 grame, 62.8 calorii, 1.1 proteine, 5.3 lipide din care acizi grasi 2%, 4.6 carbohidrati sin care zahar adaugat 1, 1.9 fibre</b></p>
<p>Varza cu marar 200 gr</p>	<p>Varza - 190 grame, 58.9 calorii, 3 proteine, 0.4 lipide, 10.8 carbohidrati, 3.8 fibre</p> <p>Marar - 2 grame, 0.9 calorii, 0.1 proteine, 0 lipide, 0.1 carbohidrati, 0 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Zahar tos - 2 grame, 7.7 calorii, 0 proteine, 0 lipide, 2 carbohidrati, 0 fibre</p> <p>Ulei Clever - 5 grame, 41.4 calorii, 0 proteine, 4.6 lipide, 0 carbohidrati, 0 fibre</p> <p>Otet din vin alb Clever - 2 grame, 0.4 calorii, 0 proteine, 0 lipide, 0.1 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 200 grame, 109.3 calorii, 3.1 proteine, 5 lipide din care acizi grasi 2%, 13 carbohidrati din care zahar adaugat 2, 3.8 fibre</b></p>
<p>Salata cu carne de vita .... 250 gr</p> <p><b>!!!!!! 350 gr !!!!!</b></p>	<p>Ardei capia copti Olympia - 80 grame, 26.4 calorii, 0 proteine, 0 lipide, 10.4 carbohidrati, 2.4 fibre</p> <p>diafragma de vita - 140 grame, 191.8 calorii, 30 proteine, 7 lipide, 0 carbohidrati, 0 fibre</p>

	<p>Rosii cherry - 40 grame, 8 calorii, 0.5 proteine, 0 lipide, 1.6 carbohidrati, 0.5 fibre</p> <p>Rosii uscate - 40 grame, 103.2 calorii, 5.6 proteine, 1.2 lipide, 22.3 carbohidrati, 4.9 fibre</p> <p>Salata Mixta Agriro Fresh - 100 grame, 19 calorii, 1.4 proteine, 0.3 lipide, 3.7 carbohidrati, 2.7 fibre</p> <p>Mix de seminte Alesto - 20 grame, 111.8 calorii, 5.2 proteine, 10 lipide, 0.8 carbohidrati, 1.9 fibre</p> <p>Ulei de masline - 10 grame, 82.4 calorii, 0 proteine, 10 lipide, 0 carbohidrati, 0 fibre</p> <p>zeama lamaie - 10 grame, 2.4 calorii, 0 proteine, 0 lipide, 0.6 carbohidrati, 0 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Usturoi - 1 grame, 1.5 calorii, 0.1 proteine, 0 lipide, 0.3 carbohidrati, 0 fibre</p> <p>Unt 82% Napolact - 15 grame, 110.9 calorii, 0 proteine, 12.3 lipide, 0 carbohidrati, 0 fibre</p> <p>Vin alb sec - 10 grame, 7.3 calorii, 0 proteine, 0 lipide, 0.2 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 350 grame, 664.7 calorii, 42.8 proteine, 40.8 lipide din care acizi grasi 2%, 39.9 carbohidrati, 12.4 fibre</b></p>
<p>Salata cu piept de curcan ... 280 gr</p> <p><b>!!!!!! 450 gr !!!!!</b></p>	<p>Rosii cherry - 50 grame, 10 calorii, 0.7 proteine, 0 lipide, 2 carbohidrati, 0.7 fibre</p> <p>Salata Mixta Agriro Fresh - 100 grame, 19 calorii, 1.4 proteine, 0.3 lipide, 3.7 carbohidrati, 2.7 fibre</p>

	<p>Ulei Clever - 10 grame, 82.8 calorii, 0 proteine, 9.2 lipide, 0 carbohidrati, 0 fibre</p> <p>Piept de curcan fara piele gatit - 100 grame, 135 calorii, 30.1 proteine, 0.7 lipide, 0 carbohidrati, 0 fibre</p> <p>Castraveti - 40 grame, 4.8 calorii, 0.2 proteine, 0.1 lipide, 0.9 carbohidrati, 0.3 fibre</p> <p>Ardei capia - 30 grame, 7.8 calorii, 0.3 proteine, 0.1 lipide, 1.8 carbohidrati, 0.6 fibre</p> <p>Conserva fasole rosie Giana - 70 grame, 65.8 calorii, 4.5 proteine, 0.4 lipide, 8.4 carbohidrati, 0 fibre</p> <p>Ceapa rosie - 20 grame, 7.8 calorii, 0.2 proteine, 0 lipide, 1.7 carbohidrati, 0.3 fibre</p> <p>Conserva porumb maxims - 50 grame, 59.5 calorii, 1.5 proteine, 0.1 lipide, 11 carbohidrati, 1.6 fibre</p> <p>Sare de masa - 3 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 450 grame, 392.5 calorii, 38.9 proteine, 10.9 lipide din care acizi grasi 2%, 29.5 carbohidrati, 6.2 fibre</b></p>
<p>Ardei copti 150 gr</p>	<p>Ardei capia copti Olympia - 145 grame, 47.9 calorii, 0 proteine, 0 lipide, 18.9 carbohidrati, 4.4 fibre</p> <p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Zahar tos - 1 grame, 3.9 calorii, 0 proteine, 0 lipide, 1 carbohidrati, 0 fibre</p> <p>Ulei Clever - 3 grame, 24.8 calorii, 0 proteine, 2.8 lipide, 0 carbohidrati, 0 fibre</p>

	<p>Usturoi - 3 grame, 4.5 calorii, 0.2 proteine, 0 lipide, 1 carbohidrati, 0.1 fibre</p> <p>Otet din vin alb Clever - 1 grame, 0.2 calorii, 0 proteine, 0 lipide, 0.1 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 150 grame, 81.3 calorii, 0.2 proteine, 2.8 lipide din care acizi grasi 2%, 21 carbohidrati din care zahar adaugat 1, 4.5 fibre</b></p>
<p>Rucola, rosii cherry... 200 gr</p>	<p>Rucola - 60 grame, 15 calorii, 1.6 proteine, 0.4 lipide, 2.2 carbohidrati, 1 fibre</p> <p>Rosii cherry - 100 grame, 20 calorii, 1.3 proteine, 0 lipide, 4 carbohidrati, 1.3 fibre</p> <p>Parmezan - 30 grame, 129.3 calorii, 11.6 proteine, 8.6 lipide, 1.2 carbohidrati, 0 fibre</p> <p>Ulei de masline - 5 grame, 41.2 calorii, 0 proteine, 5 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Crema balsamica de Modena - 5 grame, 7.7 calorii, 0.1 proteine, 0 lipide, 1.6 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 200 grame, 213.2 calorii, 14.6 proteine, 14 lipide din care acizi grasi 2%, 9 carbohidrati, 2.3 fibre</b></p>
<p>Sfecla rosie cu feta... 280 gr</p>	<p>Sfecla rosie fiarta - 150 grame, 55.5 calorii, 2.1 proteine, 0.3 lipide, 12.8 carbohidrati, 2.6 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Miez de nuca - 30 grame, 213.6 calorii, 4.7 proteine, 20.7 lipide, 2.4 carbohidrati, 2 fibre</p>

	<p>Telemea de vaca Hochland - 60 grame, 167.4 calorii, 9 proteine, 14.4 lipide, 0.4 carbohidrati, 0 fibre</p> <p>Ulei de masline - 20 grame, 164.8 calorii, 0 proteine, 20 lipide, 0 carbohidrati, 0 fibre</p> <p>Otet balsamic - 20 grame, 13.4 calorii, 0 proteine, 0 lipide, 2.7 carbohidrati, 0 fibre</p> <p>Zahar tos - 15 grame, 58.1 calorii, 0 proteine, 0 lipide, 15 carbohidrati, 0 fibre</p> <hr/> <p><b>TOTAL: 280 grame, 672.8 calorii, 15.8 proteine, 55.4 lipide din care acizi grasi 2%, 33.3 carbohidrati din care zahar adaugat 15, 4.6 fibre</b></p>
<p>Rosii cherry, ceapa verde.... 180 gr</p>	<p>Rosii cherry - 100 grame, 20 calorii, 1.3 proteine, 0 lipide, 4 carbohidrati, 1.3 fibre</p> <p>Ceapa verde - 30 grame, 9.6 calorii, 0.5 proteine, 0.1 lipide, 2.2 carbohidrati, 0.8 fibre</p> <p>Ridiche - 40 grame, 6.4 calorii, 0.3 proteine, 0 lipide, 1.4 carbohidrati, 0.6 fibre</p> <p>Ulei de masline - 10 grame, 82.4 calorii, 0 proteine, 10 lipide, 0 carbohidrati, 0 fibre</p> <p>Sare de masa - 2 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <hr/> <p><b>TOTAL: 180 grame, 118.4 calorii, 2.1 proteine, 10.1 lipide din care acizi grasi 2%, 7.6 carbohidrati, 2.7 fibre</b></p>

DESERT :

<p>Biscuiti argentinieni 120 gr</p>	<p>Zahar tos - 15 grame, 58.1 calorii, 0 proteine, 0 lipide, 15 carbohidrati, 0 fibre</p> <p>Menta proaspata - 1 grame, 0.7 calorii, 0 proteine, 0 lipide, 0.1 carbohidrati, 0.1 fibre</p> <p>Faina alba - 35 grame, 127.4 calorii, 3.6 proteine, 0.4 lipide, 26.7 carbohidrati, 0.9 fibre</p> <p>Amidon (porumb) - 15 grame, 51.9 calorii, 0 proteine, 0 lipide, 12.9 carbohidrati, 0 fibre</p> <p>Praf de copt - 1 grame, 0 calorii, 0 proteine, 0 lipide, 0 carbohidrati, 0 fibre</p> <p>Mix de fructe deshidratate si fructe confiate Sanovita - 3 grame, 10.6 calorii, 0.1 proteine, 0 lipide, 2.5 carbohidrati, 0 fibre</p> <p>Ou de gaina - 60 grame, 93 calorii, 7.8 proteine, 6.6 lipide, 0.7 carbohidrati, 0 fibre</p> <p>Lapte condensat Pilos - 50 grame, 66 calorii, 3 proteine, 3.8 lipide, 5 carbohidrati, 0 fibre</p> <p>Unt 82% Napolact - 43 grame, 317.8 calorii, 0 proteine, 35.3 lipide, 0 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 120 grame, 725.5 calorii, 14.5 proteine, 46.1 lipide din care acizi grasi 2 %, 62.9 carbohidrati din care zahar adaugat 15, 1 fibre</b></p>
<p>Chocotorta 145 gr</p> <p>!!!!!! 190 gr !!!!!!!</p>	<p>Lapte Pilos 3.5% - 20 grame, 12.6 calorii, 0.6 proteine, 0.7 lipide, 0.9 carbohidrati, 0 fibre</p> <p>Zahar tos - 15 grame, 58.1 calorii, 0 proteine, 0 lipide, 15 carbohidrati, 0 fibre</p> <p>Unt 82% Napolact - 50 grame, 369.5 calorii, 0.1 proteine, 41 lipide, 0.1 carbohidrati, 0 fibre</p> <p>Ciocolata menaj Fin Care 52% cacao - 12 grame, 65.3 calorii, 0.6 proteine, 4.2 lipide, 5.8 carbohidrati, 0 fibre</p>



	<p>Cacao - 8 grame, 27.6 calorii, 2 proteine, 0.9 lipide, 1.4 carbohidrati, 0 fibre</p> <p>Faina alba - 37 grame, 134.7 calorii, 3.8 proteine, 0.4 lipide, 28.2 carbohidrati, 1 fibre</p> <p>Crema branza natur Delaco - 50 grame, 67 calorii, 3.7 proteine, 4.8 lipide, 2.4 carbohidrati, 0 fibre</p> <p>Miere - 8 grame, 26 calorii, 0 proteine, 0 lipide, 6.5 carbohidrati, 0 fibre</p> <p>Lapte condensat Pulos - 60 grame, 79.2 calorii, 3.6 proteine, 4.5 lipide, 6 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 190 grame, 840 calorii, 14.4 proteine, 56.5 lipide din care acizi grasi 2%, 66.3 carbohidrati din care zahar adaugat 15, 1 fibre</b></p>
<p>Crema de lapte cu beza.... 120 gr</p>	<p>Zahar tos - 15 grame, 58.1 calorii, 0 proteine, 0 lipide, 15 carbohidrati, 0 fibre</p> <p>Ou de gaina - 50 grame, 77.5 calorii, 6.5 proteine, 5.5 lipide, 0.6 carbohidrati, 0 fibre</p> <p>Lapte praf, slab - 15 grame, 56 calorii, 5.4 proteine, 0.3 lipide, 7.5 carbohidrati, 0 fibre</p> <p>Lapte condensat Pulos - 65 grame, 85.8 calorii, 3.9 proteine, 4.9 lipide, 6.5 carbohidrati, 0 fibre</p> <p>Lapte Pulos 3.5% - 100 grame, 63 calorii, 3.1 proteine, 3.5 lipide, 4.7 carbohidrati, 0 fibre</p> <p>zeama lamaie - 10 grame, 2.4 calorii, 0 proteine, 0 lipide, 0.6 carbohidrati, 0 fibre</p> <p>-----</p> <p><b>TOTAL: 120 grame, 342.8 calorii, 18.9 proteine, 14.2 lipide din care acizi grasi 2%, 34.9 carbohidrati din care zahar adaugat 15, 0 fibre</b></p>
<p>Bounty 145 gr</p>	<p>???????????? nu am reteta</p>



CALCULATIE NUTRITIVA SI MACRONUTRIENTI



*Băstirli*