

SARMALUTE CU CIUPERCI (DE POST)

Raw material	Quantity (Kg)	Counted to 100.00	din care		proteina%	Glucide	din care		Val En [Kcal]
			grasimi %	Ac grasi sat			zaharuri		
CIUPERCI PROASPETE	0.05	10.12	0.10	0.00	0.51	0.20	0.00		
VARZA PROASPATA	0.30	60.73	0.18	0.00	0.73	3.22	0.11		
SARE	0.00	0.20							
Added ingredients									
VERDEATA	0.00	0.405	0.00	0.00	0.01	0.03	0.00		
CEAPA	0.02	3.036	0.00	0.00	0.03	0.28	0.01		
OREZ	0.05	10.121	0.08	0.00	0.81	7.71	0.01		
SOIA	0.03	6.073	0.09	0.00	3.04	1.82	0.13		
MORCOVI	0.01	2.024	0.00	0.00	0.02	0.19	0.01		
ZAHAR	0.01	1.012	0.00	0.00	0.01	0.09	0.00		
ULEI FLOAREA SOARELUI	0.02	3.036	2.79	0.28	0.00	0.00	0.00		
TELINA	0.01	2.024	0.00	0.00	0.01	0.06	0.00		
PIPER	0.00	0.202	0.01	0.00	0.02	0.02	0.00		
PASTA TOMATE	0.01	1.01	0.00	0.00	0.01	0.05	0.00		
Salt content in product:	0.20	80.00							
Total (Kg)	0.49		3.27	0.28	5.20	13.69	0.28		52.93
Loss during heat treatment:		produs finit:	4.09	0.35	6.51	17.11	0.35		66.16
VALOARE ENERGETICA [KJ]: 276.82									