

10.01.2020

CR - Consumul de referinta pentru un adult mediu (8400 kJ/2 000 kcal)

Produce	Cantitatea Medie Netă g/ml	Valoare Energetica (kJ)			Valoare Energetica (kcal)			Grasimi (g)			din care: Acizi grasi saturati (g)			Glucide (g)			din care: Zaharuri (g)			Fibre(g)		Proteine (g)			Sare (g)				
		100g	portie	% CR	100g	portie	% CR	100g	portie	% CR	100g	portie	% CR	100g	portie	% CR	100g	portie	% CR	100g	portie	100g	portie	100g	portie	% CR	100g	portie	% CR
Sandvisuri																													
Hamburger	105	1023	1069	13	243	254	13	8.5	8.8	13	3.3	3.5	17	28	30	11	6.4	6.6	7	1.9	2.0	1.3	13	26	1.21	1.3	21		
Hamburger fara Gluten	129	853	1100	13	203	262	13	6.1	7.8	11	2.5	3.2	16	27	35	13	6.5	8.4	9	3.7	4.7	8.3	11	22	1.01	1.3	22		
Cheeseburger	119	1073	1273	15	256	304	15	10.7	13	18	5.2	6.1	31	26	30	12	6.1	7.3	8	1.7	2.0	1.3	16	32	1.43	1.7	28		
Cheeseburger fara Gluten	144	906	1304	16	216	311	16	8.1	12	17	4.1	5.9	29	25	36	14	6.2	9.0	10	3.3	4.7	9.4	13	27	1.21	1.7	29		
Big Mac	217	972	2106	25	232	503	25	11.5	25	36	4.5	9.7	49	19	42	16	3.9	8.5	9	1.5	3.1	1.2	27	53	1.02	2.2	37		
Double Cheeseburger	171	1099	1874	22	263	448	22	13.8	24	34	7.0	12	60	18	31	12	4.6	7.9	9	1.2	2.0	1.6	27	53	1.47	2.5	42		
Double Cheeseburger fara Gluten	197	967	1905	23	231	455	23	11.4	23	32	5.9	12	58	18	36	14	4.9	9.6	11	2.4	4.8	1.2	24	49	1.29	2.6	43		
Big Tasty	341	1015	3457	41	243	828	41	14.7	50	71	5.9	20	100	14	48	18	2.9	10	11	1.0	3.3	1.3	44	89	1.10	3.7	62		
Chicken McNuggets - 4 pc	72	1045	748	9	250	179	9	13.0	9.3	13	1.6	1.1	6	17	12	5	0.4	0.3	0	1.4	1.0	1.6	11	22	1.16	0.83	14		
Chicken McNuggets - 6 pc	107	1043	1120	13	250	268	13	13.0	14	20	1.6	1.7	8	17	18	7	0.4	0.4	0	1.4	1.5	1.6	17	34	1.21	1.3	22		
Chicken McNuggets - 9 pc	161	1043	1680	20	250	402	20	13.0	21	30	1.6	2.5	12	17	27	10	0.4	0.6	1	1.4	2.2	1.6	25	50	1.16	1.9	31		
McToast	94	1150	1086	13	274	259	13	10.6	10	14	6.0	5.7	29	30	28	11	5.7	5.4	6	1.6	1.5	1.4	13	26	2.12	2.0	33		
McPulsor	109	1048	1142	14	250	272	14	9.2	10	14	1.8	2.0	10	31	34	13	4.6	5.0	6	2.8	3.0	9.2	10	20	1.47	1.6	27		
Royal Deluxe	239	1033	2468	29	247	591	30	14.2	34	49	5.9	14	70	15	36	14	4.0	9.5	11	1.2	2.9	1.4	33	66	0.96	2.3	38		
Chicken Crispy McWrap	265	802	2126	25	191	506	25	7.5	20	29	1.8	4.9	25	20	54	21	3.4	9.1	10	1.3	3.4	8.7	23	46	1.25	3.3	55		
McChicken	181	988	1789	21	235	426	21	9.6	17	25	1.3	2.3	12	25	45	17	3.5	6.3	7	1.5	2.7	1.1	21	42	1.04	1.9	32		
Sandvis cu porc si sos hrean	188	1471	2765	33	353	663	33	21.8	41	59	6.9	13	65	21	40	15	2.1	4.0	4	1.6	3.0	1.7	32	64	1.44	2.7	45		
Chicken Grill	202	724	1463	17	172	348	17	5.9	12	17	1.0	2.0	10	18	36	14	2.5	5.0	6	1.0	2.0	1.1	23	46	0.99	2.0	33		
Arpioare (5 buc)	180	1416	2548	30	340	612	31	23.3	42	60	3.9	7.0	35	14	25	10	1.7	3.0	3	0.6	1.0	1.8	33	66	1.67	3.0	50		
Arpioare (7 buc)	250	1419	3548	42	341	852	43	23.2	58	83	4.0	10	50	14	35	13	1.6	4.0	4	0.4	1.0	1.9	47	94	1.68	4.2	70		
Filet-O-Fish	137	1015	1391	17	242	331	17	9.8	13	19	1.9	2.6	13	27	36	14	3.5	4.8	5	1.5	2.1	1.1	15	31	1.07	1.5	25		
Cartofi																													
Cartofi Prajiti portie mica	80	1210	968	12	289	231	12	14.5	12	17	1.3	1.1	5	35	28	11	0.4	0.3	0	3.6	2.9	3.4	2.7	5	0.69	0.55	9		
Cartofi Prajiti portie medie	114	1210	1379	16	289	330	16	14.0	16	23	1.3	1.5	8	36	41	16	0.4	0.4	0	3.6	4.2	3.4	3.9	8	0.69	0.79	13		
Cartofi Prajiti portie mare	150	1210	1815	22	290	434	22	14.0	21	30	1.3	2.0	10	36	54	21	0.4	0.5	1	3.6	5.5	3.4	5.1	10	0.69	1.0	17		
Cartofi Twisters	135	1117	1507	18	267	360	18	12.1	16	23	1.2	1.6	8	35	47	18	0.4	0.5	1	3.9	5.3	2.9	3.9	8	1.93	2.6	43		
Produce Promotionale																													
Big Tasty Bacon	335	1065	3567	42	255	856	43	16.1	54	77	6.0	20	100	16	53	20	3.6	12	13	0.8	2.8	1.1	38	76	1.13	3.8	63		
Big Tasty Jalapeno	330	1016	3353	40	244	804	40	15.2	50	71	5.5	18	90	16	53	20	3.6	12	13	0.9	3.0	1.0	34	68	1.12	3.7	62		
Big Tasty Chicken	305	968	2953	35	232	707	35	12.8	39	56	3.6	11	55	18	56	22	3.3	10	11	1.3	3.9	1.0	31	62	1.18	3.6	60		
Tasty Cheese Vita	136	1113	1514	18	266	362	18	14.2	19	28	4.9	6.6	33	22	30	12	1.3	1.7	2	1.3	1.7	1.2	16	32	1.29	1.8	29		
Tasty Cheese Pui	147	1117	1642	20	266	391	20	9.8	14	21	2.5	3.7	19	35	51	20	5.0	7.4	8	2.0	3.0	8.6	13	25	1.24	1.8	30		
Cartofi Twisters	135	1117	1507	18	267	360	18	12.1	16	23	1.2	1.6	8	35	47	18	0.4	0.5	1	3.9	5.3	2.9	3.9	8	1.93	2.6	43		
Rondele de branza cu bacon	80	1453	1163	14	347	278	14	17.5	14	20	9.8	7.8	39	38	30	12	5.3	4.2	5	1.6	1.3	8.6	6.9	14	2.00	1.6	27		
Spicy McNuggets 4 buc	72	1339	959	11	320	229	11	15.3	11	16	1.7	1.2	6	24	18	7	0.5	0.4	0	0.7	0.5	2.1	15	30	1.60	1.1	19		
Spicy McNuggets 6 buc	107	1339	1438	17	320	343	17	15.3	16	23	1.7	1.9	9	24	26	10	0.5	0.5	1	0.7	0.8	2.1	22	44	1.60	1.7	29		
Spicy McNuggets 9 buc	161	1340	2159	26	320	515	26	15.3	25	35	1.7	2.8	14	24	39	15	0.5	0.8	1	0.7	1.2	2.1	33	67	1.60	2.6	43		
Plăcintă cu ciocolată cu gust de caramel sărat	78	1633	1273	15	390	304	15	20.0	16	22	6.4	5.0	25	47	37	14	24.0	19	21	2.4	1.9	4.4	3.4	7	0.62	0.48	8		
Plăcintă cu ciocolată cu gust de caramel sărat și înghetata.	200	1140	2280	27	272	543	27	11.2	22	32	5.4	11	54	38	76	29	27.8	56	62	1.4	2.7	4.2	8.4	17	0.39	0.77	13		
Salate																													
Salata Prichindel	55	76	42	1	18	10	1	0.0	0.0	0	0.0	0.0	0	2	1.0	0	0.0	0.0	0	1.8	1.0	1.8	1.0	2	0.00	0.00	0		
Salata Caesar Grill	251	305	766	9	73	184	9	4.6	11	16	2.3	5.9	29	4	11	4	2.3	5.7	6	0.9	2.3	3.3	8.3	17	0.69	1.7	29		
Salata Caesar Crispy	267	558	1489	18	133	356	18	6.4	17	24	2.0	5.3	27	9	25	10	1.7	4.6	5	1.2	3.1	9.0	24	48	0.56	1.5	25		
Salata Greek	254	383	973	12	92	233	12	5.5	14	20	3.4	8.6	43	6	14	5	1.9	4.9	5	1.5	3.7	4.3	11	22	0.47	1.2	20		
Sosuri Salate																													
Dressing Caesar	50	1250	625	7	303	151	8	29.0	15	21	2.8	1.4	7	8	4.0	2	6.0	3.0	3	0.0	0.0	2.4	1.2	2	1.80	0.90	15		
Dressing Vinaigrette	50	1952	976	12	474	237	12	50.0	25	36	8.0	4.0	20	6	3.0	1	4.0	2.0	2	0.0	0.0	0.0	0.0	0	2.00	1.0	17		
Dressing Youghurt	50	1012	506	6	244	122	6	20.0	10	14	2.0	1.0	5	6	3.0	1	6.0	3.0	3	0.0	0.0	1.0	5.0	10	1.40	0.70	12		
Desert																													
Plăcintă Mere	80	1133	906	11	271	217	11	13.8	11	16	3.8	3.0	15	31	25	10	11.3	9.0	10	6.3	5.0	2.5	2.0	4	0.38	0.30	5		
McSundae Caramel	154	791	1216	14	187	288	14	4.0	6.1	9	2.7	4.1	21	35	53	21	25.6	39	44	0.0	0.0	3.2	4.8	10	0.19	0.30	5		

Coca Cola 400 ml	400	180	714	9	42	168	8	0.0	0.0	0	0.0	0.0	0	10.6	42	16	10.6	42	47	0.0	0.0	0.0	0.0	0	0.00	0.00	0
Coca Cola 500 ml	500	180	901	11	42	212	11	0.0	0.0	0	0.0	0.0	0	10.6	53	20	10.6	53	59	0.0	0.0	0.0	0.0	0	0.00	0.00	0
Cola Zero 250ml	250	1.2	3.0	0	0.3	0.8	0	0.0	0.0	0	0.0	0.0	0	0	0	0	0.0	0	0	0.0	0.0	0.0	0.0	0	0.03	0.07	1
Cola Zero 400ml	400	1.2	4.8	0	0.3	1.2	0	0.0	0.0	0	0.0	0.0	0	0	0	0	0.0	0	0	0.0	0.0	0.0	0.0	0	0.03	0.12	2
Cola Zero 500ml	500	1.2	6.0	0	0.3	1.5	0	0.0	0.0	0	0.0	0.0	0	0	0	0	0.0	0	0	0.0	0.0	0.0	0.0	0	0.03	0.15	2
Fanta 250ml	250	178	459	5	42	108	5	0.0	0.0	0	0.0	0.0	0	10.3	27	10	10.3	27	30	0.0	0.0	0.0	0.0	0	0.01	0.03	0
Fanta 400ml	400	178	731	9	42	172	9	0.0	0.0	0	0.0	0.0	0	10.3	43	17	10.3	43	48	0.0	0.0	0.0	0.0	0	0.01	0.04	1
Fanta 500ml	500	178	918	11	42	216	11	0.0	0.0	0	0.0	0.0	0	10.3	54	21	10.3	54	60	0.0	0.0	0.0	0.0	0	0.01	0.05	1
Sprite 250ml	250	40	100	1	9	23	1	0.0	0.0	0	0.0	0.0	0	2.1	5	2	2.1	5	6	0.0	0.0	0.0	0.0	0	0.02	0.05	1
Sprite 400ml	400	40	160	2	9	36	2	0.0	0.0	0	0.0	0.0	0	2.1	8	3	2.1	8	9	0.0	0.0	0.0	0.0	0	0.02	0.08	1
Sprite 500ml	500	40	200	2	9	45	2	0.0	0.0	0	0.0	0.0	0	2.1	11	4	2.1	11	12	0.0	0.0	0.0	0.0	0	0.02	0.10	2
Apple Juice 180 ml	180	189	340	4	44	80	4	0.0	0.0	0	0.0	0.0	0	11	20	8	11.1	20	22	0.0	0.0	0.0	0.0	0	0.00	0.00	0
Apple Juice 250 ml	250	190	476	6	45	112	6	0.0	0.0	0	0.0	0.0	0	11	28	11	11.2	28	31	0.0	0.0	0.0	0.0	0	0.00	0.00	0
Apple Juice 500 ml	500	190	952	11	45	224	11	0.0	0.0	0	0.0	0.0	0	11	55	21	11.0	55	61	0.0	0.0	0.2	1.0	2	0.00	0.00	0
Orange Juice 180 ml	180	198	357	4	47	84	4	0.0	0.0	0	0.0	0.0	0	11	20	8	11.1	20	22	0.0	0.0	0.6	1.0	2	0.00	0.00	0
Orange Juice 250 ml	250	204	510	6	48	120	6	0.0	0.0	0	0.0	0.0	0	12	29	11	11.2	28	31	0.0	0.0	0.4	1.0	2	0.00	0.00	0
Orange Juice 500 ml	500	201	1003	12	47	236	12	0.0	0.0	0	0.0	0.0	0	11	57	22	8.8	44	49	0.0	0.0	0.4	2.0	4	0.00	0.00	0
Cappy Multivitamin 180 ml	180	196	343	4	46	81	4	0.0	0.0	0	0.0	0.0	0	11	20	8	11.2	20	22	0.0	0.0	0.0	0.0	0	0.00	0.00	0
Cappy Multivitamin 250 ml	250	196	476	6	46	112	6	0.0	0.0	0	0.0	0.0	0	11	28	11	11.2	28	31	0.0	0.0	0.0	0.0	0	0.00	0.00	0
Cappy Multivitamin 500 ml	500	196	952	11	46	224	11	0.0	0.0	0	0.0	0.0	0	11	56	22	11.2	56	62	0.0	0.0	0.0	0.0	0	0.00	0.00	0
Lipton Lemon 250 ml	250	79	196	2	18	46	2	0.0	0.0	0	0.0	0.0	0	4.6	11	4	4.5	11	13	0.0	0.1	0.0	0.1	0	0.0	0.1	1
Lipton Lemon 400 ml	400	79	314	4	18	74	4	0.0	0.0	0	0.0	0.0	0	4.6	18	7	4.5	18	20	0.0	0.1	0.0	0.1	0	0.0	0.1	0
Lipton Lemon 500 ml	500	79	393	5	18	92	5	0.0	0.0	0	0.0	0.0	0	4.6	23	9	4.5	23	25	0.0	0.1	0.0	0.1	0	0.0	0.1	0
Cafea																											
Espresso 50 ml	50	12	6	0	3	1	0	0.0	0.0	0	0.0	0.0	0	0.4	0.2	0	0.4	0.2	0	0.0	0.0	0.3	0.2	0	0.00	0.00	0
Cafea 200 ml	200	9	17	0	2	4	0	0.0	0.0	0	0.0	0.0	0	0.3	0.6	0	0.3	0.6	1	0.0	0.0	0.2	0.4	1	0.00	0.01	0
Cafea 300 ml	300	9	26	0	2	6	0	0.0	0.0	0	0.0	0.0	0	0.3	0.9	0	0.3	0.9	1	0.0	0.0	0.2	0.6	1	0.00	0.01	0
Cappuccino 200 ml	200	69	139	2	17	33	2	0.6	1.2	2	0.4	0.8	4	2	3.2	1	1.6	3.2	4	0.0	0.0	1.2	2.4	5	0.05	0.10	2
Cappuccino 300 ml	300	71	213	3	17	51	3	0.6	1.8	3	0.4	1.2	6	2	4.9	2	1.6	4.9	5	0.0	0.0	1.2	3.6	7	0.05	0.16	3
Latte Machiato	300	87	262	3	21	62	3	0.7	2.2	3	0.5	1.4	7	2	6.2	2	2.1	6.2	7	0.0	0.0	1.5	4.5	9	0.06	0.18	3
Café Latte	200	98	195	2	23	46	2	0.8	1.6	2	0.6	1.1	6	2	4.6	2	2.3	4.6	5	0.0	0.0	1.7	3.4	7	0.07	0.14	2
Café Latte	300	91	274	3	22	65	3	0.8	2.3	3	0.5	1.5	8	2	6.5	3	2.2	6.5	7	0.0	0.0	1.5	4.6	9	0.06	0.18	3
Mic Dejun																											
Bacon McMuffin cu Ou	137	1067	1457	17	256	349	17	11.2	15	22	5.4	7.3	37	19	26	10	1.7	2.4	3	13.1	18	1.6	18	36	1.00	1.4	23
Cheese McMuffin cu Ou	131	1010	1323	16	242	317	16	10.0	13	19	4.9	6.4	32	20	26	10	1.8	2.3	3	12.1	16	1.6	16	32	0.90	1.2	20
Sausage McMuffin	122	1288	1571	19	309	377	19	15.0	18	26	7.0	8.5	42	21	26	10	2.1	2.5	3	14.8	18	1.6	18	36	1.37	1.7	28
Hashbrown	57	1082	613	7	260	147	7	16.7	9.5	14	1.7	1.0	5	24	14	5	0.2	0.1	0	2.1	1.2	2.2	1.2	2	0.94	0.53	9
Lipie cu Sunca	79	1041	822	10	247	195	10	6.3	5.0	7	3.8	3.0	15	34	27	10	1.3	1.0	1	1.3	1.0	13	10	20	1.90	1.5	25
Lipie cu Salam de Sibiu	72	1272	916	11	303	218	11	11.1	8.0	11	4.2	3.0	15	38	27	10	1.4	1.0	1	1.4	1.0	13	9.0	18	1.81	1.3	22
McMuffin Fresh Dublu	200	1093	2185	26	262	523	26	14.5	29	41	7.5	15	75	18	36	14	1.5	3.0	3	1.5	3.0	14	28	56	1.35	2.7	45
Chicken McMuffin Fresh	149	860	1282	15	205	305	15	7.4	11	16	4.0	6.0	30	25	37	14	1.3	2.0	2	0.7	1.0	9.4	14	28	1.28	1.9	32
Mic Dejun Mare	301	908	2733	33	218	655	33	13.0	39	56	6.6	20	100	15	44	17	3.0	1.0	1	1.3	4.0	10.0	30	60	1.03	3.1	52
Bagel cu omeletă și sausage	217	1018	2209	26	243	527	26	11.0	24	34	5.0	11	54	21	46	18	0.3	0.6	7	1.5	3.3	14	30	60	1.23	2.7	45
Bagel cu omeletă, bacon și șuncă	171	958	1639	20	228	390	19	7.9	14	19	3.3	5.6	28	25	43	16	2.9	5.0	6	1.7	2.9	13	23	46	1.28	2.2	37
Unt	10	3056	306	4	743	74	4	82.0	8.2	12	56.0	5.6	28	1	0.1	0	0.7	0.1	0	0.0	0.0	0.6	0.1	0	0.03	0.00	0
Dulceata Visine	20	1275	255	3	300	60	3	0.0	0.0	0	0.0	0.0	0	75	15	6	65.0	13	14	0.0	0.0	0.0	0.0	0	0.00	0.00	0
Miere	20	1360	272	3	320	64	3	0.0	0.0	0	0.0	0.0	0	80	16	6	80.0	16	18	0.0	0.0	0.0	0.0	0	0.00	0.00	0