

CALCUL VALOARE NUTRITIONALA GRINGOS PIZZA MEDIAS

CHCIKEN BARBEQUE

Materii prime	U/M	Capacitate bruta pentru 1 portie	Nr. Kcal	Lipide saturati	Acizi grasi saturati	Glicide	Zaharuri	Proteine	Sare
sos barbecue	g	70	63	0.05	0	14.98	12.25	0.56	1.07
mazzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
cuciurci	g	80	22.4	0.4	0.08	4	1.84	1.76	0.04
bacon	g	60	178.8	15.18	8.34	1	1	8.52	2.1
pierpet de pui	g	80	161	0.48	0	0	0	17.95	0.46
coasă	g	30	8.84	0.06	0.02	1.44	1.44	0.38	0.03
porumb	g	40	50.91	0.52	0.07	9.73	1.37	1.07	0.02
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		646.54	1309.12	50.55	26.84	153.29	21.41	76.32	4.96
Nr. Kcal	1309.12								

ALERGENI ALIMENTARI
lactoză, gluten
ADITIVI ALIMENTARI
E150,E316,E452

PIZZA CARBONARA

		Canitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
Materii prime	U/M								
sos smantana	g	70	132.7	11.48	10.38	4.9	3.15	2.1	0.06
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
bacon	g	80	196.2	17.23	9.64	1.2	1.2	9.96	2.5
piper negru	g	1	3.3	0	0	0.7	0.4	0.2	0
parmezan	g	50	215.5	14.3	8.65	2.1	0.45	19.3	0.7
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		487.54	1445.47	75.74	46.52	131.04	8.71	77.64	4.9

Nr. Kcal	1445,47
ALERGENI ALIMENTARI lactoză, gluten	
ADITIVI ALIMENTARI E316,E452	

CHEDDAR MELT

Materii prime	U/M	Capacitate bruta pentru 1 portie	Nr. Ctal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
bacon	g	80	196.2	17.23	9.64	1.2	1.2	9.96	2.5
ciuperci	g	80	22.4	0.4	0.08	4	1.84	1.76	0.04
cheddar	g	40	155.2	12.8	8.2	0.24	0.24	9.8	0.68
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		556.54	1292.97	63.51	35.77	130.66	9.87	68.51	4.86

Nr. Kcal	1292.97
ALERGENI ALIMENTARI lactoză, gluten	
ADITIVI ALIMENTARI E316,E452	

DIABOLO SPECIAL

		Cantitate bruta		Acizii grasi					
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
salam picant	g	80	244	19.2	11.2	2.75	1.43	15.52	2.72
telemea vaca	g	40	114	10	7.2	0.4	0.4	5.6	1
jalapeno	g	35	15.4	0	0	2.8	0	0.35	2.1
rosii	g	30	6.1	0	0	1.54	0.7	0.33	0.15
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		541.54	1298.67	62.28	36.25	132.71	9.12	68.79	7.61

Materii prime	U/M	Canitate bruta pentru 1 portie	Nr. Kcal	Lipide	Azizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos barbecue	g	150	135	0.09	0	32.1	26.25	1.2	2.31
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
ciuperci	g	160	40	0.8	0.16	8	3.68	3.52	0.08
bacon	g	120	357.6	30.36	16.68	1.2	1.2	17.04	4.2
pript de pui	g	160	174.24	3.22	0.95	0	0	35.9	0.1
ceapa	g	50	17.93	0.12	0.01	2.88	2.88	0.75	0.04
porumb	g	80	102.6	1.1	0.14	19.73	2.74	2.14	0.06
ALUATI PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total	0	1343.08	2055.25	111.46	60.37	308.47	43.73	162.11	10.71
Nr. Kcal	2055.25								

		Cantitate bruta		Acizi grasi					
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	saturati	Glucide	Zaharuri	Proteine	Sare
sos smantana	g	150	283	24.6	22.2	10.5	5.25	4.5	0.15
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
bacon	g	160	402.7	45.66	26.18	1.6	1.6	26.18	6.9
piper negru	g	4	5	0	0	1.6	0	0.25	0
parmezan	g	100	431	28.6	17.3	4.1	0.9	38.5	1.5
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	88.1	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		1027.08	2349.58	174.63	108.11	262.36	14.73	170.99	12.47

Nr. Kcal	2349.58
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		Cantitate bruta							
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
bacon	g	160	402.7	45.66	26.18	1.6	1.6	26.18	6.9
ciuperci	g	160	40	0.8	0.16	8	3.68	3.52	0.08
cheddar	g	80	310.4	16.4	0.48	0.48	0.48	19.6	1.36
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		1163.08	2025.98	139.33	69.25	261.24	19.34	152.81	12.26

Nr. Kcal	2025.98
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		Cantitate bruta							
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosi	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
salam picant	g	160	488	38.4	22.4	5.5	2.86	31.04	5.4
telemea vaca	g	80	228	20	14.4	0.8	0.8	11.2	2
jalapeno	g	70	30.8	0	0	5.4	0	0.7	4.2
rosii	g	60	12.2	0	0	3.08	0.14	0.66	0.3
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		1133.08	2031.88	134.87	79.23	265.94	17.38	147.11	15.82

Materii prime	U/M	Cantitate bruta		Acizi grasi					
		pentru 1 portie	Nr. Kcal	Lipide	saturati	Glucide	Zaharuri	Proteine	Sare
sos barbecue	g	250	225	0.12	0	62.45	43.75	2	3.85
mozzarella	g	420	1373.4	107.1	70.56	2.94	29.94	98.7	6.72
ciuperci	g	150	84	1.5	0.3	15	6.9	6.6	0.15
bacon	g	300	745	63.25	34.75	2.5	2.5	35.5	8.75
pijot de pui	g	240	261.47	4.82	1.43	0	0	53.85	0.2
ceapa	g	120	36.09	0.24	0.01	5.76	5.76	1.5	0.1
porumb	g	140	178.78	1.81	0.25	34.05	47.9	3.74	0.13
ALUAT PIZZA									
faina	g	880	3044	9.68	1.76	607.2	10.9	112.9	0
ulei	ml	24.5	220.25	24.4	3.18	0	0	0	0
ulei masline	ml	2.5	12.8	2.5	0.45	0	0	0	0
sare	g	24.5	0	0	0	0	0	0	0.03
drojdie	g	1.2	0.32	0	0	0	0	0	0
Total	0	2652.7	4807.71	215.42	112.69	729.9	77.54	314.8	
Nr. Kcal	4807.71								

Materii prime	U/M	Contitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos smantana	g	250	472.5	41	37	17.5	8.75	7.5	0.23
mozzarella	g	420	1373.4	107.1	70.56	2.94	2.94	98.7	6.72
bacon	g	320	893	86.96	64.32	3.5	3.5	52.18	13.55
piperc negru	g	4	10	0	0	2.7	0	0.5	0
parmezan	g	170	732.7	48.6	29.41	7	1.53	65.5	2.55
ALUAT PIZZA									
faina	g	880	3044	9.68	1.76	607.2	10.9	112.9	0
ulei	ml	24.5	220.25	24.4	3.18	0	0	0	0
ulei masline	ml	2.5	12.8	2.5	0.45	0	0	0	0
sare	g	24.5	0	0	0	0	0	0	0.03
drojdie	g	1.2	0.32	0	0	0	0	0	0
Total		2096.7	5385.57	320.24	206.68	640.84	27.62	337.28	23.08

Nr. Kcal	5385.57
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		Cantitate bruta		Acizi grasi					
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	250	75	1.05	0	11	11	3.25	0
mozzarella	g	420	1373.4	107.1	70.56	2.94	2.94	98.7	6.72
bacon	g	320	893	86.96	64.32	3.5	3.5	52.18	13.55
ciuperci	g	300	84	1.5	0.3	15	6.9	6.6	0.15
cheddar	g	170	659.6	54.4	34.85	1.02	1.02	41.65	2.89
ALUAT PIZZA									
faina	g	880	3044	9.68	1.76	607.2	10.9	112.9	0
ulei	ml	24.5	220.25	24.4	318	0	0	0	0
ulei masline	ml	2.5	12.8	2.5	0.45	0	0	0	0
sare	g	24.5	0	0	0	0	0	0	0.03
drojdie	g	1.2	0.32	0	0	0	0	0	0
Total		2392.7	4988.97	287.59	175.42	640.66	36.26	315.28	23.34

Nr. Kcal	4988.97
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Materii prime	U/M	Canțitate brută pentru 1 portie	Nr. Kcal	Lipide	Acizi grași saturați	Glucide	Zaharuri	Proteine	Sare
sos roșii	g	250	75	1.05	0	11	11	3.25	0
mozzarella	g	420	1373.4	107.1	70.56	2.94	2.94	98.7	6.72
salat picant	g	280	854	67.2	39.2	7.2	4.89	53.2	7.1
telemea vaca	g	200	550	50	36	2	2	28	5
jalapeno	g	170	74.8	0	0	13.6	0	1.7	7.2
roșii	g	120	24.4	0	0	6.16	0.28	0.99	0.6
ALUAT PIZZA									
faina	g	880	3044	9.68	1.76	607.2	10.9	112.9	0
ulei	ml	24.5	220.25	24.4	3.18	0	0	0	0
ulei masline	ml	2.5	12.8	2.5	0.45	0	0	0	0
sare	g	24.5	0	0	0	0	0	0	0.03
drojdie	g	1.2	0.32	0	0	0	0	0	0
Total		2372.7	4855.57	261.93	151.15	650.1	32.01	298.74	26.65

Nr. Kcal	1298.67
ALERGENI ALIMENTARI	
lactoză, gluten	
ADITIVI ALIMENTARI	
E316, E250, E252	

MARGHERITA									
Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	130	425.1	33.15	21.84	0.78	0.78	30.55	2.08
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		386.54	1017.27	40.73	22.89	125.3	6.67	54.04	2.12

Nr. Kcal	1017.27
ALERGENI ALIMENTARI	
lactoză, gluten	
ADITIVI ALIMENTARI	
E150,E316,E452	

MARGHERITA DI BUFFALA									
Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	130	425.1	33.15	21.84	0.78	0.78	30.55	2.08
buffala	g	80	214.4	18.4	12.3	0.6	0.6	11.6	1.2
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		466.54	1231.67	59.13	35.19	125.9	7.27	65.64	3.32

Nr. Kcal	1231.67
ALERGENI ALIMENTARI	
lactoză, gluten	
ADITIVI ALIMENTARI	
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PIZZA FUNGHI									
Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
ciuperci	g	100	28	0.5	0.1	5	2.3	2.2	0.05
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		456.54	947.17	33.58	17.95	130.22	8.89	49.19	1.69

Nr. Kcal	947.17
ALERGENI ALIMENTARI	
lactoză, gluten	
ADITIVI ALIMENTARI	
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PROSCIUTTO									
Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
sunca	g	80	52.2	2.08	1.6	1.8	0.4	10.48	1.5
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		436.54	971.37	35.16	19.45	127.02	6.99	57.47	3.14

Nr. Kcal	971.37
ALERGENI ALIMENTARI	
lactoză, gluten	
ADITIVI ALIMENTARI	
E407,E316,E452, E621	

PROSCIUTTO E FUNGHI

Nr. Kcal		2031.88							
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Nr. Kcal	1403.68								
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Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
ciuperci	g	210	58.8	1.05	0.21	10.5	4.83	4.62	0.1
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		973.08	1331.68	77.52	42.64	261.66	18.41	108.13	4.02
Nr. Kcal	1331.68								

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
sunca	g	160	104.4	4.16	3.2	3.6	0.8	20.96	3
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		923.08	1377.28	80.63	45.63	254.76	14.38	124.47	6.92
Nr. Kcal	1377.28								

Nr. Kcal	1377.28
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Nr. Kcal	4855.57								

Nr. Kcal		4937.87							

Cantitate bruta									
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
sunca	g	80	52.2	2.08	1.6	1.8	0.4	10.48	1.5
ciuperci	g	80	22.4	0.4	0.08	4	1.84	1.76	0.04
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		516.54	993.77	35.56	19.53	131.02	8.83	59.23	3.18
Nr. Kcal		993.77							
ALERGENI ALIMENTARI lactoză, gluten									
ADITIVI ALIMENTARI E407,E316,E452, E621									

PROSCIUTTO PICANTE

Materii prime	U/M	cantitate bruta pentru 1 portie	Nr. Kcal	Acizi grasi					
				Lipide	saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
chilli	g	2	0.8	0	0	0.2	0	0	0
sunca	g	80	52.2	2.08	1.6	1.8	0.4	10.48	1.5
ciuperci	g	80	22.4	0.4	0.08	4	1.84	1.76	0.04
usturoi	g	5	7.5	0	0	1.7	0	0	0
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		523.54	1002.07	35.56	19.53	132.92	8.83	59.23	3.18
Nr. Kcal	1002.07								
ALERGENI ALIMENTARI lactoză, gluten									
ADITIVI ALIMENTARI E407, E316, E452, E621									

SPEEDY GONZALES

Cantitate bruta			Acizi grasi						
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
chilli	g	2	0.8	0	0	0.2	0	0	0
sunca	g	80	52.2	2.08	1.6	1.8	0.4	10.48	1.5
ardei kapia	g	40	10.4	0.12	0.08	2.4	1.68	0.4	0.08
jalapeno	g	35	15.4	0	0	2.8	0	0.35	2.1
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		513.54	997.97	35.28	19.53	132.42	8.67	58.22	5.32
Nr. Kcal		997.97							
ALERGENI ALIMENTARI lactoză, gluten									
ADITIVI ALIMENTARI E407, E316, E452, E621									

PIZZA VEGETARIANA

Cantitate bruta			Acizi grasi						
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
ciuperci	g	80	22.4	0.4	0.08	4	1.84	1.76	0.04
ceapă	g	30	8.84	0.06	0.02	1.44	1.44	0.38	0.02
rosii	g	30	6.1	0	0	1.54	0.7	0.33	0.15
porumb	g	40	50.91	0.52	0.07	9.73	1.37	1.07	0.03
ardei kapia	g	40	10.4	0.12	0.08	2.4	1.68	0.4	0.08
măslina	g	30	42	3.9	0.51	0.66	0.09	0.57	0.75
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		606.54	1059.82	38.08	18.61	144.99	13.71	51.5	2.71
Nr. Kcal		1059.82							
ALERGENI ALIMENTARI									

Cantitate bruta									
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
sunca	g	160	104.4	4.16	3.2	3.6	0.8	20.96	3
ciuperci	g	160	40	0.8	0.16	8	3.68	3.52	0.08
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		1083.08	1417.28	81.43	45.79	262.76	18.06	127.99	7
Nr. Kcal	1417.28								

Cantitate bruta									
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
chilli	g	6	2.4	0	0	0.6	0	0	0
sunca	g	160	104.4	4.16	3.2	3.6	0.8	20.96	3
ciuperci	g	160	40	0.8	0.16	8	3.68	3.52	0.08
usturoi	g	12	17.9	0	0	4	1.3	0.8	0
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		1101.08	1437.58	81.43	45.79	267.36	19.36	128.79	7
Nr. Kcal	1437.58								

Cantitate bruta									
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
chilli	g	6	2.4	0	0	0.6	0	0	0
sunca	g	160	104.4	4.16	3.2	3.6	0.8	20.96	3
ardei kapia	g	80	20.8	0.24	0.16	4.8	3.36	0.8	0.16
jalapeno	g	70	30.8	0	0	5.4	0	0.7	4.2
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		1079.08	1431.28	80.87	45.79	265.56	17.74	125.97	11.28
Nr. Kcal	1431.28								

Cantitate bruta									
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
ciuperci	g	160	40	0.8	0.16	8	3.68	3.52	0.08
ceapă	g	60	17.93	0.12	0.01	2.88	2.88	0.75	0.04
rosii	g	60	12.2	0	0	3.08	1.14	0.66	0.3
porumb	g	80	102.6	1.1	0.14	19.73	2.74	2.14	0.06
ardei kapia	g	80	20.8	0.24	0.16	4.8	3.36	0.8	0.16
măslina	g	60	84	7.8	1.02	1.32	0.18	1.14	1.5
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		1263.08	1550.41	86.53	43.92	290.97	26.56	112.52	6.06
Nr. Kcal	1550.41								

Cantitate bruta									
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	250	75	1.05	0	11	11	3.25	0
mozzarella	g	420	1373.4	107.1	70.56	2.94	2.94	98.7	6.72
sunca	g	300	261	7.8	6	6.9	1.8	39.3	5.4
ciuperci	g	300	84	1.5	0.3	15	6.9	6.6	0.15
ALUAT PIZZA									
faina	g	880	3044	9.68	1.76	607.2	10.9	112.9	0
ulei	ml	24.5	220.25	24.4	3.18	0	0	0	0
ulei masline	ml	2.5	12.8	2.5	0.45	0	0	0	0
sare	g	24.5	0	0	0	0	0	0	0.03
drojdie	g	1.2	0.32	0	0	0	0	0	0
Total			2202.7	3697.37	154.03	82.25	643.04	33.54	260.75
Nr. Kcal		3697.37							

lactoză, gluten									
ADITIVI ALIMENTARI									
-									

PIZZA SALAMI

		Cantitate bruta		Nr. Kcal	Acizi grasi		Glucide	Zaharuri	Proteine	Sare
Materii prime	U/M	pentru 1 portie			Lipide	saturati				
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0	
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6	
salam	g	80	342.4	28.08	12.88	0.88	0.88	19.2	2.88	
ALUAT PIZZA										
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0	
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0	
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0	
sare	g	4.9	0	0	0	0	0	0	0.04	
drojdie	g	0.24	0.7	0	0	0	0	0	0	
Total		436.54	1261.57	61.16	30.73	126.1	7.47	66.19	4.52	
Nr. Kcal		1261.57								
ALERGENI ALIMENTARI										
lactoza, gluten										
ADITIVI ALIMENTARI										
E407,E316, E250										

PIZZA HAWAII

		Cantitate bruta		Nr. Kcal	Acizi grasi		Glucide	Zaharuri	Proteine	Sare
Materii prime	U/M	pentru 1 portie			Lipide	saturati				
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0	
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6	
sunca	g	80	52.2	2.08	1.6	1.8	0.4	10.48	1.5	
ananas	g	50	25	0	0	7.5	5	0.25	0.05	
ALUAT PIZZA										
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0	
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0	
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0	
sare	g	4.9	0	0	0	0	0	0	0.04	
drojdie	g	0.24	0.7	0	0	0	0	0	0	
Total		486.54	996.37	35.16	19.45	134.52	11.99	57.72	3.19	
Nr. Kcal		996.37								
ALERGENI ALIMENTARI										
lactoza, gluten										
ADITIVI ALIMENTARI										
E407,E316,E452, E621										

PIZZA QUATTRO STAGIONI

		Cantitate bruta		Nr. Kcal	Acizi grasi		Glucide	Zaharuri	Proteine	Sare
Materii prime	U/M	pentru 1 portie			Lipide	saturati				
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0	
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6	
sunca	g	80	52.2	2.08	1.6	1.8	0.4	10.48	1.5	
salam	g	60	256.8	21.06	9.66	0.66	0.66	14.4	2.16	
ciuperci	g	80	22.4	0.4	0.08	4	1.84	1.76	0.04	
ardei kapia	g	40	10.4	0.12	0.08	2.4	1.68	0.4	0.08	
ALUAT PIZZA										
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0	
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0	
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0	
sare	g	4.9	0	0	0	0	0	0	0.04	
drojdie	g	0.24	0.7	0	0	0	0	0	0	
Total		616.54	1260.97	56.74	29.27	134.08	11.17	74.03	5.42	
Nr. Kcal		1260.97								
ALERGENI ALIMENTARI										
lactoza, gluten										
ADITIVI ALIMENTARI										
E407,E316, E250										

PIZZA CAPRICIOSA

		Cantitate bruta		Nr. Kcal	Acizi grasi		Glucide	Zaharuri	Proteine	Sare
Materii prime	U/M	pentru 1 portie			Lipide	saturati				
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0	
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6	
sunca	g	80	52.2	2.08	1.6	1.8	0.4	10.48	1.5	
ciuperci	g	80	22.4	0.4	0.08	4	1.84	1.76	0.04	
ardei kapia	g	40	10.4	0.12	0.08	2.4	1.68	0.4	0.08	
masline	g	30	42	3.9	0.51	0.66	0.09	0.57	0.75	
ALUAT PIZZA										
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0	
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0	
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0	
sare	g	4.9	0	0	0	0	0	0	0.04	
drojdie	g	0.24	0.7	0	0	0	0	0	0	
Total		586.54	1046.17	39.58	20.12	134.08	10.6	60.2	4.01	
Nr. Kcal		1046.17								
ALERGENI ALIMENTARI										

		Cantitate bruta		Nr. Kcal	Acizi grasi		Glucide	Zaharuri	Proteine	Sare
Materii prime	U/M	pentru 1 portie			Lipide	saturati				
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0	
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84	
salam	g	160	684.8	54.16	25.76	1.76	1.76	38.4	5.76	
ALUAT PIZZA										
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0	
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0	
ulei masline	ml	1	8.84	1	0.14	0	0	0	0	
sare	g	9.8	0	0	0	0	0	0	0.08	
drojdie	g	0.48	0.14	0	0	0	0	0	0	
Total		923.08	1957.68	130.63	68.19	252.92	15.34	141.91	9.68	
Nr. Kcal		1957.68								

		Cantitate bruta		Nr. Kcal	Acizi grasi		Glucide	Zaharuri	Proteine	Sare
Materii prime	U/M	pentru 1 portie			Lipide	saturati				
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0	
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84	
sunca	g	160	104.4	4.16	3.2	3.6	0.8	20.96	3	
ananas	g	100	50	0	0	1.4	10	0.5	0.1	
ALUAT PIZZA										
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0	
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0	
ulei masline	ml	1	8.84	1	0.14	0	0	0	0	
sare	g	9.8	0	0	0	0	0	0	0.08	
drojdie	g	0.48	0.14	0	0	0	0	0	0	
Total		1023.08	1427.28	80.63	45.63	256.16	24.38	124.97	7.02	
Nr. Kcal		1427.28								

		Cantitate bruta		Nr. Kcal	Acizi grasi		Glucide	Zaharuri	Proteine	Sare
Materii prime	U/M	pentru 1 portie			Lipide	saturati				
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0	
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84	
sunca	g	160	104.4	4.16	3.2	3.6	0.8	20.96	3	
salam	g	100	428	35.1	1.1	1.1	24	3.6		
ciuperci	g	160	40	0.8	0.16	8	3.68	3.52	0.08	
ardei kapia	g	80	20.8	0.24	0.16	4.8	3.36	0.8	0.16	
ALUAT PIZZA										
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0	
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0	
ulei masline	ml	1	8.84	1	0.14	0	0	0	0	
sare	g	9.8	0	0	0	0	0	0	0.08	
drojdie	g	0.48	0.14	0	0	0	0	0	0	
Total		1263.08	1866.08	116.77	62.05	268.66	22.52	152.79	10.76	
Nr. Kcal		1866.08								

		Cantitate bruta			Acizi grasi					
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	saturati	Glucide	Zaharuri	Proteine	Sare	
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0	
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84	
sunca	g	160	104.4	4.16	3.2	3.6	0.8	20.96	3	
ciuperci	g	160	40	0.8	0.16	8	3.68	3.52	0.08	
ardei kapia	g	80	20.8	0.24	0.16	4.8	3.36	0.8	0.16	
masline	g	60	84	7.8	1.02	1.32	0.18	1.14	1.5	
ALUAT PIZZA										
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0	
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0	
ulei masline	ml	1	8.84	1	0.14	0	0	0	0	
sare	g	9.8	0	0	0	0	0	0	0.08	
drojdie	g	0.48	0.14	0	0	0	0	0	0	
Total		1223.08	1522.08	89.47	46.97	268.88	21.6	129.93	8.66	
Nr. Kcal		1522.08								

lactoză, gluten								
ADITIVI ALIMENTARI								
E407,E316,E452, E621								

CALZONE IMPATURITA

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
sunca	g	80	52.2	2.08	1.6	1.8	0.4	10.48	1.5
ciuperci	g	80	22.4	0.4	0.08	4	1.84	1.76	0.04
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		516.54	993.77	35.56	19.53	131.02	8.83	59.23	3.18
Nr. Kcal	993.77								

ALERGENI ALIMENTARI								
lactoza, gluten								
ADITIVI ALIMENTARI								
E407,E316,E452, E621								

PIZZA POLLO

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
ciuperci	g	80	22.4	0.4	0.08	4	1.84	1.76	0.04
ardei kapia	g	40	10.4	0.12	0.08	2.4	1.68	0.4	0.08
ceapa	g	30	8.84	0.06	0.02	1.44	1.44	0.38	0.02
piept de pui	g	80	87	1.61	0.48	0	0	17.95	0.06
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		586.54	1047.81	35.27	18.51	133.06	11.55	67.48	1.84
Nr. Kcal	1047.81								

ALERGENI ALIMENTARI								
lactoza, gluten								
ADITIVI ALIMENTARI								
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PIZZA DISCOVOLANTE

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
sunca	g	80	52.2	2.08	1.6	1.8	0.4	10.48	1.5
salam	g	60	256.8	21.06	9.66	0.66	0.66	14.4	2.16
ciuperci	g	80	22.4	0.4	0.08	4	1.84	1.76	0.04
ardei kapia	g	40	10.4	0.12	0.08	2.4	1.68	0.4	0.08
masline	g	30	42	3.9	0.51	0.66	0.09	0.57	0.75
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		646.54	1302.97	60.64	29.78	134.74	11.26	74.6	6.17
Nr. Kcal	1302.97								

ALERGENI ALIMENTARI								
lactoza, gluten								
ADITIVI ALIMENTARI								
E150,E316,E452, E407,E316, E250								

PIZZA DIAVOLO

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
salam picant	g	80	244	19.2	11.2	2.75	1.43	15.52	2.72
jalapeno	g	35	15.4	0	0	2.8	0	0.35	2.1
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		471.54	1178.57	52.28	29.05	130.77	8.02	62.86	6.46

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
ciuperci	g	160	40	0.8	0.16	8	3.68	3.52	0.08
ardei kapia	g	80	20.8	0.24	0.16	4.8	3.36	0.8	0.16
ceapa	g	60	17.93	0.12	0.01	2.88	2.88	0.75	0.04
piept de pui	g	160	174.24	3.22	0.95	0	0	35.9	0.1
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		1223.08	1525.85	80.85	43.71	266.84	23.5	144.48	4.3
Nr. Kcal	1525.85								

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
sunca	g	160	104.4	4.16	3.2	3.6	0.8	20.96	3
salam	g	100	428	35.1	16.1	1.1	1.1	24	3.6
ciuperci	g	160	40	0.8	0.16	8	3.68	3.52	0.08
ardei kapia	g	80	20.8	0.24	0.16	4.8	3.36	0.8	0.16
masline	g	60	84	7.3	1.02	1.32	0.18	1.14	1.5
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		1323.08	1950.08	124.57	63.07	269.98	22.7	153.93	12.26
Nr. Kcal	1950.08								

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
salam picant	g	160	488	38.4	22.4	5.5	2.86	31.04	5.4
jalapeno	g	70	30.8	0	0	5.4	0	0.7	4.2
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		993.08	1791.68	114.87	64.83	262.06	16.44	135.25	13.52

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	250	75	1.05	0	11	11	3.25	0
mozzarella	g	420	1373.4	107.1	70.56	2.94	2.94	98.7	6.72
ciuperci	g	300	84	1.5	0.3	15	6.9	6.6	0.15
ardei kapia	g	130	33.8	0.39	0.12	7.8	5.46	1.3	0.05
ceapa	g	120	36.09	0.24	0.01	5.76	5.76	1.5	0.1
piept de pui	g	240	261.47	4.82	1.43	0	0	53.86	0.2
ALUAT PIZZA									
faina	g	880	3044	9.68	1.76	607.2	10.9	112.9	0
ulei	ml	24.5	220.25	24.4	3.18	0	0	0	0
ulei masline	ml	2.5	12.8	2.5	0.45	0	0	0	0
sare	g	24.5	0	0	0	0	0	0	0.03
drojdie	g	1.2	0.32	0	0	0	0	0	0
Total		2392.7	3767.73	151.68	77.81	649.7	42.96	278.11	7.25
Nr. Kcal	3767.73								

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Nr. Kcal	1178.57
ALERGENI ALIMENTARI	
lactoză, gluten	
ADITIVI ALIMENTARI	
E316, E250, E252	

PIZZA TARANEASCA									
Materii prime	U/M	Canțitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
bacon	g	80	238.4	20.24	11.12	0.8	0.8	11.36	2.8
cabanos	g	40	134	11.2	6.36	0.6	0.6	5.76	1.2
porumb	g	40	50.91	0.52	0.07	9.73	1.37	1.07	0.03
ardei kapia	g	40	10.4	0.12	0.08	2.4	1.68	0.4	0.08
ceapă	g	30	8.84	0.06	0.02	1.44	1.44	0.38	0.02
măslină	g	30	42	3.9	0.51	0.66	0.09	0.57	0.75
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total			616.54	1403.72	69.12	36.01	140.85	12.57	66.53
Nr. Kcal	1403.72								

ALERGENI ALIMENTARI	
lactoză, gluten	
ADITIVI ALIMENTARI	
E316,E452, E300, E250, E452, E120, E625	

PIZZA TONNO									
Materii prime	U/M	Canțitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
ton	g	120	109.2	0.72	0	0	0	26.28	1.2
ceapă	g	30	8.84	0.06	0.02	1.44	1.44	0.38	0.02
lămâie	g	15	4.2	0	0	1.35	0.37	0.16	0
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total			521.54	1041.41	33.86	17.87	128.01	8.4	73.81
Nr. Kcal	1041.41								

ALERGENI ALIMENTARI	
lactoză, gluten	
ADITIVI ALIMENTARI	
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GRINGOS PIZZA									
Materii prime	U/M	Canțitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
sunca	g	80	52.2	2.08	1.6	1.8	0.4	10.48	1.5
salam	g	60	256.8	21.06	9.66	0.66	0.66	14.4	2.16
cabanos	g	40	134	11.2	6.36	0.6	0.6	5.76	1.2
ardei kapia	g	40	10.4	0.12	0.08	2.4	1.68	0.4	0.08
ceapă	g	30	8.84	0.06	0.02	1.44	1.44	0.38	0.02
măslină	g	30	42	3.9	0.51	0.66	0.09	0.57	0.75
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total			636.54	1423.41	71.5	36.08	132.78	11.46	78.98
Nr. Kcal	1423.41								

ALERGENI ALIMENTARI	
lactoză, gluten	
ADITIVI ALIMENTARI	
E316,E452, E300, E250, E452, E120, E625, E150,E316,E452, E407	

QUATTRO CARNI									
Materii prime	U/M	Canțitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
sunca	g	80	52.2	2.08	1.6	1.8	0.4	10.48	1.5
salam	g	60	256.8	21.06	9.66	0.66	0.66	14.4	2.16
cabanos	g	40	134	11.2	6.36	0.6	0.6	5.76	1.2

Nr. Kcal		1791.68							
PIZZA TARANEASCA									
Materii prime	U/M	Canțitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
bacon	g	160	476.8	40.48	22.24	1.6	1.6	22.72	5.6
cabanos	g	80	268	22.4	12.72	1.2	1.2	11.52	2.4
porumb	g	80	102.6	1.1	0.14	19.73	2.74	2.14	0.06
ardei kapia	g	80	20.8	0.24	0.16	4.8	3.36	0.8	0.16
ceapă	g	60	17.93	0.12	0.01	2.88	2.88	0.75	0.04
măslină	g	60	84	7.8	1.02	1.32	0.18	1.14	1.5
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		1283.08	2243.01	148.61	78.72	282.69	25.54	142.58	13.68
Nr. Kcal		2243.01							

Materii prime	U/M	Canțitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
ton	g	240	218.4	1.48	0	0	0	52.56	2.4
ceapă	g	60	17.93	0.12	0.01	2.88	2.88	0.75	0.04
lămâie	g	30	8.4	0	0	2.7	0.74	0.32	0
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total			1093.08	1517.61	78.07	42.44	256.74	17.2	157.14
Nr. Kcal	1517.61								

Materii prime	U/M	Canțitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
sunca	g	160	104.4	4.16	3.2	3.6	0.8	20.96	3
salam	g	100	428	35.1	16.1	1.1	1.1	24	3.6
cabanos	g	80	268	22.4	12.72	1.2	1.2	11.52	2.4
ardei kapia	g	80	20.8	0.24	0.16	4.8	3.36	0.8	0.16
ceapă	g	60	17.93	0.12	0.01	2.88	2.88	0.75	0.04
măslină	g	60	84	7.8	1.02	1.32	0.18	1.14	1.5
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total			1303.08	2196.01	146.29	75.64	266.06	23.1	162.68
Nr. Kcal	2196.01								

Materii prime	U/M	Canțitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
sunca	g	160	104.4	4.16	3.2	3.6	0.8	20.96	3
salam	g	100	428	35.1	16.1	1.1	1.1	24	3.6
cabanos	g	80	268	22.4	12.72	1.2	1.2	11.52	2.4

Nr. Kcal		4281.17							
PIZZA TARANEASCA									
Materii prime	U/M	Canțitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	250	75	1.05	0	11	11	3.25	0
mozzarella	g	420	1373.4	107.1	70.56	2.94	2.94	98.7	6.72
bacon	g	320	953.6	80.96	44.48	3.2	3.2	45.44	11.2
cabanos	g	160	536	44.8	25.44	2.4	2.4	23.04	4.8
porumb	g	140	178.78	1.81	0.25	34.05	4.79	3.74	0.13
ardei kapia	g	130	33.8	0.39	0.12	7.8	5.46	1.3	0.05
ceapă	g	120	36.09	0.24	0.01	5.76	5.76	1.5	0.1
măslină	g	100	140	13	1.7	2.2	0.3	1.9	2.5
ALUAT PIZZA									
faina	g	880	3044	9.68	1.76	607.2	10.9	112.9	0
ulei	ml	24.5	220.25	24.4	3.18	0	0	0	0
ulei masline	ml	2.5	12.8	2.5	0.45	0	0	0	0
sare	g	24.5	0	0	0	0	0	0	0.03
drojdie	g	1.2	0.32	0	0	0	0	0	0
Total		2572.7	5230.64	285.93	147.95	676.55	46.75	291.77	25.53
Nr. Kcal		5230.64							

		Canțitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
Materii prime	U/M								
sos rosi	g	250	75	1.05	0	11	11	3.25	0
mozzarella	g	420	1373.4	107.1	70.56	2.94	2.94	98.7	6.72
ton	g	360	327.6	2.16	0	0	0	78.84	3.6
ceapă	g	120	36.09	0.24	0.01	5.76	5.76	1.5	0.1
lămâie	g	60	16.8	0	0	5.4	1.48	0.64	0
ALUAT PIZZA									
faina	g	880	3044	9.68	1.76	607.2	10.9	112.9	0
ulei	ml	24.5	220.25	24.4	3.18	0	0	0	0
ulei masline	ml	2.5	12.8	2.5	0.45	0	0	0	0
sare	g	24.5	0	0	0	0	0	0	0.03
drojdie	g	1.2	0.32	0	0	0	0	0	0
Total		2142.7	3732.86	147.13	75.96	632.3	32.08	295.83	10.45
Nr. Kcal		3732.86							

bacon	g	80	196.2	17.23	9.64	1.2	1.2	9.96	2.5
măslina	g	30	42	3.9	0.51	0.66	0.09	0.57	0.75
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total			646.54	1600.37	88.55	45.62	130.14	9.54	88.16

Nr. Kcal	1600.37
ALERGENI ALIMENTARI	
lactoză, gluten	
ADITIVI ALIMENTARI	
E316,E452, E300, E250, E452, E120, E625, E150,E316,E452, E407	

QUATTRO FORMAGGI

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos smantana	g	70	132.3	11.48	10.38	4.9	3.15	2.1	0.06
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
cheddar	g	40	155.2	12.8	8.2	0.24	0.24	9.8	0.68
brânză cu mucegai	g	40	132.4	11.24	7.24	0	0	7.76	1.4
parmezan	g	50	215.5	14.3	8.65	2.1	0.45	19.3	0.7
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total			486.54	1533.57	82.55	52.32	129.38	7.35	85.04

Nr. Kcal	1533.57
ALERGENI ALIMENTARI	
lactoză, gluten	
ADITIVI ALIMENTARI	
-	

QUATTRO FORMAGGI CU RUCOLA

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos smantana	g	70	132.3	11.48	10.38	4.9	3.15	2.1	0.06
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
cheddar	g	40	155.2	12.8	8.2	0.24	0.24	9.8	0.68
brânză cu mucegai	g	40	132.4	11.24	7.24	0	0	7.76	1.4
parmezan	g	50	215.5	14.3	8.65	2.1	0.45	19.3	0.7
rucola	g	10	2.5	0	0	0.3	0.2	0.25	0
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total			496.54	1536.07	82.55	52.32	129.68	7.55	85.29

Nr. Kcal	1536.07
ALERGENI ALIMENTARI	
lactoză, gluten	
ADITIVI ALIMENTARI	
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PROSCIUTTO CRUDO

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
rucola	g	10	2.5	0	0	0.3	0.2	0.25	0
roşii cherry	g	10	2	0	0	0.4	0	0.13	0
prosciutto crudo	g	40	88.8	0.48	1.8	0.4	0.4	11	2
parmezan	g	50	215.5	14.3	8.65	2.1	0.45	19.3	0.7
ulei măslina extravirgin	g	3	24.72	3	0	0	0	0	0
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total			469.54	1252.69	50.86	28.3	128.42	7.64	77.67

Nr. Kcal	1252.69
ALERGENI ALIMENTARI	
lactoză, gluten	
ADITIVI ALIMENTARI	
-	

QUATTRO FORMAGGI CU SALAMI PICANT

bacon	g	160	402.7	45.66	26.18	1.6	1.6	26.18	6.9
măslina	g	60	84	7.8	1.02	1.32	0.18	1.14	1.5
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total			1323.08	2559.98	191.59	101.65	259.98	18.46	187.31

Nr. Kcal	2559.98
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Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos smantana	g	150	283	24.6	22.2	10.5	5.25	4.5	0.15
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
cheddar	g	80	310.4	16.4	0.48	0.48	0.48	19.6	1.36
brânză cu mucegai	g	80	164.8	22.48	14.48	0	0	15.52	2.8
parmezan	g	100	431	28.6	17.3	4.1	0.9	38.5	1.5
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total			1023.08	2417.08	167.85	96.89	259.64	13.61	179.68

Nr. Kcal	2417.08
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Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos smantana	g	150	283	24.6	22.2	10.5	5.25	4.5	0.15
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
cheddar	g	80	310.4	16.4	0.48	0.48	0.48	19.6	1.36
brânză cu mucegai	g	80	164.8	22.48	14.48	0	0	15.52	2.8
parmezan	g	100	431	28.6	17.3	4.1	0.9	38.5	1.5
rucola	g	20	5	0	0	0.6	0.4	0.5	0
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total			1043.08	2422.08	167.85	96.89	260.24	14.01	180.18

Nr. Kcal	2422.08
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Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
rucola	g	20	5	0	0	0.6	0.4	0.5	0
roşii cherry	g	25	5	0	0	0.9	0	0.27	0
prosciutto crudo	g	80	177.6	0.96	3.6	0.8	0.8	22	4
parmezan	g	100	431	28.6	17.3	4.1	0.9	38.5	1.5
ulei măslina extravirg	g	6	49.44	6					
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total			994.08	1940.92	112.03	63.33	257.56	15.68	164.78

Nr. Kcal	1940.92
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bacon	g	320	893	86.96	64.32	3.5	3.5	52.18	13.55
măslina	g	100	140	13	1.7	2.2	0.3	1.9	2.5
ALUAT PIZZA									
faina	g	880	3044	9.68	1.76	607.2	10.9	112.9	0
ulei	ml	24.5	220.25	24.4	3.18	0	0	0	0
ulei masline	ml	2.5	12.8	2.5	0.45	0	0	0	0
sare	g	24.5	0	0	0	0	0	0	0.03
drojdie	g	1.2	0.32	0	0	0	0	0	0
Total			2642.7	5867.17	353.45	199.17	637.9	34.6	369.67

Nr. Kcal	5867.17
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Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos smantana	g	250	472.5	41	37	17.5	8.75	7.5	0.23
mozzarella	g	420	1373.4	107.1	70.56	2.94	2.94	98.7	6.72
cheddar	g	170	659.6	54.4	34.85	1.02	1.02	41.65	2.89
brânză cu mucegai	g	170	562.7	47.77	30.77	0	0	32.98	5.95
parmezan	g	170	732.7	48.6	29.41	7	1.53	65.5	2.55
ALUAT PIZZA									
faina	g	880	3044	9.68	1.76	607.2	10.9	112.9	0
ulei	ml	24.5	220.25	24.4	3.18	0	0	0	0
ulei masline	ml	2.5	12.8	2.5	0.45	0	0	0	0
sare	g	24.5	0	0	0	0	0	0	0.03
drojdie	g	1.2	0.32	0	0	0	0	0	0
Total			2112.7	5704.87	335.45	207.98	635.66	25.14	359.23

Nr. Kcal	5704.87
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		Cantitate bruta		Acizi grasi					
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	saturati	Glucide	Zaharuri	Proteine	Sare
sos smantana	g	250	472.5	41	37	17.5	8.75	7.5	0.23
mozzarella	g	420	1373.4	107.1	70.56	2.94	2.94	98.7	6.72
cheddar	g	170	659.6	54.4	34.85	1.02	1.02	41.65	2.89
brânza cu mucegai	g	170	562.7	47.77	30.77	0	0	32.98	5.95
parmezan	g	170	732.7	48.6	29.41	7	1.53	65.5	2.55
rucola	g	40	10	0	0	1.2	0.8	1	0
ALUAT PIZZA									
faina	g	880	3044	9.68	1.76	607.2	10.9	112.9	0
ulei	ml	24.5	220.25	24.4	3.18	0	0	0	0
ulei masline	ml	2.5	12.8	2.5	0.45	0	0	0	0
sare	g	24.5	0	0	0	0	0	0	0.03
drojdie	g	1.2	0.32	0	0	0	0	0	0

		Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
Materii prime	U/M								
sos smantana	g	70	132.3	11.48	10.38	4.9	3.15	2.1	0.06
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
cheddar	g	40	155.2	12.8	8.2	0.24	0.24	9.8	0.68
brânză cu mucegai	g	40	132.4	11.24	7.24	0	0	7.76	1.4
parmezan	g	50	215.5	14.3	8.65	2.1	0.45	19.3	0.7
salam picant	g	40	144	9.6	5.6	1.37	0.71	7.76	1.46
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		526.54	1677.57	92.15	57.92	130.75	8.06	92.8	5.94
Nr. Kcal	1677.57								
ALERGENI ALIMENTARI									
lactoză, gluten									
ADITIVI ALIMENTARI									
E150,E316,E452									

PROSCIUTTO COTTO

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
prosciutto cotto	g	80	92	2.4	0.8	1.6	0.8	16	1.52
roşii cherry	g	30	6	0	0	1.2	0	0.39	0
burratina	g	1	212	17	12	0.8	0.8	14	0.33
parmezan	g	50	215.5	14.3	8.65	2.1	0.45	19.3	0.7
ulei măsline extravirgin	g	3	24.72	3	0	0	0	0	0
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		520.54	1469.39	69.78	39.3	130.92	8.64	96.68	4.19
Nr. Kcal	1469.39								
ALERGENI ALIMENTARI									
lactoză, gluten									
ADITIVI ALIMENTARI									
E130, E250, E450									

MORTADELLA

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	70	21	0.35	0	3.08	3.08	0.91	0
mozzarella	g	100	327	25.5	16.8	0.7	0.7	23.5	1.6
mortadella	g	60	171	15	4.98	0	0	9	1.08
roşii cherry	g	30	6	0	0	1.2	0	0.39	0
burratina	g	1	212	17	12	0.8	0.8	14	0.33
parmezan	g	50	215.5	14.3	8.65	2.1	0.45	19.3	0.7
ulei măsline extravirgin	g	3	24.72	3	0	0	0	0	0
ALUAT PIZZA									
faina	g	176	522	1.93	0.35	121.44	2.81	22.58	0
ulei	ml	4.9	44.05	4.8	0.63	0	0	0	0
ulei masline	ml	0.5	4.42	0.5	0.07	0	0	0	0
sare	g	4.9	0	0	0	0	0	0	0.04
drojdie	g	0.24	0.7	0	0	0	0	0	0
Total		500.54	1548.39	82.38	43.48	129.32	7.84	89.68	3.75
Nr. Kcal	1548.39								
ALERGENI ALIMENTARI									
lactoză, gluten, fistic									
ADITIVI ALIMENTARI									
E130, E250									

SOSURI

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
SOS USTUROI	g	30	61.5	0.6	0.24	0.9	0.9	0.9	0
SOS SWEET CHILLI	g	30	47.4	0	0	12.69	11.64	0	0.65
SOS ROSII DULCE	g	30	10	0.2	0	1.7	1.7	0.35	0
SOS ROSII PICANT	g	30	10	0.2	0	1.7	1.7	0.35	0
KETCHUP DULCE	g	30	27.42	0	0	5.15	5.14	0.23	0.65
KETCHUP PICANT	g	30	27.42	0	0	5.15	5.14	0.23	0.65

EXTRA

		Cantitate bruta		Acizi grasi					
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	saturati	Glucide	Zaharuri	Proteine	Sare
mozzarella	g	100	162	12.75	8.4	0.35	0.35	11.75	0.8
porumb	g	40	50.91	0.52	0.07	9.73	1.37	1.07	0.03

		Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
Materii prime	U/M								
sos smantana	g	150	283	24.6	22.2	10.5	5.25	4.5	0.15
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
cheddar	g	80	310.4	16.4	0.48	0.48	0.48	19.6	1.36
brânză cu mucegai	g	80	164.8	22.48	14.48	0	0	15.52	2.8
parmezan	g	100	431	28.6	17.3	4.1	0.9	38.5	1.5
salam picant	g	80	244	19.2	11.2	2.75	1.43	15.52	2.72
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		1103.08	2661.08	187.05	108.09	262.39	15.04	195.2	12.45
Nr. Kcal	2661.08								

2661.08

		Cantitate bruta		Acizi grasi					
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
prosciutto cotto	g	160	184	4.8	1.6	3.2	1.6	32	3.04
roşii cherry	g	60	12	0	0	2.4	0	0.78	0
burratina	g	1	212	17	12	0.8	0.8	14	0.33
parmezan	g	100	431	28.6	17.3	4.1	0.9	38.5	1.5
ulei măsline extravirg	g	6	49.44	6					
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		1090.08	2161.32	132.87	73.33	261.66	16.88	188.79	8.79

2161.32

		Cantitate bruta		Acizi grasi					
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	saturati	Glucide	Zaharuri	Proteine	Sare
sos rosii	g	150	45	0.7	0	6.6	6.6	1.95	0
mozzarella	g	240	784.8	61.2	40.32	1.68	1.68	56.4	3.84
mortadella	g	120	342	30	9.96	0	0	18	2.16
rosii cherry	g	60	12	0	0	2.4	0	0.78	0
burrattini	g	1	212	17	12	0.8	0.8	14	0.33
parmezan	g	100	431	28.6	17.3	4.1	0.9	38.5	1.5
ulei masline extravirg	g	6	49.44	6					
ALUAT PIZZA									
faina	g	352	346	3.87	0.7	242.88	5.3	45.16	0
ulei	ml	9.8	88.1	9.7	1.27	0	0	0	0
ulei masline	ml	1	8.84	1	0.14	0	0	0	0
sare	g	9.8	0	0	0	0	0	0	0.08
drojdie	g	0.48	0.14	0	0	0	0	0	0
Total		1050.08	2319.32	158.07	81.69	258.46	15.28	174.79	7.91

2319.32

		Cantitate bruta		Acizi grasi					
Materii prime	U/M	pentru 1 portie	Nr. Kcal	Lipide	saturati	Glucide	Zaharuri	Proteine	Sare
sos smantana	g	250	472.5	41	37	17.5	8.75	7.5	0.23
mozzarella	g	420	1373.4	107.1	70.56	2.94	2.94	98.7	6.72
cheddar	g	170	659.6	54.4	34.85	1.02	1.02	41.65	2.89
brânză cu mucegai	g	170	562.7	47.77	30.77	0	0	32.98	5.95
parmezan	g	170	732.7	48.6	29.41	7	1.53	65.5	2.55
salam picant	g	160	488	38.4	22.4	5.5	2.86	31.04	5.4
ALUAT PIZZA									
faina	g	880	3044	9.68	1.76	607.2	10.9	112.9	0
ulei	ml	24.5	220.25	24.4	3.18	0	0	0	0
ulei masline	ml	2.5	12.8	2.5	0.45	0	0	0	0
sare	g	24.5	0	0	0	0	0	0	0.03
drojdie	g	1.2	0.32	0	0	0	0	0	0
Total		2272.7	6192.87	373.85	230.38	641.16	28	390.27	23.77
Nr. Kcal	6192.87								

măsline	g	30	42	3.9	0.51	0.66	0.09	0.57	0.75	măsline	g	60	84	7.8	1.02	1.32	0.18	1.14	1.5	măsline	g	100	140	13	1.7	2.2	0.3	1.9	2.5
sunca	g	40	27.6	1.04	0.8	0.8	0.2	5.24	0.75	sunca	g	80	52.2	2.08	1.6	1.8	0.4	10.48	1.5	sunca	g	120	110.4	4.52	2.96	3.1	0.7	18.17	2.7
salam picant	g	30	91.5	7.2	4.8	1.21	0.53	5.66	1.32	salam picant	g	60	183	14.4	9.6	2.42	1.06	11.32	2.64	salam picant	g	90	366	28.8	19.2	4.84	2.12	22.64	5.28
bacon	g	40	98.1	8.61	4.82	0.6	0.6	4.98	1.25	bacon	g	80	196.2	17.23	9.64	1.2	1.2	9.96	2.5	bacon	g	120	294.3	25.84	14.55	2.1	2.1	13.45	3.5
salam	g	30	128.4	12.03	4.76	0.33	0.33	7.1	1.8	salam	g	60	256.8	21.06	9.66	0.66	0.66	14.4	2.16	salam	g	90	385.2	28.2	14.49	0.99	0.99	21.6	3.45
ceapă	g	30	8.84	0.06	0.02	1.44	1.44	0.38	0.02	ceapă	g	60	17.93	0.12	0.01	2.88	2.88	0.75	0.04	ceapă	g	120	36.09	0.24	0.01	5.76	1.5	0.1	
usturoi	g	15	22.35	0.1	0	5.7	3.6	0.85	0	usturoi	g	30	44.7	0.2	0	9.9	5.2	1.9	0	usturoi	g	45	67.05	0.3	0	14.85	7.8	2.85	0
roșii	g	30	6	0	0	1.2	0	0.39	0	roșii	g	60	12	0	0	2.4	0	0.78	0	roșii	g	90	18	0	0	3.6	0	1.17	0
gorgonzola	g	20	66.2	5.62	3.62	0	0	3.69	0.7	gorgonzola	g	40	132.4	11.24	7.24	0	0	7.76	1.4	gorgonzola	g	60	198.6	16.86	10.86	0	0	11.64	2.1
ciuperci	g	50	14	0.25	0.05	2.5	1.7	1.6	0.025	ciuperci	g	100	28	0.5	0.1	5	2.3	2.2	0.05	ciuperci	g	150	42	0.8	0.2	7	3.45	3.43	0.09
cheddar	g	30	132.5	11.7	7.9	0.2	0.2	8.5	0.54	cheddar	g	60	263	23.4	15.8	0.4	0.4	17	1.08	cheddar	g	90	397.5	35.1	23.7	0.6	0.6	25.4	1.62
parmezan	g	30	129.3	8.58	5.19	1.26	0.27	11.58	0.4	parmeza	g	60	258.6	17.16	10.38	2.52	0.56	23.16	0.8	parmezan	g	90	389.9	25.74	15.57	3.78	0.81	34.74	1.2
jalapeno	g	20	8.1	0	0	1.65	0	0.2	1.7	jalapeno	g	40	16.2	0	0	3.1	0	0.4	2.3	jalapeno	g	60	24.3	0	0	5.77	0	0.6	5.1