

### CIORBA DE LEGUME CU AFUMATURA 300 g

Raw material	Quantity (g)	Counted to 100.00	din care		proteina%	Carbohidrati	din care		Val En [Kcal]	Na
			grasimi %	Ac grasi sat			zaharuri			
Water ice / APA/GHEATA	0.20	45.98								0.01
AFUMATURA	0.03	6.90	1.38	0.16	0.80	0.10	0.00			
DOVLECEL	0.02	4.60	0.01	0.00	0.06	0.14	0.00			
CARTOFI	0.02	4.60	0.00	0.00	0.07	0.93	0.04			0.00
FASOLE VERDE CONG	0.03	5.75	0.02	0.00	0.11	0.45	0.02			
MAZARE CONG	0.02	3.45	0.01	0.00	0.19	0.50	0.03			
VARZA PROASPATA	0.02	4.60	0.01	0.00	0.06	0.24	0.01			
ARDEI GRAS ROSU	0.01	2.30	0.01	0.00	0.02	0.14	0.01			
SARE	0.00	0.23								0.09
<b>Added ingredients</b>										
ROSII	0.03	6.897	0.05	0.00	0.00	0.29	0.00			0.00
VERDEATA	0.00	0.230	0.00	0.00	0.01	0.01	0.00			0.00
CEAPA	0.02	3.448	0.00	0.00	0.04	0.32	0.01			0.00
CONDIMENTE	0.00	0.230	0.00	0.00	0.00	0.05	0.01			0.00
MORCOVI	0.02	3.448	0.01	0.00	0.03	0.33	0.02			0.55
CONCENTRAT DE LEGUME	0.00	0.230	0.00	0.00	0.00	0.00	0.00			0.18
OTET	0.01	1.149	0.00	0.00	0.00	0.00	0.00			0.00
ULEI	0.01	1.149	1.06	0.11	0.00	0.00	0.00			0.45
TELINA	0.01	2.299	0.00	0.00	0.02	0.07	0.00			0.71
PIPER	0.00	0.230	0.01	0.00	0.03	0.15	0.00			0.07
PASTA TOMATE	0.01	2.30	0.01	0.00	0.03	0.12	0.00			0.71
Salt content in product:	0.23	80.00								
<b>Total (g)</b>	<b>0.44</b>		<b>2.59</b>	<b>0.26</b>	<b>1.45</b>	<b>3.85</b>	<b>0.15</b>		<b>30.68</b>	<b>2.77</b>
Loss during heat treatment:		<b>produs finit:</b>	<b>3.24</b>	<b>0.33</b>	<b>1.81</b>	<b>4.82</b>	<b>0.19</b>		<b>38.35</b>	<b>3.47</b>
<b>VALOARE ENERGETICA [KJ]: 160.44</b>										