

Chleb psei Chleb psei

Nazev nutrientu	Kod EuroFIR	Jednotka	7.944667	4.02725
Koeficient pro jedlý podíl			1.00	1.00
Energie kcal	ENERC	kcal	247.00	242.00
Bilkoviny celkove [NCF:6.25]	PROT	g	6.00	8.30
Lipidy celkove (tuky) [FACF:0.000]	FAT	g	1.70	1.60
Sacharidy vyuzitelne	CHO	g	49.40	46.50
Vlknina potravy	FIBT	g	5.10	4.30
Vitamin B1 (thiamin)	THIA	mg	0.20	0.20
Vitamin B2 (riboflavin)	RIBF	mg	0.05	0.08
Niacin	NIA	mg	1.00	0.00
Vitamin B6 (pyridoxin)	PYRXN	mg	0.11	0.00
Vitamin C	VITC	mg	0.00	0.00
Kyselina pantothenova (vitamin B5)	PANTAC	mg	0.22	0.00
Vitamin A	VITA	RE	0.00	0.00
Vitamin E	VITE	ATE	0.48	0.00
Horcik	MG	mg	38.00	24.00
Fosfor	P	mg	143.00	88.00
Draslik	K	mg	165.00	115.00
Vapnik	CA	mg	27.00	97.00
zelezo	FE	mg	1.50	1.50
Med'	CU	mg	0.17	0.00
Zinek	ZN	mg	1.20	0.00
Jod	ID	µg	0.00	0.00
Sul	NACL	g	1.30	1.30
Cukry celkove	SUGAR	g	0.00	0.00
Nasycene mastne kyseliny	FASAT	g	0.00	0.00
Cholesterol	CHORL	mg	0.00	0.00
Trans- mastne kyseliny	FATRN	g	0.00	0.00

Maso vepr Maso vepr Maso vepr Maso hovc Jatra vepr Kralik dorr spekacky Parky jemr Salam sun

12.04792	11.42842	11.05567	63.5525	6.205526	22.26487	10.91701	13.70009	13.31505
1.00	1.00	1.00	1.00	0.95	0.79	0.98	0.98	0.98
113.00	173.00	117.00	125.00	136.00	163.00	310.00	294.00	202.00
21.00	19.90	19.90	20.30	21.20	20.10	10.70	12.90	18.00
3.20	10.40	4.20	4.90	4.70	9.10	29.30	26.80	14.60
0.00	0.00	0.00	0.00	2.30	0.00	1.90	0.00	0.10
0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
0.78	0.79	0.95	0.04	0.33	0.10	3.30	0.20	0.35
0.14	0.12	0.16	0.13	3.65	0.12	0.30	0.13	0.19
6.10	6.40	6.50	7.40	0.00	0.00	0.40	0.00	0.00
0.56	0.37	0.49	0.42	0.65	0.00	0.10	0.00	0.00
0.00	0.00	0.00	0.00	27.60	0.00	0.10	0.00	0.00
0.58	0.69	0.93	0.00	6.15	0.00	0.40	0.00	0.00
2.00	4.00	2.00	4.00	12238.00	444.00	1.60	0.00	3.00
0.41	0.40	0.50	0.35	0.20	0.95	1.30	0.00	0.00
27.00	23.00	25.00	28.00	24.00	39.00	13.00	13.00	52.00
230.00	204.00	218.00	230.00	353.00	220.00	89.00	113.00	175.00
346.00	327.00	347.00	335.00	317.00	376.00	181.00	174.00	426.00
4.00	5.00	5.00	5.00	8.00	19.00	20.00	14.00	18.00
0.70	0.90	0.90	1.80	15.30	2.10	1.10	2.00	3.20
0.00	0.00	0.00	0.00	2.60	0.00	0.00	0.00	0.00
2.60	2.79	3.17	3.20	6.64	0.00	0.00	0.00	0.00
0.00	0.00	0.00	0.00	14.00	0.00	0.00	0.00	0.00
0.10	0.10	0.10	0.10	0.30	0.00	2.30	1.60	0.00
0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
0.77	2.67	1.30	2.22	0.00	2.39	0.00	0.00	0.00
54.00	48.00	64.00	45.00	308.00	57.00	75.00	85.00	68.00
0.01	0.02	0.01	0.01	0.00	0.00	0.00	0.00	0.00

Pastika jat Maso vepr Maso kure Maso kure Maso kach Makrela uz Vejce slepi Mleko polc Mleko ods

11.537	14.22842	10.0446	11.2142	13.99764	19.48044	6.15217	1.877099	1.754356
1.00	1.00	0.71	0.71	0.67	0.72	0.89	1.00	1.00
312.00	190.00	222.00	189.00	291.00	222.00	138.00	46.00	34.00
14.20	12.30	16.70	17.20	15.10	20.70	12.60	3.30	3.40
28.00	15.60	17.60	13.50	26.00	15.50	9.50	1.50	0.10
1.70	0.00	0.00	0.00	0.00	0.00	0.60	4.80	4.90
0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
0.13	0.49	0.00	0.07	0.00	0.07	0.08	0.04	0.00
0.85	0.12	0.00	0.16	0.00	0.22	0.42	0.14	0.00
0.00	3.20	0.00	0.00	0.00	0.00	0.00	0.00	0.00
0.00	0.16	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2.00	0.00	0.00	0.00	0.00	0.00	0.00	1.10	0.00
0.00	0.39	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1734.00	1.00	0.00	37.00	0.00	54.00	160.00	14.00	1.00
0.35	0.16	0.00	0.44	0.00	1.60	1.50	0.04	0.00
27.00	13.00	0.00	21.00	0.00	25.00	23.00	10.00	10.00
157.00	192.00	0.00	149.00	0.00	177.00	220.00	96.00	96.00
208.00	371.00	0.00	253.00	0.00	223.00	132.00	137.00	137.00
13.00	15.00	0.00	14.00	0.00	17.00	54.00	124.00	124.00
3.90	0.60	0.00	2.60	0.00	0.90	1.70	0.00	0.00
0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.01
0.00	1.60	0.00	0.00	0.00	0.00	0.00	0.32	0.32
0.00	0.00	0.00	0.00	0.00	0.00	0.00	13.00	13.00
0.00	3.50	0.18	0.22	0.18	0.80	0.30	0.10	0.10
0.00	0.00	0.00	0.00	0.00	0.00	0.40	0.00	0.00
9.57	4.33	5.20	3.87	7.65	0.00	3.70	0.97	0.06
255.00	47.00	0.00	83.00	0.00	70.00	372.00	6.00	1.00
0.00	0.06	0.00	0.00	0.00	0.00	0.04	0.00	0.00

Prasek kakaovy**Pravé strany omezujících podmínek:**

	2000 kcal		2500 kcal	
	min	max	min	max
32.89				
1.00				
406.00	2000	2000	2500	2500
22.50	50	100	62.5	125
21.90	44.44	77.78	55.56	97.22
17.60	225	300	281.25	375
24.00	30	60	30	60
0.09	1.1		1.1	
0.11	1.4		1.4	
0.00	16		16	
0.00	1.4		1.4	
0.00	80		80	
0.00	6		6	
1.00	800		800	
0.20	12		12	
409.00	375		375	
661.00	700		700	
1955.00	2000		2000	
127.00	800		800	
8.00	14		14	
0.00	1		1	
0.00	10		10	
0.00	150		150	
0.10	0	6	0	6
0.00	0	50	0	62.5
12.70	0	22.22	0	27.78
0.00	0	300	0	300
0.00	0	2.22	0	2.78