

### CIORBA DE PORC A LA GREC 300 g

Raw material	Quantity (g)	Counted to 100.00	din care		Carbohidrat	din care		Val En [Kcal]	Na
			grasimi %	Ac grasi sat		proteina%	zaharuri		
Water ice / APA/GHEATA	0.20	51.68							0.01
PULPA PORC	0.05	12.92	0.22	0.00	2.95	0.00	0.00		
GALBENUS OU	0.01	2.58	0.69	0.07	0.41	0.09	0.00		
SARE	0.00	0.26							0.10
<b>Added ingredients</b>									
IAURT	0.04	10.336	0.29	0.00	0.33	0.42	0.00		0.00
VERDEATA	0.00	0.517	0.00	0.00	0.02	0.03	0.00		0.00
CEAPA	0.02	5.168	0.01	0.00	0.06	0.48	0.02		0.00
MORCOVI	0.02	3.876	0.01	0.00	0.04	0.37	0.02		0.62
OREZ	0.02	3.876	0.03	0.00	0.31	2.95	0.00		3.00
OTET	0.00	0.775	0.00	0.00	0.00	0.00	0.00		0.00
ULEI	0.01	1.292	1.19	0.12	0.00	0.00	0.00		0.50
TELINA	0.01	2.584	0.00	0.00	0.02	0.08	0.00		0.80
PIPER	0.00	0.258	0.01	0.00	0.03	0.17	0.00		0.08
FAINA ALBA	0.02	3.876	0.04	0.00	0.40	2.83	0.00		1.20
Salt content in product:	0.26	80.00							
<b>Total (kg)</b>	<b>0.39</b>		<b>2.49</b>	<b>0.19</b>	<b>4.55</b>	<b>7.43</b>	<b>0.04</b>	<b>42.00</b>	<b>6.32</b>
Loss during heat treatment:		<b>produs finit</b>	<b>3.11</b>	<b>0.24</b>	<b>5.69</b>	<b>9.29</b>	<b>0.05</b>	<b>52.50</b>	<b>7.90</b>
<b>VALOARE ENERGETICA [KJ]: 219.67</b>									