

Ingredient	gramaj	proteine g	lipide g	glucide g	valoare energetica Kcal
aluat	220	17.38	11	0	246
sos rosii	70	0.98	0.14	0	25.12
prosciutto crudo	70	20.3	9.8	0	174.37
Speck	70	21.7	11.2	0.56	195.43
Mozzarella	170	28.9	28.9	1.19	318
capere	20	0.42	0.1	0.84	6.1
hamsii	20	5.78	1.94	0	41.74
masline	30	0.44	8.22	0.69	81.08
prosciutto cotto	110	20.9	9.9	1.1	182.27
ciuperci champignon	90	3.06	4.95	2.52	68.91
ciuperci porcini	90	1.26	0.27	1.08	12.11
ciuperci mixte	90	1.26	0.27	1.08	12.11
Wurstel	80	11.2	8.8	0.24	128.74
salamino piccante	50	14.25	10	0.3	152.66
bufala	125	18.13	28.75	1	288
ceapa	40	0.32	0	3.84	17.06
carciofi	85	1.19	6.71	2.3	76.71
parmezan	30	9.9	8.7	0	121.5
gorgonzola	40	7.6	10.8	0.36	133.08
provola dulce	70	16.1	18.9	0	241.78
rosii cherry	50	0.65	0	2	10.86
rucola	50	1.3	0.35	1.85	16.17
ton	90	24.48	9.72	0	190.76
ardei copt	40	0	0	2.67	10.95
zucchini	70	0.84	0.14	0	4.75
vinete	70	0.98	0.14	1.96	13.36
salsiccia	50	6.55	13	0.6	150.22
crema trufe	45	1.08	10.8	0.58	107.25
stracchino	50	8	5.5	1	88.05
provola afumata	70	16.1	18.2	0.35	236.71
brie	80	13.6	25.6	1.6	300.4
crema zucca	45	0.45	0.04	1.94	10.17

lista alergeni gluten peste lapte/lactoza alune