

### CIORBA DE VARZA CU AFUMATURA 300 g

Raw material	Quantity (g)	Counted to 100.00	din care			din care		Val En [Kcal]	Na
			grasimi %	Ac grasi sat	proteina%	Carbohidrati	zaharuri		
Water ice / APA/GHEATA	0.20	41.07							0.00
AFUMATURA	0.03	6.16	1.24	0.14	0.71	0.09	0.00		
SMANTANA 20%	0.01	2.05	0.41	0.06	0.06	0.07	0.00		
SARE	0.00	0.62							0.24
<b>Added ingredients</b>									
CONCENTRAT DE LEGUME	0.00	0.411	0.00	0.00	0.00	0.00	0.00		0.00
VERDEATA	0.00	0.411	0.00	0.00	0.01	0.03	0.00		0.00
CEAPA	0.01	2.053	0.00	0.00	0.02	0.19	0.01		0.00
CONDIMENTE	0.00	0.000	0.00	0.00	0.00	0.00	0.00		0.00
MORCOVI	0.01	2.053	0.00	0.00	0.02	0.20	0.01		0.33
ULEI	0.05	10.267	9.45	0.94	0.00	0.00	0.00		3.98
TELINA	0.01	1.437	0.00	0.00	0.01	0.04	0.00		0.45
PIPER	0.00	0.616	0.02	0.00	0.07	0.40	0.00		0.19
VARZA PROASPATA	0.16	32.854	0.10	0.00	0.39	1.74	0.06		10.18
Salt content in product:	0.62	80.00							
<b>Total (kg)</b>	<b>0.49</b>		<b>11.23</b>	<b>1.14</b>	<b>1.30</b>	<b>2.76</b>	<b>0.08</b>	<b>110.08</b>	<b>15.38</b>
Loss during heat treatment:		<b>produs finit:</b>	<b>14.03</b>	<b>1.43</b>	<b>1.62</b>	<b>3.45</b>	<b>0.10</b>	<b>137.61</b>	<b>19.23</b>
<b>VALOARE ENERGETICA [KJ]: 575.74</b>									