

# VALORI NUTRITIONALE

## BLATURI DE PIADINE

	Calorii	Proteine	Lipide	Carboh.	Fibre
BLAT ORIGINAL 180g	437.01	14.08	1.48	90.88	1.92
BLAT INTEGRAL 180g	436.37	15.81	2.06	91.90	8.77
BLAT DE POST 180g	436.31	14.08	1.40	90.88	1.92
MINI BLAT ORIGINAL 130g	315.62	10.17	1.07	65.64	1.39
MINI BLAT INTEGRAL 130g	315.16	11.42	1.49	66.38	6.33

## PIADINE -- FARA BLAT

	Calorii	Proteine	Lipide	Carboh.	Fibre
VENEZIA cu CRUDO	283.00	23.02	20.64	1.29	0.57
VENEZIA cu SPECK	319.00	24.17	24.09	1.44	0.57
MODENA cu SALAM MILANO	333.00	24.60	19.50	6.70	1.20
MODENA cu SALAM PICANT	354.50	25.90	21.50	6.15	1.20
FIRENZE	278.20	24.72	15.64	1.24	0.32
ROMA cu COTTO	231.00	15.50	15.70	7.47	1.47
ROMA cu SUNCA PUI	214.00	16.00	14.20	6.07	1.47
AL TONNO	274.70	31.27	9.34	6.89	1.52
CANIBALA	390.40	43.31	22.79	1.34	0.57
4 FORMAGGI	418.10	25.18	34.04	2.76	0.63
VEGETARIANA	75.00	3.44	3.73	9.36	3.73
DULCE	531.60	5.46	31.85	52.47	1.42
MINIPIADINA RIMINI cu CRUDO	158.65	15.56	6.61	2.22	0.16
MINIPIADINA RIMINI cu SPECK	176.65	16.14	8.34	2.30	0.16
MINIPIADINA MILANO cu SALAM SIMPLU	233.20	16.52	13.50	4.23	1.20
MINIPIADINA MILANO cu SALAM PICANT	246.10	17.30	14.70	3.90	1.20
MINIPIADINA NAPOLI	217.90	28.56	5.47	6.07	1.36

## LA FARFURIE-- FARA BLAT

	Calorii	Proteine	Lipide	Carboh.	Fibre
ALESSANDRO VOLTA cu CARTOFI	825.90	44.48	50.42	45.60	0.00
ALESSANDRO VOLTA cu SALATA	699.55	44.31	42.09	33.28	2.32
GIOTTO cu CARTOFI	438.20	27.18	24.34	31.58	2.10
GIOTTO cu SALATA	311.85	27.01	16.01	19.26	4.42
LEONARDO DA VINCI cu CARTOFI	504.60	37.98	30.90	23.88	0.00
LEONARDO DA VINCI cu SALATA	378.25	37.81	22.57	11.56	2.32
MICHELANGELO cu CARTOFI	501.00	23.98	32.94	21.57	0.00
MICHELANGELO cu SALATA	374.65	23.81	24.61	9.25	2.32
MARCO POLO cu CARTOFI	381.00	9.98	21.94	36.10	2.20
MARCO POLO cu SALATA	254.65	9.81	13.61	23.78	4.52
GALILEO GALILEI cu CARTOFI	450.00	18.98	10.94	46.10	1.20
GALILEO GALILEI cu SALATA	323.65	18.81	2.61	33.78	3.52
AMERIGO VESPUCCI cu CARTOFI	490.00	44.81	24.52	20.45	0.13
AMERIGO VESPUCCI cu SALATA	363.65	44.63	16.19	8.13	2.45
CRISTOFORO COLOMBO cu CARTOFI	790.80	27.54	65.46	31.80	0.00
CRISTOFORO COLOMBO cu SALATA	664.45	27.37	57.13	19.48	2.32

**SALATE-- FARA BLAT**

	<b>Calorii</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Carboh.</b>	<b>Fibre</b>
ROMAGNIA	342.20	36.91	16.74	10.11	2.38
VENETO	176.10	7.50	11.09	13.43	3.98
LIGURIA	176.10	7.50	11.09	13.43	3.98
PIEMONTE	202.40	28.05	3.41	14.81	3.86
TOSCANA	83.30	3.61	1.22	15.56	4.64
LAZIO	189.20	16.98	11.01	7.71	2.57
PUGLIA	177.70	6.99	10.96	14.30	4.48
MARCHE	82.10	3.29	1.26	15.10	5.16
SICILIA	176.00	20.14	5.30	11.66	3.56
SARDEGNA	198.30	20.31	5.94	15.60	5.16

**-- PIADIPIZZE --**

	<b>Calorii</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Carboh.</b>	<b>Fibre</b>
SCHIACCIATINA	742.78	23.95	2.38	154.79	3.76
MARINARA	807.83	31.27	5.40	158.58	4.73
MARGHERITA	1159.58	54.77	33.14	161.47	4.70
PUGLIESE	1175.18	55.25	33.18	164.79	5.26
PROSCIUTTO E FUNGHI	1286.18	65.70	40.23	166.66	5.00
DIAVOLA	1510.12	77.79	61.43	162.75	5.04
NAPOLI	1237.08	62.15	36.46	165.76	6.02
ROMANA	1195.18	56.21	36.39	163.60	7.26
SICILIANA	1264.88	63.29	39.62	166.09	7.98
WURSTEL	1467.18	65.97	58.34	168.87	4.90
SALSICCIA	1482.58	66.73	61.50	171.05	6.08
4 FORMAGGI	1603.98	85.27	65.44	162.63	4.90
4 FORMAGGI ALBA	1575.98	83.97	65.24	155.63	3.40
4 STAGIONI	1251.18	60.53	37.56	171.25	8.54
CAPRICCIOSA	1298.68	62.82	41.21	171.11	7.28
SOACRA	1557.01	79.61	65.20	164.21	5.84
BUFALINA	787.34	42.17	30.14	159.43	4.70
TONNO E CIPOLLA	1443.38	90.17	45.98	165.85	6.08
VERONESE	1770.38	96.67	70.26	196.13	12.08
GORGONZOLA SPECK	1531.98	85.01	60.66	162.23	4.90
CRUDO	1468.78	85.99	50.48	162.37	5.02
SFIZIOSA	1466.38	82.79	51.28	163.01	5.02
MILANESE	1593.98	85.29	64.03	164.15	5.30
CANIBALA	1698.88	82.53	77.71	171.32	4.70
BOSCAIOLA	1196.58	58.19	33.53	168.47	6.28
ESTA LOCA	1708.72	83.49	79.51	170.07	5.72
ORTOLANA	1338.58	64.59	35.22	199.75	13.58
OSCAR	1304.38	51.37	40.10	193.83	11.34
GENOVESE	1240.48	43.76	40.13	160.61	4.16
GAMBERINA	1171.18	38.57	7.36	164.97	3.70