

Reggeli

Citromos tea

EN: 41.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;

Mátrai csemege szalámi

EN: 120.0 kcal; ZS: 11.3 g; TZS: 4.8 g; SZH: 0.2 g; CK: 0.1 g; FH: 4.5 g; SÓ: 0.7 g;

margarin

EN: 27.0 kcal; ZS: 3.0 g; TZS: 0.9 g; SÓ: 0.1 g;

Panini (1;7;)

EN: 277.0 kcal; ZS: 2.2 g; TZS: 0.9 g; SZH: 54.0 g; CK: 1.9 g; FH: 9.5 g; SÓ: 0.9 g;

Hónapos retek

EN: 7.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.1 g; CK: 0.0 g; FH: 0.6 g; SÓ: 0.0 g; CA: 0.0 mg;

Tejeskávé (1;7;)

EN: 169.3 kcal; ZS: 4.5 g; TZS: 2.7 g; SZH: 22.0 g; CK: 21.3 g; FH: 9.1 g; SÓ: 0.3 g; CA: 360.0 mg;

Kockasajt, natúr (7;)

EN: 141.0 kcal; ZS: 11.1 g; TZS: 7.5 g; SZH: 3.6 g; CK: 2.8 g; FH: 6.6 g; SÓ: 1.0 g; CA: 345.0 mg;

Főtt tojás (3;)

EN: 73.3 kcal; ZS: 4.4 g; TZS: 1.4 g; SZH: 0.3 g; CK: 0.2 g; FH: 5.0 g; SÓ: 0.2 g; CA: 0.0 mg;

margarin

EN: 27.0 kcal; ZS: 3.0 g; TZS: 0.9 g; SÓ: 0.1 g;

Kifli (1;7;)

EN: 219.2 kcal; ZS: 3.1 g; TZS: 1.2 g; SZH: 40.7 g; CK: 2.2 g; FH: 5.8 g; SÓ: 0.9 g;

Kápia paprika

EN: 18.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 2.8 g; CK: 1.4 g; FH: 0.8 g; SÓ: 0.0 g;

Karamellás tej (7;)

EN: 155.5 kcal; ZS: 4.5 g; TZS: 2.7 g; SZH: 18.8 g; CK: 18.8 g; FH: 9.0 g; SÓ: 0.3 g; CA: 360.0 mg;

Sajtos pogácsa (1;3;7;)

EN: 171.5 kcal; ZS: 8.6 g; TZS: 4.7 g; SZH: 19.0 g; CK: 0.7 g; FH: 4.1 g; SÓ: 1.1 g;

Pizzás csiga (1;6;7;)

EN: 196.1 kcal; ZS: 9.0 g; TZS: 0.7 g; SZH: 24.3 g; CK: 1.8 g; FH: 3.6 g; SÓ: 0.2 g; CA: 0.0 mg;

Tej (7;)

EN: 165.0 kcal; ZS: 8.4 g; TZS: 5.4 g; SZH: 13.8 g; CK: 13.8 g; FH: 8.7 g; SÓ: 0.4 g; CA: 360.0 mg;

Zala felvágott

EN: 144.0 kcal; ZS: 12.0 g; TZS: 4.8 g; SZH: 1.3 g; CK: 0.3 g; FH: 7.8 g; SÓ: 1.3 g; CA: 0.0 mg;

margarin

EN: 27.0 kcal; ZS: 3.0 g; TZS: 0.9 g; SÓ: 0.1 g;

Teljeskiőrlésű zsemle (1;6;)

EN: 307.4 kcal; ZS: 2.1 g; TZS: 0.1 g; SZH: 62.4 g; CK: 1.4 g; FH: 11.8 g; SÓ: 1.5 g; CA: 0.0 mg;

Kígyóborka

EN: 7.2 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.0 g; CK: 0.0 g; FH: 0.6 g; SÓ: 0.0 g; CA: 0.0 mg;

Ebéd

Felesborsó gulyás (1;3;9;)

EN: 284.3 kcal; ZS: 10.1 g; TZS: 3.0 g; SZH: 29.2 g; CK: 3.4 g; FH: 17.5 g; SÓ: 1.9 g; CA: 0.0 mg;

Tejben dara (1;7;)

EN: 391.8 kcal; ZS: 17.8 g; TZS: 10.2 g; SZH: 45.0 g; CK: 29.5 g; FH: 13.0 g; SÓ: 0.5 g; CA: 456.0 mg;

Kakaó szórát

EN: 140.3 kcal; ZS: 1.1 g; TZS: 0.7 g; SZH: 30.1 g; CK: 29.5 g; FH: 1.1 g; SÓ: 0.1 g; CA: 0.0 mg;

fehér kenyér (1;6;)

EN: 96.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 19.2 g; CK: 0.6 g; FH: 3.4 g; SÓ: 0.6 g;

alma

EN: 52.5 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 10.5 g; CK: 6.0 g; FH: 0.6 g; SÓ: 0.0 g; CA: 0.0 mg;

Vegyes zöldségleves (1;9;)

EN: 155.0 kcal; ZS: 7.6 g; TZS: 1.5 g; SZH: 12.2 g; CK: 0.5 g; FH: 6.9 g; SÓ: 1.4 g; CA: 0.0 mg;

Frankfurti sertéstokány (1;)

EN: 346.0 kcal; ZS: 23.8 g; TZS: 5.8 g; SZH: 6.3 g; CK: 0.0 g; FH: 25.2 g; SÓ: 5.8 g; CA: 0.0 mg;

Bulgur köret (1;)

EN: 345.8 kcal; ZS: 5.0 g; TZS: 0.4 g; SZH: 63.0 g; CK: 9.0 g; FH: 11.7 g; SÓ: 0.9 g; CA: 0.0 mg;

teljeskiőrlésű kenyér (1;)

EN: 133.2 kcal; ZS: 0.7 g; TZS: 0.2 g; SZH: 26.0 g; CK: 0.0 g; FH: 4.8 g; SÓ: 0.7 g;

Kiwi gyümölcs

EN: 104.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 22.6 g; CK: 12.0 g; FH: 2.0 g; SÓ: 0.0 g; CA: 0.0 mg;

Magyaros tarhonyaleves (1;3;9;)

EN: 218.5 kcal; ZS: 6.9 g; TZS: 1.0 g; SZH: 32.0 g; CK: 0.5 g; FH: 5.2 g; SÓ: 1.4 g; CA: 0.0 mg;

Natúr csirkemell szelet

EN: 133.7 kcal; ZS: 5.5 g; TZS: 1.2 g; SZH: 0.6 g; CK: 0.4 g; FH: 19.2 g; SÓ: 0.8 g; CA: 0.0 mg;

Paraj mártás (1;7;)

EN: 226.9 kcal; ZS: 10.0 g; TZS: 1.9 g; SZH: 23.1 g; CK: 4.6 g; FH: 8.3 g; SÓ: 1.2 g; CA: 120.0 mg;

Főtt burgonya 1/2

EN: 131.6 kcal; ZS: 0.3 g; SZH: 25.8 g; FH: 3.5 g; SÓ: 2.9 g;

fehér kenyér (1;6;)

EN: 96.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 19.2 g; CK: 0.6 g; FH: 3.4 g; SÓ: 0.6 g;

Paradicsomleves (1;3;9;)

EN: 154.3 kcal; ZS: 5.3 g; TZS: 0.5 g; SZH: 22.1 g; CK: 8.1 g; FH: 3.7 g; SÓ: 0.9 g; CA: 0.0 mg;

Rántott hal magvas bundában (1;3;4;)

EN: 460.7 kcal; ZS: 30.2 g; TZS: 4.3 g; SZH: 26.1 g; CK: 0.3 g; FH: 19.5 g; SÓ: 1.9 g; CA: 0.0 mg;

Rizs köret

EN: 344.6 kcal; ZS: 4.0 g; TZS: 0.5 g; SZH: 69.8 g; CK: 0.0 g; FH: 8.4 g; SÓ: 1.5 g; CA: 0.0 mg;

Tartármártás (3;7;10;)

EN: 166.8 kcal; ZS: 14.5 g; TZS: 4.6 g; SZH: 7.0 g; CK: 6.3 g; FH: 1.1 g; SÓ: 1.2 g; CA: 39.7 mg;

Vacsora

Sajtos csirkecomb felső (1;7;)

EN: 234.9 kcal; ZS: 17.8 g; TZS: 6.8 g; SZH: 3.2 g; CK: 0.0 g; FH: 14.7 g; SÓ: 1.7 g; CA: 21.3 mg;

Tört burgonya (7;)

EN: 276.2 kcal; ZS: 6.1 g; TZS: 1.6 g; SZH: 43.7 g; CK: 1.4 g; FH: 6.7 g; SÓ: 1.1 g; CA: 36.0 mg;

teljeskiőrlésű kenyér (1;)

EN: 233.1 kcal; ZS: 1.3 g; TZS: 0.3 g; SZH: 45.5 g; CK: 0.0 g; FH: 8.4 g; SÓ: 1.2 g;

Házi csalamádé

EN: 71.7 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 14.8 g; CK: 7.6 g; FH: 1.9 g; SÓ: 1.3 g; CA: 0.0 mg;

Milánói spagetti sertés (1;)

EN: 449.4 kcal; ZS: 8.3 g; TZS: 3.2 g; SZH: 68.9 g; CK: 11.1 g; FH: 23.9 g; SÓ: 3.1 g; CA: 0.0 mg;

Reszelt sajt (1;7;)

EN: 73.0 kcal; ZS: 4.3 g; TZS: 2.8 g; SZH: 3.1 g; CK: 0.0 g; FH: 5.4 g; SÓ: 0.4 g; CA: 130.0 mg;

fehér kenyér (1;6;)

EN: 192.8 kcal; ZS: 0.8 g; TZS: 0.2 g; SZH: 38.4 g; CK: 1.3 g; FH: 6.9 g; SÓ: 1.2 g;

Rakott zöldbab (3;7;)

EN: 411.7 kcal; ZS: 23.5 g; TZS: 7.6 g; SZH: 29.4 g; CK: 6.3 g; FH: 18.5 g; SÓ: 0.1 g; CA: 36.0 mg;

teljeskiőrlésű kenyér (1;)

EN: 233.1 kcal; ZS: 1.3 g; TZS: 0.3 g; SZH: 45.5 g; CK: 0.0 g; FH: 8.4 g; SÓ: 1.2 g;

banán

EN: 210.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 48.4 g; CK: 30.0 g; FH: 2.6 g; SÓ: 0.0 g; CA: 0.0 mg;