



Heti étlap

7. hét 2025.02.10. - 2025.02.14. H - P

Oldal: 1

Tulajdonos: [Precíz Kft.] - 6000 Kecskemét, Katona József tér 8.

2025.02.07. 15:01:03

37/2014 (IV.30) EMMI rendelet alapján a tápanyagértékek 1 adagra értendők!

| Étkezés | Hétfő | Kedd | Szerda | Csütörtök | Péntek | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|--|--|---|--|---|-------|----|-------|-------|-------|--|----------|---------|---|------------|---------|--------------|------------|-------|-------|--|----------|---------|--------------|------------|-------|---|----------|---------|--------------|---|----------|---------|--------------|------------|-------|--------|-------|-------|---|---|----------|--------------|--------------|------------|-------|-------|-------|-------|--------|-------|-------|--|----------|---------|--------------|------------|-------|----|-------|-------|------|-------|-------|-------|
| 07 Középiskola reggeli | Tej (1,5%) 3 Gabonapehely 3 | Tea csipkebogyó 3 Sonnakrém 3 Zsemle, reggeli 3 Retek, fehér 3 | Kakaó 3 Lekváros rúd 3 | Tea gyümölcsös 3 KEDVENC ÍZEK FOKHAGYMÁS (l.t.) 3 Liga margarin 3 Kenyér, félbarna 3 (reggeli, vacsora) Paprika TV 3 | Tej (1,5%) 3 Margarin LIGHT 3 Diák kakaós kifli 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>64,7g</td><td>29,7g</td><td>0,86g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 64,7g | 29,7g | 0,86g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>15,5g</td><td>8,0g</td><td>0,37g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 15,5g | 8,0g | 0,37g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>13,1g</td><td>7,3g</td><td>0,33g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 13,1g | 7,3g | 0,33g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>16,2g</td><td>12,6g</td><td>0,76g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 16,2g | 12,6g | 0,76g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>16,3g</td><td>13,9g</td><td>0,93g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 16,3g | 13,9g | 0,93g | | | | | | | | | | | | | | | |
| energia: | fehéje: | zsírtelített | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 64,7g | 29,7g | 0,86g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15,5g | 8,0g | 0,37g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13,1g | 7,3g | 0,33g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16,2g | 12,6g | 0,76g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| energia: | fehéje: | zsírtelített | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16,3g | 13,9g | 0,93g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08 Középiskola ebéd | Lebbencs leves 3 Sós kávézselé 3 Főtt burgonya, 1/4 adag 3 Tükortojás 3 Túrós rétes 3 | Paradicsomleves rizs szem tésztaval 3 Töltött csirkecomb 3 Petrezselymes burgonya 3 Vegyes saláta 3 | Frankfurti leves 3 Rizs felújít 3 Banán 3 | Tejszínes gyümölcsleves 3 Rántott halfilé 3 Tepsis burgonya 3 Céklasaláta 3 | Zellerkrémleves 3 Kínai pulykaragu 3 Tésztakörlet masni 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>26,1g</td><td>16,6g</td><td>0,0g</td></tr> <tr><td>52,7g</td><td>11,1g</td><td>1,35g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 26,1g | 16,6g | 0,0g | 52,7g | 11,1g | 1,35g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>53,9g</td><td>14,3g</td><td>0,0g</td></tr> <tr><td>98,5g</td><td>17,4g</td><td>1,90g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 53,9g | 14,3g | 0,0g | 98,5g | 17,4g | 1,90g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>34,4g</td><td>30,3g</td><td>0,0g</td></tr> <tr><td>133,5g</td><td>41,3g</td><td>2,14g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 34,4g | 30,3g | 0,0g | 133,5g | 41,3g | 2,14g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>16,5g</td><td>4,8g</td><td>0,0g</td></tr> <tr><td>120,3g</td><td>42,5g</td><td>1,95g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 16,5g | 4,8g | 0,0g | 120,3g | 42,5g | 1,95g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>17,3g</td><td>11,1g</td><td>0,0g</td></tr> <tr><td>84,2g</td><td>14,5g</td><td>1,95g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 17,3g | 11,1g | 0,0g | 84,2g | 14,5g | 1,95g |
| energia: | fehéje: | zsírtelített | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26,1g | 16,6g | 0,0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 52,7g | 11,1g | 1,35g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 53,9g | 14,3g | 0,0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 98,5g | 17,4g | 1,90g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 34,4g | 30,3g | 0,0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 133,5g | 41,3g | 2,14g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16,5g | 4,8g | 0,0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 120,3g | 42,5g | 1,95g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| energia: | fehéje: | zsírtelített | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17,3g | 11,1g | 0,0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 84,2g | 14,5g | 1,95g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 Középiskola ebéd B | Lebbencsleves 3 Hentes tokány 3 Tésztakörlet csopocskával 3 | Paradicsomleves rizs szem tésztaval 3 Óvári sertészelet 3 Párolt rizs vegyes zöldséggel 3 Vegyes saláta 3 | Frankfurti leves 3 Burgonyás tészta 3 Banán 3 | Tejszínes gyümölcsleves 3 Csirképpörkölt 3 Tésztakörlet orsóval 3 Céklasaláta 3 | Zellerkrémleves 3 Bübos hús 3 Burgonyapüré 3 Csemege uborkával 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>40,4g</td><td>18,7g</td><td>0,2g</td></tr> <tr><td>86,5g</td><td>3,1g</td><td>1,48g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 40,4g | 18,7g | 0,2g | 86,5g | 3,1g | 1,48g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>50,2g</td><td>22,0g</td><td>0,1g</td></tr> <tr><td>106,6g</td><td>17,4g</td><td>2,18g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 50,2g | 22,0g | 0,1g | 106,6g | 17,4g | 2,18g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>38,5g</td><td>22,4g</td><td>0,1g</td></tr> <tr><td>176,2g</td><td>8,3g</td><td>1,92g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 38,5g | 22,4g | 0,1g | 176,2g | 8,3g | 1,92g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>44,0g</td><td>12,6g</td><td>0,1g</td></tr> <tr><td>110,1g</td><td>44,8g</td><td>1,75g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 44,0g | 12,6g | 0,1g | 110,1g | 44,8g | 1,75g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>40,0g</td><td>26,8g</td><td>0,0g</td></tr> <tr><td>69,2g</td><td>3,1g</td><td>1,35g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 40,0g | 26,8g | 0,0g | 69,2g | 3,1g | 1,35g |
| energia: | fehéje: | zsírtelített | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 40,4g | 18,7g | 0,2g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 86,5g | 3,1g | 1,48g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 50,2g | 22,0g | 0,1g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 106,6g | 17,4g | 2,18g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 38,5g | 22,4g | 0,1g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 176,2g | 8,3g | 1,92g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 44,0g | 12,6g | 0,1g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 110,1g | 44,8g | 1,75g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| energia: | fehéje: | zsírtelített | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 40,0g | 26,8g | 0,0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 69,2g | 3,1g | 1,35g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 Középiskola vacsora | Chilis bab 3 Kenyér, félbarna 3 (reggeli, vacsora) | Lasagne csirkéshússal 3 | Rántott pulykamáj 3 Petrezselymes burgonya 3 Kukoricasaláta 3 | Tojásrántotta kolbászsállaival 3 Kenyér, félbarna 3 (reggeli, vacsora) Zöldpaprika 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>40,4g</td><td>18,7g</td><td>0,2g</td></tr> <tr><td>86,5g</td><td>3,1g</td><td>1,48g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 40,4g | 18,7g | 0,2g | 86,5g | 3,1g | 1,48g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>50,2g</td><td>22,0g</td><td>0,1g</td></tr> <tr><td>106,6g</td><td>17,4g</td><td>2,18g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 50,2g | 22,0g | 0,1g | 106,6g | 17,4g | 2,18g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>38,5g</td><td>22,4g</td><td>0,1g</td></tr> <tr><td>176,2g</td><td>8,3g</td><td>1,92g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 38,5g | 22,4g | 0,1g | 176,2g | 8,3g | 1,92g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>44,0g</td><td>12,6g</td><td>0,1g</td></tr> <tr><td>110,1g</td><td>44,8g</td><td>1,75g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 44,0g | 12,6g | 0,1g | 110,1g | 44,8g | 1,75g | <table border="1"> <tr><td>energia:</td><td>fehéje:</td><td>zsírtelített</td></tr> <tr><td>szénhidrát</td><td>cukor</td><td>só</td></tr> <tr><td>40,0g</td><td>26,8g</td><td>0,0g</td></tr> <tr><td>69,2g</td><td>3,1g</td><td>1,35g</td></tr> </table> | energia: | fehéje: | zsírtelített | szénhidrát | cukor | só | 40,0g | 26,8g | 0,0g | 69,2g | 3,1g | 1,35g |
| energia: | fehéje: | zsírtelített | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 40,4g | 18,7g | 0,2g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 86,5g | 3,1g | 1,48g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| energia: | fehéje: | zsírtelített | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 50,2g | 22,0g | 0,1g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 106,6g | 17,4g | 2,18g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| energia: | fehéje: | zsírtelített | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 38,5g | 22,4g | 0,1g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 176,2g | 8,3g | 1,92g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| energia: | fehéje: | zsírtelített | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 44,0g | 12,6g | 0,1g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 110,1g | 44,8g | 1,75g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| energia: | fehéje: | zsírtelített | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| szénhidrát | cukor | só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 40,0g | 26,8g | 0,0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 69,2g | 3,1g | 1,35g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |