

**Clasificare:** PRODUSE DE PATISERIE

**Denumire produs:** Chec aglutenic cu fructe, ID 0116

**Ingrediente:** făină de orez, zahăr, ouă, ulei vegetal, fructe confiate

**Conținut pentru 100g parte comestibilă**

| Denumire component          | EuroFIR ID | Unitate exprimare | Valoare | Referință |
|-----------------------------|------------|-------------------|---------|-----------|
| Valoare energetică          | ENERC      | kcal              | 320     |           |
| Valoare energetică          | ENERC      | kJ                | 1345    |           |
| Proteine totale [NCF: 5,95] | PROT       | g                 | 10,9    |           |
| Azot total                  | NT         | g                 | 1,832   |           |
| Lipide totale [FACE: 0,92]  | FAT        | g                 | 11,88   |           |
| Acizi grași totali          |            | g                 | 10,93   |           |
| Acizi grași saturați        | FASAT      | g                 | 2,95    |           |
| C4:0                        | F4:0       | g                 |         |           |
| C6:0                        | F6:0       | g                 |         |           |
| C8:0                        | F8:0       | g                 |         |           |
| C10:0                       | F10:0      | g                 |         |           |
| C12:0                       | F12:0      | g                 |         |           |
| C14:0                       | F14:0      | g                 |         |           |
| C15:0                       | F15:0      | g                 |         |           |
| C16:0                       | F16:0      | g                 |         |           |
| C17:0                       | F17:0      | g                 |         |           |
| C18:0                       | F18:0      | g                 |         |           |
| C20:0                       | F20:0      | g                 |         |           |
| C22:0                       | F22:0      | g                 |         |           |
| C24:0                       | F24:0      | g                 |         |           |
| Acizi grași mononesaturați  | FAMS       | g                 | 2,84    |           |
| C14:1, n-5                  | F14:1CN5   | g                 |         |           |
| C16:1, n-7                  | F16:1CN7   | g                 |         |           |
| C18:1, n-9                  | F18:1CN9   | g                 |         |           |
| C18:1, n-7                  | F18:1CN7   | g                 |         |           |
| C18:1, n-11                 | F18:1CN11  | g                 |         |           |
| C20:1, n-9                  | F20:1CN9   | g                 |         |           |
| C20:1, n-11                 | F20:1CN11  | g                 |         |           |
| C22:1, n-9                  | F22:1CN9   | g                 |         |           |
| C22:1, n-11                 | F22:1CN11  | g                 |         |           |
| C24:1, n-9                  | F24:1CN9   | g                 |         |           |
| Acizi grași polinesaturați  | FAPU       | g                 | 5,14    |           |
| C18:2, n-6                  | F18:2CN6   | g                 |         |           |
| C18:3, n-3                  | F18:3CN3   | g                 |         |           |
| C18:3, n-6                  | F18:3CN6   | g                 |         |           |
| C18:4, n-3                  | F18:4CN3   | g                 |         |           |
| C20:3, n-6                  | F20:3CN6   | g                 |         |           |
| C20:4, n-6                  | F20:4CN6   | g                 |         |           |

|                         |          |     |       |  |
|-------------------------|----------|-----|-------|--|
| C20:5, n-3              | F20:5CN3 | g   |       |  |
| C22:4, n-6              | F22:4CN6 | g   |       |  |
| C22:5, n-3              | F22:5CN3 | g   |       |  |
| C22:5, n-6              | F22:5CN6 | g   |       |  |
| C22:6, n-3              | F22:6CN3 | g   |       |  |
| Acizi grași n-3         | FACN3    | g   |       |  |
| Acizi grași n-6         | FACN6    | g   |       |  |
| Glucide totale          | CHOT     | g   | 43,1  |  |
| Glucide disponibile     | CHO      | g   | 41,68 |  |
| Zaharuri                | SUGAR    | g   | 22,04 |  |
| Fibre alimentare totale | FIBT     | g   | 1,42  |  |
| Apă                     | WATER    | g   | 31,89 |  |
| Cenușă totală           | ASH      | g   | 2,23  |  |
| Vitamine                |          |     |       |  |
| Vitamina A              | VITA     | RE  |       |  |
| β-caroten               | CARTB    | μg  |       |  |
| Retinol                 | RETOL    | μg  |       |  |
| Vitamina B2             | RIBF     | mg  |       |  |
| Vitamina B1             | THIA     | mg  |       |  |
| Vitamina B12            | VITB12   | μg  |       |  |
| Vitamina B6             | PYRXN    | mg  |       |  |
| Vitamina C              | VITC     | mg  |       |  |
| Vitamina D              | VITD     | μg  |       |  |
| Vitamina E              | VITE     | ATE |       |  |
| α-tocoferol             | TOCPHA   | mg  |       |  |
| Niacină                 | NIA      | mg  |       |  |
| Folați                  | FOL      | μg  |       |  |
| Substanțe minerale      |          |     |       |  |
| Calciu                  | CA       | mg  |       |  |
| Potasiu                 | K        | mg  |       |  |
| Magneziu                | MG       | mg  |       |  |
| Sodiu                   | NA       | mg  |       |  |
| Fosfor                  | P        | mg  |       |  |
| Fier                    | FE       | mg  |       |  |
| Zinc                    | ZN       | mg  |       |  |
| Seleniu                 | SE       | μg  |       |  |
| Cupru                   | CU       | mg  |       |  |
| Sare                    | NACL     | g   |       |  |