



Calculatie nutritiva si macronutrienti



Pinocchio

Calculatie nutritiva si macronutrienti efectuata de Asociația "O Bucata De Albastru" pentru S.C. BEO FOOD DM S.R.L

Lucrare efectuata pe baza retetarului asumat de catre BEO FOOD DM SRL, si având ca sursa a materiilor prime si a calculatiei Oneden.com aplicand formulele specifice de calcul aferente procesului termic suferit.

Nota : 1) Prezentul calcul are la baza materiile prime cu valori de mijloc si poate avea o marja de eroare intre 1% si 4%

2) Toate preparatele de bucatarie au la baza o concentratie de sare in valoare de 0.8gr/100 gr produs finit

Clatite dulci :

Aliment	Gramaj	Calorii	Proteine Um/gr	Lipide Um/gr	Carbohidrati Um/gr	Fibre Um/gr
Zahar si scortisoara	100 gr	211.42	6	0.2	44.47	0.23
Zahar si nuca	100 gr	263.45	6.54	7.86	43	1.09
Zahar nuca si banana	100 gr	218.52	6	7	34.44	1.48
Branza dulce si stafide	100 gr	194.8	9.16	2.25	34.61	0.61
Gem pr,vis,caise	100 gr	212.31	5.72	1.04	44.81	0.4
Gem	100 gr	209.95	6	1	44.13	1.59



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zmeura						
Gem affine	100 gr	215.77	6	1.04	45.72	0.5
Gem capsuni si nuca	100 gr	242.4	6.76	5.92	39.76	0.72
Gem zmeura si nuca	100 gr	239.04	6.92	5.92	39.16	1.92
Gem affine si nuca	100 gr	244.16	6.72	5.96	40.56	0.96
Gem prune si nuca	100 gr	241.12	6.72	5.96	39.76	0.88
Gem caise si nuca	100 gr	239.68	6.76	5.92	39.36	1.2
Gem visine si nuca	100 gr	243.68	6.76	5.92	40.28	1.36
Miere si nuca	100 gr	247.36	6.72	5.92	41.6	0.76
Miere si banana	100 gr	190.32	4.76	0.86	51.37	0.68
Miere nuca si stafide	100 gr	254.71	6.36	5.39	45.97	1.07
Miere nuca si banana	100 gr	222.44	5.83	5.03	38.72	1.07
Miere stafide si banana	100 gr	200.94	4.59	0.84	45.08	0.97
Nutella	100 gr	260.5	6.68	6.4	43.95	1.22
Finetti	100 gr	262.13	6.22	7.36	42.63	0.22
Cioco alba	100 gr	234.84	6.29	6.07	40.79	2.33
Nutella biscuit si banana	100 gr	245.06	6.06	5.43	43.83	1.6
Nutella si orezexpand	100 gr	270.73	6.65	5.83	47.31	1.94



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Finetti si biscuiti	100 gr	270.15	6.45	7.08	45.6	0.5
Finetti si nuca	100 gr	287.25	7.2	11.61	38.14	0.72
Finetti si cocos	100 gr	265.14	6.07	8.27	41.39	0.21
Finetti si stafide	100 gr	259.29	5.68	6.38	45.75	0.62
Finetti si migdale	100 gr	286.42	7.85	12.17	39.14	1.36
Finetti si alune	100 gr	306.69	7.12	13.46	38.59	1.36
Finetti si arahide	100 gr	299.1	8.44	12.56	37.58	0.19
Finetti si banane	100 gr	224.25	5.16	5.92	37.97	0.64
Finetti si ananas	100 gr	231.51	5.4	6.3	38.13	0.31
Finetti si visine	100 gr	217.22	5.12	5.92	36.06	0.46
Finetti si fructi	100 gr	215.59	5.16	5.95	34.87	0.18
Finetti bisc si nuca	100 gr	303.52	7.15	11.76	42.44	0.97
Finetti bisc si migdale	100 gr	297.45	8.04	11.6	43.2	1.49
Finetti bisc si alune	100 gr	315.6	7.38	12.75	42.71	1.49
Finetti bisc si arahide	100 gr	308.81	8.57	11.95	41.81	0.45
Finetti bisc si banane	100 gr	240.65	5.6	5.99	41.88	0.84
Finetti bisc si ananas	100 gr	236.09	5.5	5.92	40.45	0.58
Finetti bisc	100 gr	234.29	5.57	5.99	40.16	0.68



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si visine						
Finetti nuca si stafide	100 gr	288.52	6.76	10.43	42.58	1.04
Finetti nuca si migdale	100 gr	318.63	8.75	15.82	36.15	1.9
Finetti nuca si arahide	100 gr	325.32	9.31	16.15	35.03	0.64
Finetti nuca si alune	100 gr	332.33	8.09	16.97	35.97	1.72
Finetti nuca si banane	100 gr	274.17	6.33	11.28	37.06	0.95
Finetti nuca si ananas	100 gr	253.92	5.8	10.3	34.39	0.8
Finetti nuca si visine	100 gr	252.08	5.87	10.36	34.09	0.9
Finetti nuca si fructe p	100 gr	249.39	5.7	10.3	33.59	1.24
Finetti cocos si stafide	100 gr	270.74	5.73	7.45	45.24	0.52
Finetti biscuit si fructe p	100 gr	231.69	5.4	5.92	39.67	1.09
Snickers	100 gr	308.6	7.66	12.47	40.97	0.17
Raffaello	100 gr	316.02	8.19	14.15	38.41	0.18
Kinder bueno	100 gr	303.75	6.53	11.35	43.85	0.96
Ferrero roche	100 gr	311.96	6.71	12.67	42.39	0.96
Oreo +cioco alba	100 gr	288.39	6.28	8.78	46.07	1.6
Proteica	100 gr	234.57	8.39	7.85	33.92	0.89
Dare	100 gr	316.07	6.64	11.25	46.53	1.92
Mascarpone	100 gr	230.33	5.57	9.53	34.64	1
Crema	100 gr	212.78	5.28	6	34.21	1



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capsuni						
Cu inghetata	100 gr	225.8	4.9	3.03	39.66	1.13
Cupa inghetata exta	100 gr	180	1.9	8.4	24	0

Clatite sarate :

Aliment	Gramaj	Calorii	Proteine Um/gr	Lipide Um/gr	Carbohidrati Um/gr	Fibre Um/gr
Salam branza si mozza	100 gr	229.82	11.41	9.01	25.83	0.17
Salam, sm si mozza	100 gr	236.39	9.92	10.31	25.9	0.17
Muschi, sm si mozza	100 gr	192.83	10.84	5.89	24.03	0.16
Muschi br si mozza	100 gr	185.09	12.3	4.61	23.62	0.16
Muschi zac si mozza	100 gr	181.07	9.96	4.77	24.28	0.79
Ciup, zac si mozza	100 gr	172.39	8.23	4.57	24.79	0.94
Ciup, sm si mozza	100 gr	176.53	7.63	4.62	26.39	0.49
Ciup , br si mozza	100 gr	170.52	9.93	4.31	23.44	0.52
Sunca, br si mozza	100 gr	187.67	11.9	4.85	24.16	0.16
Sunca , sm si mozza	100 gr	195.63	10.4	6.16	24.6	0.16
Sunca,zac si mozza	100 gr	189.93	10.13	5.13	25.6	0.6
Sunca,musch Sm si mozza	100 gr	187.27	11.12	5.84	22.51	0.15



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Sunca,cstrmr Sm si mozza	100 gr	178.96	9.51	5.6	22.54	0.24
Sunca,muschi, Salam,ciuo,sm Si mozza	100 gr	173.95	10.2	6.02	20.07	0.41
Maxi 2	100 gr	167.54	9.49	5.77	19.53	0.7
Maxi 1	100 gr					
Cu somon	100 gr					
Prosciutto crudo	100 gr					

Salate :

Aliment	Gramaj	Calorii	Proteine Um/gr	Lipide Um/gr	Carbohidrati Um/gr	Fibre Um/gr
Salata cu pui	100 gr	53.6	5.6	1.86	3.84	0.98
Salata cu sunca	100 gr	111.92	5.7	8.24	3.85	0.86
Salata cu ton	100 gr	66.6	6.38	2.62	3.87	1.08
Salata greceasca	100 gr	80.95	2.9	5.72	4.4	1.05
Salata veg	100 gr	38.85	1.05	1.22	5.87	1.7
Salata Waldorf Oscar	100 gr	139.2	2.12	11.55	7.35	1.95
Salate paste cu sunca	100 gr	151.25	5.2	8.33	13.8	0.95
Salata Caesar	100 gr	148.4	9.32	7.37	9.87	0.52
Salata	100 gr	143.65	4.75	6.15	13.35	1



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crispy						
Salata capresse	100 gr	137.2	9.07	9.97	3.64	0.8

Sandvich :

Aliment	Gramaj	Calorii	Proteine Um/gr	Lipide Um/gr	Carbohidrati Um/gr	Fibre Um/gr
Sandvich vegetarian	100 gr	164	13.68	3.04	19.92	1.08
Sandvich Sunca tar	100 gr	174.89	15.37	4.68	17.31	1.55
Sandvich p. pui	100 gr	159.44	14.93	3.13	17.37	1.55
Sandvich Muschi file	100 gr	155.65	14.34	2.96	17.41	1.55
Sandvich Ceafa af	100 gr	161.2	13.93	3.86	17.2	1.55
Sandvich sunca	100 gr	152.82	13.75	2.89	17.34	1.55
Sandvich salam sibiu	100 gr	207.03	15.82	8.06	17.24	1.55
Muschi tig	100 gr	173.77	12.1	10.16	22.26	1
Salam paprika	100 gr	228.2	10.51	10.82	19.06	1.02
Peste ton	100 gr	151.82	12.15	3.5	17.47	0.95
Prosciutto crudo	100 gr	212.91	11.25	10.28	18.77	1.08
Capresse	100 gr	228.38	10.47	12.2	20.2	1.79
laurt de	100 gr	46	3.2	2	3.7	0



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baut (covalact)						

Pizza :

Aliment	Gramaj	Calorii	Proteine Um/gr	Lipide Um/gr	Carbohidrati Um/gr	Fibre Um/gr
Margherita	100 gr	257.5	13.96	11.96	21.8	3.82
vegetariana	100 gr	208.76	9.1	7.82	23.68	4.24
Prosciutto	100 gr	217.2	11	8.88	21.8	3.82
Bacon	100 gr	259.34	11.62	13.38	21.68	3.82
Tonno	100 gr	230.6	13.36	9.02	21.8	3.82
Pui	100 gr	217.06	12.14	8.02	22.44	4.04
Diavola	100 gr	256.04	12.16	10.69	25.72	4.44
Salami	100 gr	263.81	12.83	11.53	25.2	4.44
Prosciutto e funghi	100 gr	212.58	11.42	8.02	22.08	3.86
Pinocchio	100 gr	220.93	10.41	7.1	26.7	4.62
Felie	100 gr	176.46	8.69	5.84	20.76	3.53
Sarb	100 gr	195.88	10.68	7.81	19.6	3.55
Carbonara	100 gr	227.7	11.56	11.02	18.9	3.33
Funghi salami	100 gr	253.55	12.46	10.04	24.31	4.31
Quatro formagi	100 gr	300.26	15.24	14.64	24.68	4.37
Romaneasca	100 gr	225.54	13.12	9.52	20.29	3.56
Prosciutto crudo	100 gr	211.96	12.16	8.6	20.14	3.61
Quatro	100 gr	223.87	12.6	9.63	20.25	3.54



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Stagioni						
Capriciosa	100 gr	203.16	10.49	8.01	20.54	3.54
Salam picant+gorgo	100 gr	282.89	14.93	13.27	24.08	4.19
Quatro formagi + prosciutto	100 gr	309.97	18.95	14.72	23.4	4.06
Tiganeasca	100 gr	294.97	16.23	13.97	23.85	4.19
Hawai	100 gr	246.06	12.64	8.88	26.86	4.42
Oscar	100 gr	231.97	12.81	12.17	16.64	2.97
Cu pere	100 gr	324.2	14.42	16.72	27.7	4.86
Bocconcini	100 gr	234.14	11.58	10.4	21.92	3.9
Bianca	100 gr	224.74	6.4	11.44	22.88	4.04
Napoli	100 gr	227.16	15.14	7.9	22.16	4.06
Focaccia	100 gr	287.55	6.85	4.8	50.5	8.55
Pulled pork	100 gr	240.7	13.8	9.68	22.92	4.04

Burger :

Aliment	Gramaj	Calorii	Proteine Um/gr	Lipide Um/gr	Carbohidrati Um/gr	Fibre Um/gr
Pulled pork	400 gr	591.1	36.8	21.8	62.8	2.3
Pui	400 gr	739.2	54.4	21.7	68.2	1.1
Black Angus	400 gr	987.7	40.3	68	52.8	1.2
wedges	200 gr	464	7	19.6	61.4	7
Sos burger	50 gr	134	0.4	10.3	9.2	0.7



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Paste :

Aliment	Gramaj	Calorii	Proteine Um/gr	Lipide Um/gr	Carbohidrati Um/gr	Fibre Um/gr
Carbonara	450 gr	1038.6	35.7	71.9	65.6	2.7
Sunca si ciuperci	450 gr	894.3	26.8	59.6	67.6	3.2
Quatro formagi	450 gr	1114.5	52.9	70.6	66.7	2.7
Pui si broccoli	450 gr	774.2	40.6	38.6	69.2	5
Somon fume	450 gr	859.6	31.6	52	68.4	4.3
Tonno siciliana	450 gr	748.1	40.9	33.8	69.8	5.8
Milaneze	450 gr	619.9	20.8	27.5	75.1	6.3
Rosii si busuioc	450 gr	585	13.4	25.8	76.7	8.3
Bolognese	450 gr	913.5	42.1	53	69	5.2
Tortelini cu sunca si smantana	450 gr	785.7	33.1	54.7	43.4	0.3
Penne arabiata	450 gr	729.6	15.9	36.8	85.3	6.8
Tagliatelle creveti	450 gr	732.6	37.2	35.8	63.2	3.7
Tagliatelle cu vita	450 gr	1111.3	39.5	76.2	68.2	3.1



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Preparate din pui :

Aliment	Gramaj	Calorii	Proteine Um/gr	Lipide Um/gr	Carbohidrati Um/gr	Fibre Um/gr
Meniu Crispy pui	500 gr	1449	43.3	76.8	89.8	10.3
Meniu frigarui de pui	500 gr	714.6	43.2	20.5	74.3	8
Meniu piept pui gratar	400 gr	719.6	49.9	19.9	66.5	7.7
Piept pui sous-vidé	400 gr	751.7	69	36.8	30.8	3.8

Specialitatea bucatarului:

Aliment	Gramaj	Calorii	Proteine Um/gr	Lipide Um/gr	Carbohidrati Um/gr	Fibre Um/gr
Paste gratinate	100 gr	163.15	9.98	4.78	13.58	0.98
Cotlet sous-vidé	400 gr	813.3	43.8	44.6	53.9	5.3
Somon file	180 gr	372.6	34.4	26.1	0.9	0
Legume in sos	200 gr	237.8	3.6	10.7	32.5	0
Wok cu vita	400 gr	630.2	31.1	15.2	92.1	3.2
Wok cu pui	400 gr	558	39.2	3.3	92.8	3.2



Garnituri :

Aliment	Gramaj	Calorii	Proteine Um/gr	Lipide Um/gr	Carbohidrati Um/gr	Fibre Um/gr
Legume gratar	100 gr	31.35	2.05	0.35	6.58	2.35
Cartofi dulci	100 gr	179	1.2	6	28.6	3.5
Cartofi prajiti	100 gr	319	4	17	38	4
Cartofi wedges	100 gr	232	3.5	9.8	30.7	3.5
Inele de ceapa	100 gr	336.4	4.8	16.9	41.1	3.5

Sosuri

Aliment	Gramaj	Calorii	Proteine Um/gr	Lipide Um/gr	Carbohidrati Um/gr	Fibre Um/gr
Ketchup	58 gr	63.2	1.2	0.2	13.9	0
Sos usturoi	58 gr	194.3	0.9	18.7	5.3	0
Sos maioneza	58 gr	354.4	0.5	38.9	2.6	0
Sos de rosii dulce	58 g	34.8	0.8	1.3	4.2	1.5
Sos de rosii	58 gr	42	0.9	1.2	6.3	1.2



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picant						
Sos unguresc	58 gr	41.2	1.2	2.6	3.4	0
Sos tzatziki	58 gr	55.2	1.6	4.5	2.4	0.4
Sos Dijon	58 gr	94	4.6	6.4	3.5	0

Freshuri si limonade

Aliment	Gramaj	Calorii	Proteine Um/gr	Lipide Um/gr	Carbohidrati Um/gr	Fibre Um/gr
Fresh porto	350 ml	162.4	3.2	0.4	36.8	0
Fresh grapefruit	350 ml	143.5	1.8	0.4	33.6	0
Porto + grape	350 ml	153	2.5	0.4	35.2	0
Limo simpla	365 ml	125.7	0	0	32.2	0
Limo cu capsuni	365 ml	141.7	0.5	0.2	36.1	1
Limo cu kiwi	365 ml	156.2	0.5	0.5	39.7	1.5
Limo cu menta	365 ml	136.2	0.6	0.1	34.4	1.2
Limo cu zmeura	365 ml	148.3	0.6	0	37.3	2.2
Limo cu pepene	365 ml	142.7	0.4	0.1	36.3	0.5
Limo cu ananas	365 ml	149.7	0.2	0	38.2	0.7
Limo cu menta+capsuni	365 ml	148.7	0.9	0.3	37.6	1.8
Limo cu	365 ml	137.7	0.3	0.1	34.9	0.3



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ghimbir						
Limo cu piersici	365 ml	145.2	0.5	0.2	37	0.8
Limo cu fructe de padure	365 ml	142.7	0	0	36.8	1.8