

## VARZA CU CIOLAN 300 GR

Raw material	Quantity (Kg)	Counted to 100.00	din care		Glucide	din care		Val En [Kcal]
			grasimi %	Ac grasi sat		proteina%	zaharuri	
Water / APA	0.10	19.76						
CIOLAN - AFUMATURA	0.10	19.76	3.97	0.45	2.29	0.30	0.00	
SMANTANA 20 %	0.01	1.98	0.40	0.06	0.06	0.06	0.00	
VARZA PROASPATA	0.25	49.41	0.15	0.00	0.59	2.62	0.09	
SARE	0.00	0.20						
<b>Added ingredients</b>								
VERDEATA	0.00	0.395	0.00	0.00	0.01	0.03	0.00	
CEAPA	0.02	3.953	0.00	0.00	0.04	0.37	0.02	
BOIA ARDEI	0.00	0.198	0.03	0.00	0.03	0.00	0.11	
ULEI FLOAREA SOARELUI	0.01	1.976	1.82	0.18	0.00	0.00	0.00	
PIPER	0.00	0.198	0.01	0.00	0.02	0.02	0.00	
CIMBRU	0.00	0.198	0.01	0.00	0.02	0.00	0.13	
PASTA TOMATE	0.01	1.98	0.01	0.00	0.02	0.10	0.00	
Salt content in product:	0.20	80.00						
<b>Total (Kg)</b>	<b>0.51</b>		<b>6.39</b>	<b>0.69</b>	<b>3.09</b>	<b>3.50</b>	<b>0.36</b>	<b>73.57</b>
Loss during heat treatment:		<b>produs finit</b>	<b>7.98</b>	<b>0.86</b>	<b>3.86</b>	<b>4.38</b>	<b>0.44</b>	<b>91.96</b>
<b>VALOARE ENERGETICA [KJ]: 384.75</b>								