

| Rec. Nr. | Ēdiena nosaukums | Iznākums, 1 porcija, g vai ml | | Uzturvielas, g | | | | Minerālvielas, mg | | | | | | | Mikroelementi, µg | | Vitamīni, mg | | | | | Vitamīni, µg | | | | Energ. vērtība, kcal | Porcijas pašizmaksa, EUR ar PVN | Porcijas pašizmaksa, EUR bez PVN | |
|------------------------------------|-------------------------------|-------------------------------|--------|----------------|-------|-------|-------|-------------------|---------|---------|--------|--------|------|------|-------------------|--------|--------------|------|----------------|----------------|----------------|--------------|--------|-------|--------|----------------------|---------------------------------|----------------------------------|----------------|
| | | Produkti | Bruto | Neto | olbv. | tauki | oglh. | cukuri | Na | K | Ca | Mg | P | Fe | Zn | Cu | I | Se | B ₁ | B ₂ | B ₆ | C | E | A | D | | | | B ₉ |
| DZ-01 Kefīrs | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Kefīrs 2% | 200.00 | 200.00 | 6.00 | 4.00 | 9.00 | 9.00 | 100.00 | 292.00 | 240.00 | 0.00 | 190.00 | 0.20 | 0.80 | 0.02 | 25.200 | 5.000 | 0.06 | 0.34 | 0.08 | 0.00 | 0.00 | 0.000 | 0.080 | 9.600 | 0.800 | 96.00 | 0.12 | 0.09 |
| Kopā: | | 200.00 | 200.00 | 6.00 | 4.00 | 9.00 | 9.00 | 100.00 | 292.00 | 240.00 | 0.00 | 190.00 | 0.20 | 0.80 | 0.02 | 25.200 | 5.000 | 0.06 | 0.34 | 0.08 | 0.00 | 0.00 | 0.000 | 0.080 | 9.600 | 0.800 | 96.00 | 0.12 | 0.09 |
| DZ-02 Ūdens ar apelsīniem | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Dzeramais ūdens | 200.00 | 200.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | |
| 2. | Apelsīni | 10.00 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 | |
| Kopā: | | 205.00 | 205.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 | |
| DZ-03 Piparmētru tēja | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Dzeramais ūdens | 200.00 | 200.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | |
| 2. | Piparmētru lapiņas, kaltētas | 4.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 | |
| Kopā: | | 204.00 | 204.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 | |
| DZ-04 Kakao dzēriens | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Piens 2.5% | 191.00 | 191.00 | 6.11 | 4.78 | 8.98 | 8.98 | 477.50 | 2349.30 | 1146.00 | 133.70 | 859.50 | 0.64 | 0.76 | 0.00 | 0.000 | 5.730 | 0.38 | 1.40 | 0.00 | 12.48 | 0.00 | 0.255 | 0.000 | 11.842 | 0.764 | 103.14 | 0.11 | 0.09 |
| 2. | Kakao pulveris | 4.00 | 4.00 | 0.74 | 0.87 | 0.44 | 0.00 | 2.32 | 139.60 | 4.20 | 20.80 | 26.40 | 0.44 | 0.28 | 0.14 | 0.112 | 0.040 | 0.00 | 0.01 | 0.00 | 0.00 | 0.000 | 0.000 | 1.520 | 0.000 | 14.80 | 0.02 | 0.01 | |
| 3. | Cukurs | 5.00 | 5.00 | 0.00 | 0.00 | 5.00 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 20.30 | 0.01 | 0.01 | |
| Kopā: | | 200.00 | 200.00 | 6.85 | 5.64 | 14.41 | 13.97 | 479.82 | 2488.90 | 1150.20 | 134.50 | 885.90 | 1.08 | 1.04 | 0.14 | 0.112 | 5.770 | 0.38 | 1.41 | 0.00 | 12.48 | 0.00 | 0.255 | 0.000 | 13.362 | 0.764 | 138.24 | 0.14 | 0.11 |
| DZ-05 Smiltsērķsku dzēriens | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Smiltsērķski | 20.00 | 15.00 | 0.23 | 0.48 | 0.33 | 0.32 | 0.33 | 24.00 | 0.69 | 0.71 | 3.00 | 0.02 | 0.02 | 0.00 | 0.000 | 1.500 | 0.03 | 0.01 | 0.02 | 21.00 | 0.45 | 10.710 | 0.000 | 1.500 | 0.020 | 8.55 | 0.08 | 0.06 |
| 2. | Cukurs | 5.00 | 5.00 | 0.00 | 0.00 | 5.00 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 20.30 | 0.01 | 0.01 | |
| 3. | Ingvers | 6.00 | 3.00 | 0.05 | 0.02 | 0.47 | 0.05 | 0.39 | 12.45 | 0.48 | 1.29 | 1.02 | 0.02 | 0.01 | 0.01 | 0.000 | 0.021 | 0.00 | 0.00 | 0.01 | 0.15 | 0.01 | 0.000 | 0.000 | 0.330 | 0.000 | 2.46 | 0.02 | 0.02 |
| 4. | Kanēlis | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 | |
| 5. | Ūdens | 200.00 | 200.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | |
| Kopā: | | 223.10 | 168.10 | 0.28 | 0.50 | 5.80 | 5.36 | 0.72 | 36.45 | 1.17 | 2.00 | 4.02 | 0.03 | 0.02 | 0.01 | 0.000 | 1.521 | 0.03 | 0.01 | 0.03 | 21.15 | 0.46 | 10.710 | 0.000 | 1.830 | 0.020 | 31.31 | 0.12 | 0.10 |
| DZ-06 Kumelīšu tēja | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Kumelīšu ziedi | 4.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 | |
| 2. | Ūdens | 200.00 | 200.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | |
| Kopā: | | 204.00 | 204.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 | |
| DZ-07 Melnā tēja ar citronu | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Ūdens | 200.00 | 200.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | |
| 2. | Melnā tējas lapiņas, kaltētas | 3.00 | 3.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 | |
| | Citrons | 20.00 | 20.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.03 | 0.02 | |
| Kopā: | | 223.00 | 223.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.04 | 0.03 | |
| DZ-08 Ūdens ar dzērvenēm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Dzeramais ūdens | 200.00 | 200.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | |
| 2. | Dzērvenes | 5.00 | 5.00 | 0.02 | 0.01 | 0.23 | 0.23 | 0.02 | 3.45 | 0.49 | 0.29 | 0.38 | 0.01 | 0.01 | 0.00 | 0.050 | 0.500 | 0.00 | 0.00 | 0.00 | 1.01 | 0.05 | 10.100 | 0.000 | 0.100 | 0.000 | 0.00 | 0.01 | 0.01 |
| Kopā: | | 205.00 | 205.00 | 0.02 | 0.01 | 0.23 | 0.23 | 0.02 | 3.45 | 0.49 | 0.29 | 0.38 | 0.01 | 0.01 | 0.00 | 0.050 | 0.500 | 0.00 | 0.00 | 0.00 | 1.01 | 0.05 | 10.100 | 0.000 | 0.100 | 0.000 | 0.00 | 0.01 | 0.01 |

| Rec. Nr. | Ēdiena nosaukums | | Iznākums, 1 porcija, g vai ml | | Uzturvielas, g | | | | Minerālvielas, mg | | | | | | | Mikroelementi, µg | | Vitamīni, mg | | | | | Vitamīni, µg | | | | Enerģ. vērtība, kcal | Porcijas pašizmaksa, EUR ar PVN | Porcijas pašizmaksa, EUR bez PVN |
|---|-----------------------|--------|-------------------------------|-------|----------------|-------|--------|--------|-------------------|--------|-------|--------|------|------|------|-------------------|-------|----------------|----------------|----------------|-------|------|--------------|-------|--------|-----------------|----------------------|---------------------------------|----------------------------------|
| | Produkti | Bruto | Neto | olbv. | tauki | oglh. | cukuri | Na | K | Ca | Mg | P | Fe | Zn | Cu | I | Se | B ₁ | B ₂ | B ₆ | C | E | A | D | B9 | B ₁₂ | | | |
| PPi-01 Vārti rīsi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Rīsu putraimi | 53.00 | 53.00 | 3.23 | 0.37 | 40.07 | 0.21 | 3.18 | 68.90 | 3.18 | 18.02 | 58.30 | 0.64 | 0.69 | 0.11 | 2.650 | 7.950 | 0.03 | 0.02 | 0.04 | 0.00 | 0.00 | 0.000 | 0.000 | 10.600 | 0.000 | 181.26 | 0.05 | 0.04 |
| 2. | Ūdens | 110.00 | 110.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| 3. | Jūras sāls, jodēts | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 38.76 | 0.04 | 0.15 | 0.03 | 0.07 | 0.00 | 0.00 | 0.00 | 2.500 | 0.001 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| *Kopā: | | 163.10 | | 3.23 | 0.37 | 40.07 | 0.21 | 41.94 | 68.94 | 3.33 | 18.05 | 58.37 | 0.64 | 0.69 | 0.11 | 5.150 | 7.951 | 0.03 | 0.02 | 0.04 | 0.00 | 0.00 | 0.000 | 0.000 | 10.600 | 0.000 | 181.26 | 0.05 | 0.04 |
| PPi-02 Vārti makaroni | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Makaroni | 53.00 | 53.00 | 6.89 | 0.58 | 35.19 | 0.27 | 1.59 | 143.10 | 11.13 | 17.49 | 74.20 | 1.75 | 0.64 | 0.07 | 5.300 | 4.081 | 0.04 | 0.03 | 0.03 | 0.00 | 0.05 | 0.212 | 0.000 | 12.561 | 0.000 | 179.67 | 0.07 | 0.05 |
| 2. | Ūdens | 110.00 | 110.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| 3. | Jūras sāls, jodēts | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 77.50 | 0.07 | 0.30 | 0.06 | 0.14 | 0.00 | 0.00 | 0.00 | 5.000 | 2.000 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.000 |
| *Kopā: | | 163.20 | | 6.89 | 0.58 | 35.19 | 0.27 | 79.09 | 143.17 | 11.43 | 17.55 | 74.34 | 1.75 | 0.64 | 0.07 | 10.300 | 6.081 | 0.04 | 0.03 | 0.03 | 0.00 | 0.05 | 0.212 | 0.000 | 12.561 | 0.000 | 179.67 | 0.07 | 0.05 |
| PPi-03 Cipeškrāsni cepti kartupeļi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Kartupeļi | 226.00 | 172.00 | 3.23 | 0.17 | 26.35 | 1.02 | 1.70 | 850.00 | 9.52 | 40.80 | 76.50 | 1.19 | 0.51 | 0.09 | 1.700 | 1.020 | 0.36 | 0.05 | 0.20 | 17.00 | 0.15 | 1.020 | 0.000 | 39.440 | 0.000 | 127.50 | 0.17 | 0.14 |
| 2. | Extra virgin olīveļļa | 5.00 | 5.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.60 | 0.100 | 0.000 | 0.000 | 0.000 | 44.20 | 0.02 | 0.02 |
| 3. | Jūras sāls, jodēts | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 77.50 | 0.07 | 0.30 | 0.06 | 0.14 | 0.00 | 0.00 | 0.00 | 5.000 | 2.000 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.000 |
| *Kopā: | | 177.20 | | 3.23 | 5.17 | 26.35 | 1.02 | 79.20 | 850.07 | 9.82 | 40.86 | 76.64 | 1.19 | 0.51 | 0.09 | 6.700 | 3.020 | 0.36 | 0.05 | 0.20 | 17.00 | 0.75 | 1.120 | 0.000 | 39.440 | 0.000 | 171.70 | 0.19 | 0.15 |
| PPi-04 Kartupeļu biezenis | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Kartupeļi | 202.00 | 152.00 | 2.89 | 0.15 | 23.56 | 0.91 | 1.52 | 760.00 | 8.51 | 36.48 | 68.40 | 1.06 | 0.46 | 0.08 | 1.520 | 0.912 | 0.32 | 0.05 | 0.18 | 15.20 | 0.14 | 0.912 | 0.000 | 35.264 | 0.000 | 114.00 | 0.13 | 0.10 |
| 2. | Piens 2,5% | 23.00 | 23.00 | 0.74 | 0.58 | 1.08 | 1.08 | 57.50 | 282.90 | 138.00 | 16.10 | 103.50 | 0.08 | 0.09 | 0.00 | 0.000 | 0.690 | 0.05 | 0.17 | 0.00 | 1.50 | 0.00 | 0.031 | 0.000 | 1.426 | 0.092 | 12.42 | 0.01 | 0.01 |
| 3. | Sviests, 82% | 2.00 | 2.00 | 0.02 | 1.63 | 0.02 | 0.02 | 11.84 | 0.36 | 0.48 | 0.05 | 0.68 | 0.00 | 0.00 | 0.00 | 0.060 | 0.010 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 | 14.126 | 0.006 | 0.060 | 0.000 | 14.54 | 0.02 | 0.02 |
| 4. | Jūras sāls, jodēts | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 77.50 | 0.07 | 0.30 | 0.06 | 0.14 | 0.00 | 0.00 | 0.00 | 5.000 | 2.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.000 |
| *Kopā: | | 177.20 | | 3.65 | 2.35 | 24.66 | 2.01 | 148.36 | 1043.33 | 147.29 | 52.69 | 172.72 | 1.14 | 0.55 | 0.08 | 6.580 | 3.612 | 0.37 | 0.21 | 0.18 | 16.70 | 0.17 | 15.069 | 0.006 | 36.750 | 0.092 | 140.96 | 0.16 | 0.13 |

*Pirms siltumapstrādes

| Rec. Nr. | Ēdiena nosaukums | 1 porcijas iznākums, g | | Uzturvielas, g | | | | Minerālvielas | | | | | | | | | | Vitamīni | | | | | | | | Energ. vērtība, kcal | Pašizmaksa, EUR ar PVN | Porcijas pašizmaksa, EUR bez PVN | |
|--|-------------------------------|------------------------|----------|----------------|-------------|-------------|-------------|---------------|---------------|--------------|--------------|--------------|-------------|-------------|-------------|--------------|----------------|----------------|----------------|-------------|---------------|----------------|----------------|----------------|-----------------|----------------------|------------------------|----------------------------------|-------------|
| | | | | | | | | mg | | | | | µg | | | | | mg | | | | µg | | | | | | | |
| | | | | | | | | olbv. | tauki | oglh. | cukuri | Na | K | Ca | Mg | P | Fe | Zn | Cu | I | Se | B ₁ | B ₂ | B ₆ | C | | | | E |
| Produkti | Bruto | Neto | olbv. | tauki | oglh. | cukuri | Na | K | Ca | Mg | P | Fe | Zn | Cu | I | Se | B ₁ | B ₂ | B ₆ | C | E | A | D | B ₉ | B ₁₂ | | | | |
| S-01 <i>Burkānu salāti</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Burkāni | 150.00 | 120.00 | 0.72 | 0.24 | 6.72 | 6.48 | 4.34 | 67.66 | 5.03 | 2.43 | 6.94 | 0.09 | 0.48 | 0.04 | 1.200 | 30.000 | 0.01 | 0.01 | 0.04 | 0.73 | 0.07 | 120.853 | 0.000 | 19.680 | 0.000 | 39.60 | 0.11 | 0.09 |
| 2. | Kiploks | 4.00 | 3.00 | 0.24 | 0.02 | 0.49 | 0.05 | 0.00 | 18.60 | 0.54 | 0.24 | 4.59 | 0.05 | 0.03 | 0.01 | 0.081 | 0.060 | 0.00 | 0.00 | 0.04 | 0.51 | 0.00 | 0.012 | 0.000 | 0.120 | 0.000 | 3.24 | 0.02 | 0.02 |
| 3. | Saulespuku sēklas | 3.00 | 3.00 | 0.73 | 1.68 | 0.08 | 0.08 | 0.03 | 26.94 | 2.75 | 12.57 | 28.41 | 0.17 | 0.21 | 0.05 | 0.000 | 0.462 | 0.07 | 0.01 | 0.02 | 0.00 | 1.20 | 0.075 | 0.000 | 1.800 | 0.000 | 18.51 | 0.01 | 0.01 |
| 4. | Extra virgin olīveļļa | 4.00 | 4.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.48 | 0.080 | 0.000 | 0.000 | 0.000 | 35.36 | 0.02 | 0.01 |
| Kopā: | | 130.00 | | 1.69 | 5.94 | 7.29 | 6.61 | 4.37 | 113.20 | 8.32 | 15.24 | 39.94 | 0.30 | 0.72 | 0.11 | 1.281 | 30.522 | 0.08 | 0.02 | 0.10 | 1.24 | 1.75 | 121.020 | 0.000 | 21.600 | 0.000 | 96.71 | 0.16 | 0.13 |
| S-02 <i>Biešu salāti</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Bietes | 144.00 | 144/106* | 1.48 | 0.11 | 8.69 | 8.48 | 19.50 | 346.09 | 11.87 | 16.22 | 34.66 | 0.32 | 0.32 | 0.13 | 1.060 | 10.812 | 0.02 | 0.04 | 0.00 | 2.12 | 0.10 | 0.530 | 0.000 | 113.526 | 0.000 | 47.70 | 0.14 | 0.11 |
| 2. | Extra virgin olīveļļa | 7.00 | 7.00 | 0.00 | 7.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.83 | 0.140 | 0.000 | 0.000 | 0.000 | 61.88 | 0.04 | 0.03 |
| 3. | Citronu sula | 11.00 | 5.00 | 0.02 | 0.00 | 0.08 | 0.08 | 0.05 | 6.50 | 0.35 | 0.35 | 0.40 | 0.01 | 0.00 | 0.00 | 0.000 | 0.050 | 0.00 | 0.00 | 0.00 | 1.80 | 0.01 | 0.050 | 0.000 | 0.650 | 0.000 | 1.10 | 0.01 | 0.01 |
| 4. | Jūras sāls, jodēts | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 38.76 | 0.04 | 0.15 | 0.03 | 0.07 | 0.00 | 0.00 | 0.00 | 2.500 | 0.001 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | |
| 5. | Kiploki | 2.30 | 2.00 | 0.02 | 0.01 | 0.33 | 0.03 | 0.00 | 12.40 | 0.36 | 0.16 | 3.06 | 0.03 | 0.02 | 0.01 | 0.054 | 0.040 | 0.00 | 0.00 | 0.02 | 0.34 | 0.00 | 0.008 | 0.000 | 0.080 | 0.000 | 2.16 | 0.01 | 0.01 |
| Kopā: | | 120.10 | | 1.51 | 7.12 | 9.10 | 8.59 | 58.31 | 365.03 | 12.73 | 16.76 | 38.19 | 0.35 | 0.34 | 0.13 | 3.614 | 10.903 | 0.03 | 0.04 | 0.03 | 4.26 | 0.94 | 0.728 | 0.000 | 114.256 | 0.000 | 112.84 | 0.20 | 0.16 |
| S-03 <i>Svaiga paprika ar krējuma mērci</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Paprika, svaiga | 185.00 | 120.00 | 1.08 | 0.48 | 5.04 | 5.04 | 4.20 | 290.40 | 10.32 | 16.32 | 32.40 | 0.60 | 0.12 | 0.06 | 1.200 | 0.240 | 0.04 | 0.10 | 0.65 | 221.76 | 2.64 | 292.560 | 0.000 | 67.080 | 0.000 | 33.60 | 0.41 | 0.32 |
| 2. | Skābais krējums, 25% | 30.00 | 25.00 | 0.39 | 6.25 | 0.90 | 0.90 | 10.50 | 34.50 | 24.90 | 2.70 | 20.10 | 0.03 | 0.09 | 0.00 | 2.100 | 0.390 | 0.01 | 0.05 | 0.01 | 0.15 | 0.15 | 65.490 | 0.060 | 1.200 | 0.120 | 75.60 | 0.08 | 0.06 |
| 3. | Provansas garšvielas bez sāls | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 | |
| Kopā: | | 145.20 | | 1.47 | 6.73 | 5.94 | 5.94 | 14.70 | 324.90 | 35.22 | 19.02 | 52.50 | 0.63 | 0.21 | 0.07 | 3.300 | 0.630 | 0.05 | 0.14 | 0.65 | 221.91 | 2.79 | 358.050 | 0.060 | 68.280 | 0.120 | 109.20 | 0.49 | 0.39 |
| S-04 <i>Svaigi tomāti un gurķi</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Tomāti, svaigi | 75.00 | 70.00 | 0.42 | 0.21 | 2.45 | 2.38 | 1.54 | 165.97 | 6.02 | 5.81 | 18.13 | 0.14 | 0.07 | 0.03 | 0.700 | 0.350 | 0.04 | 0.03 | 0.06 | 9.87 | 0.49 | 46.760 | 0.000 | 8.120 | 0.000 | 16.10 | 0.11 | 0.09 |
| 2. | Gurķi, svaigi | 85.00 | 77.00 | 0.54 | 0.08 | 1.08 | 1.08 | 1.85 | 170.79 | 11.32 | 6.78 | 22.56 | 0.15 | 0.00 | 0.02 | 0.770 | 0.385 | 0.03 | 0.07 | 0.03 | 6.16 | 0.07 | 8.624 | 0.000 | 7.469 | 0.000 | 8.47 | 0.23 | 0.18 |
| Kopā: | | 147.00 | | 0.96 | 0.29 | 3.53 | 3.46 | 3.39 | 336.76 | 17.34 | 12.59 | 40.69 | 0.29 | 0.07 | 0.05 | 1.470 | 0.735 | 0.07 | 0.10 | 0.09 | 16.03 | 0.56 | 55.384 | 0.000 | 15.589 | 0.000 | 24.57 | 0.34 | 0.27 |
| S-05 <i>Burkānu-rutku salāti</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Rutki | 94.00 | 75.00 | 0.975 | 0 | 3.675 | 0 | 18.00 | 332.00 | 33.00 | 6.68 | 29.00 | 0.80 | 0.24 | 0.03 | 0.750 | 0.075 | 0.03 | 0.07 | 0.05 | 27.00 | 0.00 | 0.000 | 0.000 | 0.018 | 0.000 | 18.75 | 0.07 | 0.06 |
| 2. | Burkāni | 57.00 | 46.00 | 0.276 | 0.092 | 2.576 | 2.484 | 4.34 | 67.66 | 5.03 | 2.43 | 6.94 | 0.09 | 0.18 | 0.02 | 0.460 | 11.500 | 0.01 | 0.01 | 0.01 | 0.73 | 0.07 | 120.853 | 0.000 | 7.544 | 0.000 | 15.18 | 0.03 | 0.03 |
| 3. | Dilles, svaigas | 2.35 | 2.00 | 0.148 | 0.032 | 0.036 | 0 | 1.04 | 29.52 | 8.32 | 2.20 | 2.64 | 0.26 | 0.04 | 0.01 | 0.156 | 0.108 | 0.00 | 0.01 | 0.01 | 3.40 | 0.06 | 14.996 | 0.000 | 1.440 | 0.000 | 1.20 | 0.13 | 0.1 |
| 4. | Bezpiedevu jogurts | 15.00 | 15.00 | 0.555 | 0.435 | 0.66 | 0 | 6.38 | 23.25 | 18.30 | 1.65 | 13.50 | 0.02 | 0.06 | 0.00 | 1.800 | 0.375 | 0.00 | 0.03 | 0.03 | 0.15 | 0.02 | 3.330 | 0.015 | 0.002 | 0.000 | 9.00 | 0.03 | 0.02 |
| 5. | Jūras sāls, jodēts | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 38.76 | 0.04 | 0.15 | 0.03 | 0.07 | 0.00 | 0.00 | 0.00 | 2.500 | 0.001 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | |
| Kopā: | | 138.10 | | 1.95 | 0.56 | 6.95 | 2.48 | 68.51 | 452.47 | 64.80 | 12.99 | 52.15 | 1.16 | 0.52 | 0.06 | 5.666 | 12.059 | 0.05 | 0.12 | 0.10 | 31.28 | 0.15 | 139.179 | 0.015 | 9.004 | 0.000 | 44.13 | 0.26 | 0.20 |
| S-06 <i>Gurķu salāti</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Gurķi, svaigi | 124.21 | 120.00 | 0.84 | 0.12 | 1.68 | 1.68 | 2.88 | 266.16 | 17.64 | 10.56 | 35.16 | 0.24 | 0.00 | 0.03 | 1.200 | 0.600 | 0.05 | 0.11 | 0.05 | 9.60 | 0.11 | 13.440 | 0.000 | 11.640 | 0.000 | 13.20 | 0.28 | 0.22 |
| 2. | Skābais krējums, 25% | 15.00 | 12.00 | 0.156 | 3.24 | 0.36 | 0.36 | 4.20 | 13.80 | 9.96 | 1.08 | 8.04 | 0.01 | 0.04 | 0.00 | 0.840 | 0.156 | 0.00 | 0.02 | 0.00 | 0.06 | 0.06 | 26.196 | 0.024 | 0.480 | 0.048 | 30.24 | 0.03 | 0.02 |
| 3. | Jūras sāls, jodēts | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 38.76 | 0.04 | 0.15 | 0.03 | 0.07 | 0.00 | 0.00 | 0.00 | 2.500 | 0.001 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | |
| Kopā: | | 132.10 | | 1.00 | 3.36 | 2.04 | 2.04 | 45.84 | 280.00 | 27.75 | 11.67 | 43.27 | 0.25 | 0.04 | 0.03 | 4.540 | 0.757 | 0.05 | 0.13 | 0.05 | 9.66 | 0.17 | 39.636 | 0.024 | 12.120 | 0.048 | 43.44 | 0.31 | 0.24 |

| Rec. Nr. | Ēdiena nosaukums Produkti | Iznākums, l porcija, g vai ml | | Uzturvielas, g | | | | Minerālvielas, mg | | | | | | | Mikroelementi, µg | | Vitamīni, mg | | | | | Vitamīni, µg | | | | Enerģ. vērtība, kcal | Porcijas pašizmaksa, EUR ar PVN | Porcijas pašizmaksa, EUR bez PVN | |
|----------|---------------------------------|----------------------------------|-------|----------------|-------------|-------------|-------------|-------------------|---------------|--------------|--------------|--------------|-------------|-------------|-------------------|--------------|--------------|----------------|----------------|----------------|--------------|--------------|---------------|--------------|----------------|-------------------------|---------------------------------------|--|-----------------|
| | | Bruto | Neto | olbv. | tauki | oglh. | cukuri | Na | K | Ca | Mg | P | Fe | Zn | Cu | I | Se | B ₁ | B ₂ | B ₆ | C | E | A | D | B ₉ | | | | B ₁₂ |
| S-07 | Sarkanais kāpostu salāti | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Sarkanais kāposts | 64.70 | 61.46 | 0.825 | 0.055 | 2.31 | 2.2 | 2.04 | 148.50 | 17.60 | 6.05 | 17.05 | 0.11 | 0.06 | 0.01 | 0.550 | 5.500 | 0.07 | 0.03 | 0.08 | 26.57 | 0.05 | 0.715 | 0.000 | 21.450 | 0.000 | 15.95 | 0.06 | 0.04 |
| 2. | Burkāni | 45.00 | 36.00 | 0.216 | 0.072 | 2.016 | 1.944 | 4.20 | 13.80 | 9.96 | 1.08 | 8.04 | 0.01 | 0.04 | 0.00 | 0.840 | 0.156 | 0.00 | 0.02 | 0.00 | 0.06 | 0.06 | 26.196 | 0.024 | 0.480 | 0.048 | 11.88 | 0.04 | 0.03 |
| 3. | Kirbju sēklas | 2.00 | 2.00 | 0.702 | 0.96 | 0.058 | 0.028 | 0.36 | 16.14 | 1.26 | 10.70 | 23.48 | 0.21 | 0.17 | 0.02 | 0.000 | 0.042 | 0.00 | 0.01 | 0.00 | 0.04 | 0.05 | 0.378 | 0.000 | 1.160 | 0.000 | 11.80 | 0.01 | 0.01 |
| 4. | Kīnas kāposts | 32.00 | 28.00 | 0.336 | 0.028 | 0.448 | 0.42 | 3.08 | 81.20 | 9.24 | 2.69 | 10.08 | 0.08 | 0.06 | 0.01 | 0.084 | 2.800 | 0.01 | 0.01 | 0.04 | 4.34 | 0.06 | 0.364 | 0.000 | 14.588 | 0.000 | 4.20 | 0.04 | 0.030 |
| 5. | Pētersīļi, svaigi | 4.71 | 4.00 | 0.056 | 0.008 | 0.044 | 0.032 | 1.36 | 30.80 | 5.40 | 1.76 | 2.80 | 0.12 | 0.06 | 0.00 | 0.240 | 0.008 | 0.00 | 0.01 | 0.00 | 8.00 | 0.14 | 18.748 | 0.000 | 6.800 | 0.000 | 1.08 | 0.01 | 0.01 |
| 6. | Extra virgin olīveļļa | 5.00 | 5.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.60 | 0.100 | 0.000 | 0.000 | 0.000 | 44.20 | 0.02 | 0.01 |
| 7. | Jūras sāls, jodēts | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 38.76 | 0.04 | 0.15 | 0.03 | 0.07 | 0.00 | 0.00 | 0.00 | 2.500 | 0.001 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| | Kopā: | 136.56 | | 2.14 | 6.12 | 4.88 | 4.62 | 49.79 | 290.48 | 43.61 | 22.31 | 61.52 | 0.53 | 0.38 | 0.05 | 4.214 | 8.507 | 0.09 | 0.08 | 0.13 | 39.00 | 0.96 | 46.501 | 0.024 | 44.478 | 0.048 | 89.11 | 0.18 | 0.14 |
| S-08 | Tomātu-gurķu salāti | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Tomāti, svaigi | 65.00 | 64.00 | 0.384 | 0.192 | 2.24 | 2.176 | 1.41 | 151.74 | 5.50 | 5.31 | 16.58 | 0.13 | 0.06 | 0.03 | 0.640 | 0.320 | 0.04 | 0.03 | 0.05 | 9.02 | 0.45 | 42.752 | 0.000 | 7.424 | 0.000 | 14.72 | 0.13 | 0.10 |
| 2. | Gurķi, svaigi | 63.16 | 60.00 | 0.42 | 0.06 | 0.84 | 0.84 | 1.44 | 133.08 | 8.82 | 5.28 | 17.58 | 0.12 | 0.00 | 0.02 | 0.600 | 0.300 | 0.02 | 0.05 | 0.02 | 4.80 | 0.05 | 6.720 | 0.000 | 5.820 | 0.000 | 6.6 | 0.14 | 0.11 |
| 3. | Dilles, svaigas | 4.71 | 2.00 | 0.074 | 0.016 | 0.018 | 0.016 | 0.52 | 14.76 | 4.16 | 1.10 | 1.32 | 0.13 | 0.02 | 0.00 | 0.078 | 0.054 | 0.00 | 0.01 | 0.01 | 1.70 | 0.03 | 7.498 | 0.000 | 0.720 | 0.000 | 0.6 | 0.02 | 0.02 |
| 4. | Extra virgin olīveļļa | 4.00 | 4.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.48 | 0.080 | 0.000 | 0.000 | 0.000 | 35.36 | 0.02 | 0.02 |
| 5. | Jūras sāls, jodēts | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 38.76 | 0.04 | 0.15 | 0.03 | 0.07 | 0.00 | 0.00 | 0.00 | 2.500 | 0.001 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| | Kopā: | 130.10 | | 0.88 | 4.27 | 3.10 | 3.03 | 42.12 | 299.62 | 18.63 | 11.73 | 35.55 | 0.38 | 0.08 | 0.05 | 3.818 | 0.675 | 0.06 | 0.09 | 0.08 | 15.52 | 1.01 | 57.050 | 0.000 | 13.964 | 0.000 | 57.28 | 0.31 | 0.24 |

*pēc vārīšanas, mizošanas

| Rec. Nr. | Ēdiena nosaukums | Iznākums, 1 porcija, g vai ml | | Uzturvielas, g | | | | Minerālvielas, mg | | | | | | | | Mikroelementi, µg | | Vitamīni, mg | | | | | Vitamīni, µg | | | | Enerģ. vērtība, kcal | Porcijas pašizmaksa, EUR ar PVN | Porcijas pašizmaksa, EUR bez PVN |
|----------|--|-------------------------------|--------------|----------------|--------------|--------------|---------------|-------------------|---------------|--------------|---------------|-------------|-------------|-------------|---------------|-------------------|-------------|--------------|----------------|----------------|----------------|----------------|--------------|---------------|--------------|----------------|----------------------|---------------------------------|----------------------------------|
| | | Produkti | Bruto | Neto | olbv. | tauki | oglh. | cukuri | Na | K | Ca | Mg | P | Fe | Zn | Cu | I | Se | B ₁ | B ₂ | B ₆ | C | E | A | D | B ₉ | | | |
| DS-01 | <i>Banānmaīze ar valriekstiem</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Banāni | 35.00 | 21.00 | 0.25 | 0.08 | 3.84 | 2.84 | 1.05 | 75.26 | 1.30 | 6.57 | 5.23 | 0.21 | 0.04 | 0.02 | 0.210 | 0.063 | 0.01 | 0.01 | 0.11 | 2.10 | 0.04 | 0.357 | 0.000 | 2.625 | 0.000 | 18.48 | 0.027 | 0.02 |
| 2. | Cukurs | 17.00 | 17.00 | 0.00 | 0.00 | 16.98 | 16.98 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 69.20 | 0.016 | 0.01 | |
| 3. | Olas | 5.00 | 5.00 | 0.63 | 0.46 | 0.02 | 0.02 | 5.52 | 6.50 | 2.85 | 0.65 | 10.50 | 0.09 | 0.07 | 0.00 | 2.115 | 1.650 | 0.01 | 0.02 | 0.01 | 0.00 | 0.10 | 11.840 | 0.110 | 2.915 | 0.110 | 6.70 | 0.013 | 0.01 |
| 4. | Sviests, 82% | 11.00 | 11.00 | 0.13 | 8.94 | 0.09 | 0.09 | 65.12 | 1.98 | 2.64 | 0.29 | 3.74 | 0.02 | 0.02 | 0.00 | 0.330 | 0.055 | 0.00 | 0.00 | 0.00 | 0.00 | 0.17 | 77.693 | 0.033 | 0.330 | 0.000 | 79.97 | 0.099 | 0.08 |
| 5. | Kviešu milti, augstākā labuma | 21.00 | 21.00 | 2.44 | 0.34 | 15.54 | 0.25 | 0.21 | 32.55 | 3.99 | 6.09 | 24.36 | 0.19 | 0.17 | 0.03 | 2.100 | 2.100 | 0.02 | 0.01 | 0.02 | 0.00 | 0.08 | 0.084 | 0.000 | 3.780 | 0.000 | 77.28 | 0.016 | 0.01 |
| 6. | Valrieksti | 8.00 | 8.00 | 1.22 | 5.22 | 0.26 | 0.21 | 0.08 | 52.00 | 11.20 | 12.80 | 24.80 | 0.29 | 0.16 | 0.08 | 0.400 | 1.520 | 0.04 | 0.01 | 0.06 | 0.24 | 0.06 | 0.080 | 0.000 | 5.280 | 0.000 | 53.12 | 0.063 | 0.05 |
| 7. | Cepamais pulveris | 0.25 | 0.25 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.013 | 0.01 | |
| 8. | Jūras sāls, jodēts | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 38.76 | 0.04 | 0.15 | 0.03 | 0.07 | 0.00 | 0.00 | 0.00 | 2.500 | 0.001 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.000 | 0.00 | |
| | *Kopā: | 83.35 | 4.67 | 15.04 | 36.73 | 20.38 | 110.74 | 168.33 | 22.13 | 26.43 | 68.70 | 0.79 | 0.46 | 0.14 | 7.655 | 5.389 | 0.07 | 0.06 | 0.19 | 2.34 | 0.44 | 90.054 | 0.143 | 14.930 | 0.110 | 304.75 | 0.25 | 0.19 | |
| DS-02 | <i>Augļu ķirtojumus ar jogurtu un auzu pārslām</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Āboli | 30.00 | 21.00 | 0.04 | 0.02 | 1.62 | 1.60 | 0.17 | 20.83 | 0.82 | 0.78 | 1.64 | 0.02 | 0.02 | 0.01 | 0.210 | 0.021 | 0.00 | 0.00 | 0.00 | 1.09 | 0.04 | 0.462 | 0.000 | 0.525 | 0.000 | 7.77 | 0.019 | 0.02 |
| 2. | Bumbieri | 21.00 | 16.00 | 0.05 | 0.02 | 1.12 | 1.12 | 0.19 | 21.12 | 1.55 | 0.99 | 1.82 | 0.03 | 0.02 | 0.01 | 0.144 | 0.144 | 0.00 | 0.00 | 0.00 | 0.85 | 0.01 | 0.224 | 0.000 | 0.288 | 0.000 | 6.08 | 0.023 | 0.02 |
| 3. | Apelsīni | 78.00 | 55.00 | 0.33 | 0.06 | 4.90 | 4.90 | 0.88 | 82.50 | 29.70 | 7.15 | 12.65 | 0.11 | 0.06 | 0.02 | 0.275 | 0.000 | 0.05 | 0.02 | 0.06 | 28.05 | 0.22 | 4.070 | 0.000 | 14.575 | 0.000 | 25.30 | 0.091 | 0.07 |
| 4. | Kivi | 25.00 | 19.00 | 0.15 | 0.15 | 1.35 | 1.29 | 0.95 | 55.04 | 6.12 | 2.57 | 5.11 | 0.19 | 0.00 | 0.00 | 0.000 | 0.095 | 0.00 | 0.01 | 0.02 | 12.73 | 0.02 | 0.703 | 0.000 | 7.980 | 0.000 | 9.88 | 0.076 | 0.06 |
| 5. | Banāni | 137.00 | 82.00 | 0.98 | 0.33 | 15.01 | 11.07 | 4.10 | 293.89 | 5.08 | 25.67 | 20.42 | 0.82 | 0.16 | 0.09 | 0.820 | 0.246 | 0.03 | 0.05 | 0.41 | 8.20 | 0.16 | 1.394 | 0.000 | 10.250 | 0.000 | 72.16 | 0.127 | 0.10 |
| 6. | Auzu pārslas | 25.00 | 25.00 | 3.40 | 1.80 | 15.00 | 0.30 | 0.25 | 103.50 | 11.75 | 35.50 | 117.75 | 1.18 | 0.90 | 0.10 | 5.000 | 3.000 | 0.08 | 0.02 | 0.03 | 0.00 | 0.20 | 0.000 | 0.000 | 10.900 | 0.000 | 95.50 | 0.013 | 0.01 |
| 7. | Medus | 7.00 | 7.00 | 0.04 | 0.00 | 5.74 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.350 | 0.035 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 21.28 | 0.032 | 0.03 |
| 8. | Bezpiedevu jogurts | 25.00 | 25.00 | 0.93 | 0.73 | 1.10 | 0.60 | 10.63 | 38.75 | 30.50 | 2.75 | 22.50 | 0.03 | 0.10 | 0.00 | 3.000 | 0.625 | 0.01 | 0.05 | 0.05 | 0.25 | 0.03 | 5.550 | 0.025 | 0.003 | 0.000 | 15.00 | 0.033 | 0.03 |
| | *Kopā: | 250.00 | 5.92 | 3.10 | 45.83 | 20.87 | 17.17 | 615.63 | 85.52 | 75.40 | 181.89 | 2.37 | 1.26 | 0.23 | 9.799 | 4.166 | 0.18 | 0.16 | 0.57 | 51.17 | 0.68 | 12.403 | 0.025 | 44.521 | 0.000 | 252.97 | 0.41 | 0.33 | |
| DS-03 | <i>Rudenīgās ķirbju pankākas</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Ķirbis | 151.00 | 95.00 | 0.76 | 0.10 | 1.90 | 1.62 | 1.90 | 230.85 | 23.75 | 10.64 | 15.20 | 0.29 | 0.10 | 0.00 | 0.950 | 0.000 | 0.04 | 0.09 | 0.05 | 7.60 | 1.05 | 349.315 | 0.000 | 20.900 | 0.000 | 15.20 | 0.06 | 0.05 |
| 2. | Pilngraudu kviešu milti | 34.00 | 34.00 | 3.60 | 0.41 | 21.62 | 0.00 | 2.72 | 170.68 | 21.76 | 29.92 | 78.20 | 1.43 | 1.02 | 0.00 | 1.700 | 2.584 | 0.12 | 0.05 | 0.04 | 0.00 | 0.34 | 0.136 | 0.000 | 15.300 | 0.000 | 110.36 | 0.02 | 0.02 |
| 3. | Kviešu milti, augstākā labuma | 35.00 | 35.00 | 4.06 | 0.56 | 25.90 | 0.42 | 0.35 | 54.25 | 6.65 | 10.15 | 40.60 | 0.32 | 0.28 | 0.05 | 3.500 | 3.500 | 0.03 | 0.02 | 0.04 | 0.00 | 0.14 | 0.140 | 0.000 | 6.300 | 0.000 | 128.80 | 0.02 | 0.01 |
| 4. | Cepamais pulveris | 1.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | |
| 5. | Cukurs | 6.00 | 6.00 | 0.00 | 0.00 | 6.00 | 6.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 24.36 | 0.01 | 0.01 | |
| 6. | Piens 2,5% | 35.00 | 35.00 | 1.12 | 0.88 | 1.65 | 1.65 | 87.50 | 430.50 | 210.00 | 24.50 | 157.50 | 0.12 | 0.14 | 0.00 | 0.000 | 1.050 | 0.07 | 0.26 | 0.00 | 2.29 | 0.00 | 0.047 | 0.000 | 2.170 | 0.140 | 18.90 | 0.02 | 0.01 |
| 7. | Sviests, 82% | 10.00 | 10.00 | 0.12 | 8.13 | 0.08 | 0.08 | 59.20 | 1.80 | 2.40 | 0.26 | 3.40 | 0.02 | 0.02 | 0.00 | 0.300 | 0.050 | 0.00 | 0.00 | 0.00 | 0.00 | 0.15 | 70.630 | 0.030 | 0.300 | 0.000 | 72.70 | 0.08 | 0.07 |
| 8. | Olas | 14.00 | 14.00 | 1.76 | 1.29 | 0.04 | 0.04 | 15.46 | 18.20 | 7.98 | 1.82 | 29.40 | 0.24 | 0.20 | 0.01 | 5.922 | 4.620 | 0.02 | 0.05 | 0.02 | 0.00 | 0.27 | 36.834 | 0.308 | 8.162 | 0.350 | 18.76 | 0.02 | 0.02 |
| 9. | Extra virgin olīveļļa | 5.00 | 5.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.60 | 0.100 | 0.000 | 0.000 | 0.000 | 44.20 | 0.02 | 0.01 | |
| 10. | Kanēlis | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | |
| 11. | Medus | 5.00 | 5.00 | 0.03 | 0.00 | 4.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | 0.250 | 0.025 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 15.20 | 0.02 | 0.02 | |
| 12. | Bumbieri | 40.00 | 30.00 | 0.09 | 0.03 | 2.10 | 2.10 | 0.36 | 39.60 | 2.91 | 1.86 | 3.42 | 0.06 | 0.03 | 0.02 | 0.270 | 0.270 | 0.00 | 0.01 | 0.01 | 1.59 | 0.03 | 0.420 | 0.000 | 0.540 | 0.000 | 11.40 | 0.05 | 0.04 |
| | *Kopā: | 270.10 | 11.54 | 16.39 | 63.39 | 11.90 | 167.49 | 945.88 | 275.45 | 79.15 | 327.72 | 2.46 | 1.78 | 0.07 | 12.892 | 12.099 | 0.27 | 0.48 | 0.15 | 11.48 | 2.57 | 457.622 | 0.338 | 53.672 | 0.490 | 459.88 | 0.32 | 0.25 | |
| DS-04 | <i>Sokolādes panna cotta</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Saldais krējums 10% | 118.00 | 110.00 | 3.07 | 14.16 | 3.78 | 3.78 | 46.02 | 177.00 | 122.72 | 11.80 | 75.52 | 0.11 | 0.47 | 0.01 | 20.060 | 3.068 | 0.04 | 0.20 | 0.05 | 1.06 | 0.24 | 117.056 | 0.106 | 15.340 | 0.354 | 155.76 | 0.36 | 0.29 |
| 2. | Šokolāde, tumša, 54% | 26.00 | 26.00 | 1.27 | 8.06 | 13.86 | 13.10 | 2.60 | 91.00 | 13.00 | 33.80 | 52.00 | 0.91 | 0.47 | 0.25 | 0.832 | 0.130 | 0.00 | 0.01 | 0.02 | 0.00 | 0.05 | 4.264 | 0.000 | 1.820 | 0.000 | 135.20 | 0.14 | 0.11 |
| 3. | Cukurs | 11.00 | 11.00 | 0.00 | 0.00 | 11.00 | 11.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 44.00 | 0.01 | 0.01 | |
| 4. | Želatinis | 4.00 | 4.00 | 3.86 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 15.68 | 0.04 | 0.03 | |
| 5. | Vanīļas cukurs | 1.00 | 1.00 | 0.00 | 0.00 | 0.99 | 0.99 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 4.00 | 0.01 | 0.01 | |
| | *Kopā: | 152.00 | 8.20 | 22.22 | 29.62 | 28.87 | 48.62 | 268.00 | 135.72 | 45. | | | | | | | | | | | | | | | | | | | |

| Rec. Nr. | Ēdiena nosaukums | Iznākums, 1 porcija, g vai ml | | Uzturvielas, g | | | | Minerālvielas, mg | | | | | | | | Mikroelementi, µg | | Vitamīni, mg | | | | | Vitamīni, µg | | | | Enerģ. vērtība, kcal | Porcijas pašizmaksa, EUR ar PVN | Porcijas pašizmaksa, EUR bez PVN |
|----------|--|-------------------------------|---------------|----------------|--------------|--------------|---------------|-------------------|---------------|---------------|---------------|---------------|-------------|-------------|--------------|-------------------|---------------|----------------|----------------|----------------|-------------|---------------|----------------|---------------|----------------|-----------------|----------------------|---------------------------------|----------------------------------|
| | | Bruto | Neto | olbv. | tauki | oglh. | cukuri | Na | K | Ca | Mg | P | Fe | Zn | Cu | I | Se | B ₁ | B ₂ | B ₆ | C | E | A | D | B ₉ | B ₁₂ | | | |
| DS-05 | <i>Biezpiena saņemums ar skābo krējumu</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Biezpiens 5% | 152.00 | 140.00 | 24.02 | 7.60 | 3.80 | 3.80 | 456.00 | 152.00 | 106.40 | 13.68 | 304.00 | 0.15 | 2.13 | 0.00 | 25.840 | 18.544 | 0.05 | 0.33 | 0.09 | 0.00 | 0.15 | 31.616 | 0.152 | 41.040 | 1.064 | 179.36 | 0.405 | 0.32 |
| 2. | Olas | 23.00 | 20.00 | 2.90 | 2.12 | 0.07 | 0.07 | 25.39 | 29.90 | 13.11 | 2.99 | 48.30 | 0.39 | 0.32 | 0.01 | 9.729 | 7.590 | 0.03 | 0.09 | 0.03 | 0.00 | 0.44 | 60.513 | 0.506 | 13.409 | 0.575 | 30.82 | 0.044 | 0.04 |
| 3. | Cukurs | 17.00 | 17.00 | 0.00 | 0.00 | 17.00 | 17.00 | 0.98 | 82.48 | 6.16 | 5.02 | 7.73 | 0.18 | 0.05 | 0.03 | 0.000 | 0.360 | 0.00 | 0.01 | 0.03 | 0.52 | 0.30 | 8.244 | 0.000 | 0.000 | 0.000 | 68.00 | 0.013 | 0.01 |
| 4. | Manna | 18.00 | 18.00 | 2.07 | 0.20 | 11.45 | 0.07 | 0.54 | 27.00 | 2.34 | 3.78 | 17.10 | 0.22 | 0.14 | 0.00 | 0.900 | 1.386 | 0.01 | 0.01 | 0.02 | 0.00 | 0.02 | 0.072 | 0.000 | 7.560 | 0.000 | 57.78 | 0.010 | 0.01 |
| 5. | Rozīnes | 14.00 | 14.00 | 0.31 | 0.07 | 8.41 | 8.41 | 0.77 | 91.00 | 7.56 | 4.20 | 12.60 | 0.34 | 0.04 | 0.04 | 0.420 | 0.266 | 0.02 | 0.02 | 0.03 | 0.07 | 0.04 | 0.000 | 0.000 | 1.400 | 0.000 | 40.60 | 0.035 | 0.03 |
| 6. | Vaniļas cukurs | 3.00 | 3.00 | 0.00 | 0.00 | 2.99 | 2.99 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 12.00 | 0.013 | 0.01 | |
| 7. | Sviests, 82% | 8.00 | 8.00 | 0.10 | 6.50 | 0.06 | 0.06 | 47.36 | 1.44 | 1.92 | 0.21 | 2.72 | 0.02 | 0.01 | 0.00 | 0.240 | 0.040 | 0.00 | 0.00 | 0.00 | 0.00 | 0.12 | 56.504 | 0.024 | 0.240 | 0.000 | 58.16 | 0.057 | 0.05 |
| 8. | Skābais krējums, 25% | 25.00 | 25.00 | 0.33 | 6.25 | 0.75 | 0.75 | 8.75 | 28.75 | 20.75 | 2.25 | 16.75 | 0.03 | 0.08 | 0.00 | 1.750 | 0.325 | 0.01 | 0.04 | 0.01 | 0.13 | 0.13 | 54.575 | 0.050 | 1.000 | 0.100 | 63.00 | 0.048 | 0.04 |
| 9. | Jūras sāls, jodēts | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 38.76 | 0.04 | 0.15 | 0.03 | 0.07 | 0.00 | 0.00 | 0.00 | 2.500 | 0.001 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.000 | 0.00 | |
| | *Kopā: | 245.10 | 229.71 | 29.71 | 22.74 | 44.54 | 33.16 | 578.55 | 412.60 | 158.39 | 32.16 | 409.27 | 1.32 | 2.78 | 0.09 | 41.379 | 28.512 | 0.12 | 0.50 | 0.21 | 0.71 | 1.19 | 211.524 | 0.732 | 64.649 | 1.739 | 509.72 | 0.63 | 0.49 |
| DS-06 | <i>Ābolu pankūkas</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Āboli | 163.00 | 114.00 | 0.23 | 0.11 | 8.78 | 8.66 | 0.91 | 113.09 | 4.45 | 4.22 | 8.89 | 0.10 | 0.11 | 0.04 | 1.140 | 0.114 | 0.01 | 0.01 | 0.00 | 5.93 | 0.23 | 2.508 | 0.000 | 2.850 | 0.000 | 42.18 | 0.15 | 0.12 |
| 2. | Kviešu milti, augstākā labuma | 46.00 | 46.00 | 5.34 | 0.74 | 34.04 | 0.55 | 0.46 | 71.30 | 8.74 | 13.34 | 53.36 | 0.41 | 0.37 | 0.06 | 4.600 | 4.600 | 0.04 | 0.02 | 0.05 | 0.00 | 0.18 | 0.184 | 0.000 | 8.280 | 0.000 | 169.28 | 0.04 | 0.03 |
| 3. | Cukurs | 10.00 | 10.00 | 0.00 | 0.00 | 9.99 | 9.99 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 40.00 | 0.01 | 0.01 | |
| 4. | Sviests, 82% | 6.00 | 6.00 | 0.07 | 4.88 | 0.05 | 0.05 | 35.52 | 1.08 | 1.44 | 0.16 | 2.04 | 0.01 | 0.01 | 0.00 | 0.180 | 0.030 | 0.00 | 0.00 | 0.00 | 0.09 | 42.378 | 0.018 | 0.180 | 0.000 | 43.62 | 0.07 | 0.05 | |
| 5. | Sausais raugs | 0.76 | 0.76 | 0.25 | 0.01 | 0.40 | 0.25 | 0.40 | 15.20 | 0.33 | 1.75 | 9.80 | 0.12 | 0.06 | 0.04 | 0.076 | 0.000 | 0.02 | 0.03 | 0.02 | 0.00 | 0.000 | 0.000 | 0.988 | 0.000 | 2.39 | 0.01 | 0.01 | |
| 6. | Sāls, jodēts | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 38.76 | 0.04 | 0.15 | 0.03 | 0.07 | 0.00 | 0.00 | 0.00 | 2.500 | 0.001 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | |
| 7. | Piens 2,5% | 61.00 | 61.00 | 1.95 | 1.53 | 2.87 | 2.87 | 152.50 | 750.30 | 366.00 | 42.70 | 274.50 | 0.20 | 0.24 | 0.00 | 0.000 | 1.830 | 0.12 | 0.45 | 0.00 | 3.99 | 0.00 | 0.081 | 0.000 | 3.782 | 0.244 | 32.94 | 0.05 | 0.04 |
| | *Kopā: | 237.86 | 7.84 | 7.26 | 56.12 | 22.37 | 228.54 | 951.01 | 381.11 | 62.20 | 348.67 | 0.86 | 0.80 | 0.14 | 8.496 | 6.575 | 0.19 | 0.51 | 0.06 | 9.91 | 0.50 | 45.151 | 0.018 | 16.080 | 0.244 | 330.41 | 0.33 | 0.26 | |
| DS-07 | <i>Pašgatavots musli batoniņš</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Auzu pārslas | 25.00 | 25.00 | 3.78 | 2.13 | 19.17 | 0.36 | 0.30 | 124.20 | 14.10 | 42.60 | 141.30 | 1.41 | 1.08 | 0.12 | 6.000 | 3.600 | 0.10 | 0.03 | 0.04 | 0.00 | 0.24 | 0.000 | 0.000 | 13.080 | 0.000 | 117.00 | 0.02 | 0.01 |
| 2. | Linsēklas | 3.00 | 3.00 | 0.66 | 1.31 | 0.07 | 0.04 | 1.29 | 25.02 | 7.03 | 11.67 | 18.39 | 0.25 | 0.16 | 0.00 | 0.000 | 0.390 | 0.05 | 0.01 | 0.02 | 0.03 | 0.01 | 0.000 | 0.000 | 2.610 | 0.000 | 16.11 | 0.01 | 0.01 |
| 3. | Sezama sēklas | 4.00 | 4.00 | 0.98 | 2.39 | 0.05 | 0.04 | 1.04 | 24.12 | 2.35 | 17.68 | 35.84 | 0.30 | 0.30 | 0.06 | 0.000 | 3.380 | 0.06 | 0.01 | 0.03 | 0.00 | 0.00 | 0.016 | 0.000 | 3.880 | 0.000 | 26.20 | 0.01 | 0.01 |
| 4. | Dateles, bez kauliņiem | 25.00 | 25.00 | 0.48 | 0.13 | 16.28 | 9.55 | 2.05 | 171.83 | 12.83 | 10.45 | 16.10 | 0.38 | 0.11 | 0.06 | 0.000 | 0.750 | 0.01 | 0.02 | 0.06 | 1.08 | 0.63 | 17.175 | 0.000 | 0.000 | 0.000 | 69.00 | 0.05 | 0.04 |
| 5. | Zemesriekstu sviests** | 5.00 | 5.00 | 1.28 | 2.15 | 0.62 | 0.43 | 0.07 | 46.90 | 5.46 | 12.60 | 23.10 | 0.20 | 0.22 | 0.00 | 0.203 | 0.210 | 0.06 | 0.01 | 0.01 | 0.00 | 0.76 | 0.014 | 0.000 | 7.700 | 0.000 | 27.55 | 0.06 | 0.05 |
| 6. | Rozīnes | 9.00 | 9.00 | 0.20 | 0.05 | 5.41 | 5.41 | 0.50 | 58.50 | 4.86 | 2.70 | 8.10 | 0.22 | 0.03 | 0.03 | 0.270 | 0.171 | 0.01 | 0.01 | 0.02 | 0.05 | 0.03 | 0.000 | 0.000 | 0.900 | 0.000 | 26.10 | 0.02 | 0.02 |
| 7. | Kanēlis | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | |
| | Kopā: | 71.10 | 7.38 | 8.15 | 41.59 | 15.84 | 5.25 | 450.57 | 46.62 | 97.70 | 242.83 | 2.75 | 1.90 | 0.27 | 6.473 | 8.501 | 0.29 | 0.08 | 0.19 | 1.15 | 1.67 | 17.205 | 0.000 | 28.170 | 0.000 | 281.96 | 0.16 | 0.13 | |

*Pirms siltumapstrādes

**nesatur daļēji hidrogenētus augu taukus

| Rec. Nr. | Ēdiena nosaukums | Iznākums, 1 porcija, g vai ml | | Uzturvielas, g | | | | Minerālvielas, mg | | | | | | | Mikroelementi, µg | | Vitamīni, mg | | | | | Vitamīni, µg | | | | Energ. vērtība, kcal | Porcijas pašizmaksa, EUR ar PVN | Porcijas pašizmaksa, EUR bez PVN | |
|--------------------------------------|--|-------------------------------|--------|----------------|--------------|--------------|-------------|-------------------|---------------|--------------|--------------|---------------|-------------|-------------|-------------------|---------------|---------------|-------------|----------------|----------------|----------------|--------------|----------------|--------------|---------------|----------------------|---------------------------------|----------------------------------|----------------|
| | | Produkti | Bruto | Neto | olbv. | tauki | oglh. | cukuri | Na | K | Ca | Mg | P | Fe | Zn | Cu | I | Se | B ₁ | B ₂ | B ₆ | C | E | A | D | | | | B ₉ |
| Z-01 Vistas gaļas karija zupa | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Vistas gaļa ar kauliem, šķiņķi, svaigi, atdesēti | 55.00 | 49.00 | 9.60 | 1.67 | 0.00 | 0.00 | 42.14 | 113.19 | 4.90 | 11.76 | 82.32 | 0.49 | 0.93 | 0.00 | 3.920 | 6.370 | 0.04 | 0.09 | 0.16 | 0.00 | 0.34 | 9.800 | 0.245 | 4.900 | 0.147 | 53.90 | 0.24 | 0.19 |
| 2. | Burkāni | 52.00 | 41.00 | 0.25 | 0.08 | 2.30 | 2.21 | 4.34 | 67.66 | 5.03 | 2.43 | 6.94 | 0.09 | 0.16 | 0.01 | 0.410 | 10.250 | 0.01 | 0.01 | 0.01 | 0.73 | 0.07 | 120.853 | 0.000 | 6.724 | 0.000 | 13.53 | 0.04 | 0.03 |
| 3. | Kokosriekstu piens | 70.00 | 70.00 | 1.40 | 14.91 | 1.96 | 1.96 | 9.10 | 154.00 | 12.60 | 32.20 | 67.20 | 2.31 | 0.42 | 0.21 | 0.490 | 0.280 | 0.01 | 0.00 | 0.21 | 0.70 | 0.07 | 0.000 | 0.000 | 9.800 | 0.000 | 146.30 | 0.23 | 0.18 |
| 4. | Sīpoli | 70.00 | 30.00 | 0.36 | 0.03 | 1.44 | 1.44 | 1.11 | 66.00 | 9.90 | 3.30 | 12.00 | 0.15 | 0.12 | 0.00 | 0.300 | 0.150 | 0.01 | 0.01 | 0.04 | 3.06 | 0.03 | 0.180 | 0.000 | 4.050 | 0.000 | 8.70 | 0.05 | 0.04 |
| 5. | Rīsu putraimi | 35.00 | 35.00 | 2.14 | 0.25 | 26.46 | 0.14 | 2.10 | 45.50 | 2.10 | 11.90 | 38.50 | 0.42 | 0.46 | 0.07 | 1.750 | 5.250 | 0.02 | 0.01 | 0.03 | 0.00 | 0.00 | 0.000 | 0.000 | 7.000 | 0.000 | 119.70 | 0.04 | 0.03 |
| 6. | Kiploki | 2.60 | 2.40 | 0.19 | 0.01 | 0.39 | 0.04 | 0.00 | 14.88 | 0.43 | 0.19 | 3.67 | 0.04 | 0.02 | 0.01 | 0.065 | 0.048 | 0.00 | 0.00 | 0.03 | 0.41 | 0.00 | 0.010 | 0.000 | 0.096 | 0.000 | 2.59 | 0.02 | 0.01 |
| 7. | Selerija | 20.00 | 18.00 | 0.22 | 0.04 | 0.22 | 0.22 | 21.38 | 30.00 | 9.00 | 3.00 | 7.40 | 0.06 | 0.04 | 0.02 | 0.220 | 0.080 | 0.01 | 0.01 | 0.02 | 1.20 | 0.06 | 48.700 | 0.000 | 3.200 | 0.000 | 2.60 | 0.05 | 0.04 |
| 8. | Ūdens | 130.00 | 130.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 |
| 9. | Karija pulveris | 0.05 | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.01 | 0.01 |
| 10. | Lauru lapas | 0.08 | 0.08 | 0.01 | 0.01 | 0.06 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.25 | 0.00 | 0.00 |
| 11. | Jūras sāls, jodēts | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 77.50 | 0.07 | 0.30 | 0.06 | 0.14 | 0.00 | 0.00 | 0.00 | 5.000 | 2.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.67 | 0.00 |
| *Kopā: | | 375.73 | | 14.16 | 16.99 | 32.83 | 6.01 | 157.67 | 491.30 | 44.26 | 64.84 | 218.17 | 3.55 | 2.15 | 0.32 | 12.155 | 24.428 | 0.10 | 0.13 | 0.50 | 6.10 | 0.57 | 179.543 | 0.245 | 35.770 | 0.147 | 347.57 | 1.34 | 0.53 |
| Z-02 Cūkgaļas-pupu zupa | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Cūkgaļas šķiņķis, svaigs, atdesēts | 36.00 | 30.00 | 5.67 | 4.02 | 0.00 | 0.00 | 19.05 | 81.00 | 2.28 | 5.67 | 47.40 | 0.24 | 0.60 | 0.03 | 0.900 | 5.250 | 0.27 | 0.08 | 0.11 | 0.00 | 0.12 | 3.000 | 0.120 | 0.480 | 0.180 | 58.50 | 0.15 | 0.12 |
| 2. | Sīpoli | 8.00 | 7.00 | 0.08 | 0.01 | 0.34 | 0.34 | 0.26 | 15.40 | 2.31 | 0.77 | 2.80 | 0.04 | 0.03 | 0.00 | 0.070 | 0.035 | 0.00 | 0.00 | 0.01 | 0.71 | 0.01 | 0.042 | 0.000 | 0.945 | 0.000 | 2.03 | 0.02 | 0.02 |
| 3. | Paprika | 45.00 | 37.00 | 0.33 | 0.15 | 1.55 | 1.55 | 1.30 | 89.54 | 3.18 | 5.03 | 9.99 | 0.19 | 0.04 | 0.02 | 0.370 | 0.074 | 0.01 | 0.03 | 0.20 | 68.38 | 0.81 | 90.206 | 0.000 | 20.683 | 0.000 | 10.36 | 0.34 | 0.27 |
| 4. | Čili pipars | 0.70 | 0.70 | 0.01 | 0.00 | 0.06 | 0.04 | 0.05 | 2.38 | 0.13 | 0.18 | 0.32 | 0.01 | 0.00 | 0.00 | 0.000 | 0.004 | 0.00 | 0.00 | 0.00 | 1.70 | 0.00 | 0.411 | 0.000 | 0.161 | 0.000 | 0.32 | 0.01 | 0.01 |
| 5. | Tomātu pasta | 14.00 | 14.00 | 0.63 | 0.07 | 1.12 | 1.09 | 28.00 | 50.75 | 1.58 | 1.93 | 5.25 | 0.06 | 0.04 | 0.02 | 1.792 | 0.112 | 0.01 | 0.01 | 0.03 | 4.62 | 0.14 | 1.540 | 0.000 | 1.120 | 0.000 | 8.12 | 0.04 | 0.03 |
| 6. | Sarkanās pupiņas, konservētas | 40.00 | 40.00 | 3.44 | 0.20 | 6.12 | 0.12 | 93.20 | 160.40 | 11.20 | 18.00 | 56.40 | 1.16 | 0.44 | 0.02 | 0.000 | 0.480 | 0.06 | 0.02 | 0.05 | 0.48 | 0.04 | 0.000 | 0.000 | 51.600 | 0.000 | 46.40 | 0.24 | 0.19 |
| 7. | Tomāti | 34.00 | 33.00 | 0.20 | 0.10 | 1.16 | 1.12 | 0.73 | 78.24 | 2.84 | 2.74 | 8.55 | 0.07 | 0.03 | 0.01 | 0.330 | 0.165 | 0.02 | 0.01 | 0.03 | 4.65 | 0.23 | 22.044 | 0.000 | 3.828 | 0.000 | 7.59 | 0.22 | 0.17 |
| 8. | Burkāni | 42.00 | 39.90 | 0.25 | 0.08 | 2.35 | 2.27 | 4.34 | 67.66 | 5.03 | 2.43 | 6.94 | 0.09 | 0.17 | 0.02 | 0.420 | 10.500 | 0.01 | 0.01 | 0.01 | 0.73 | 0.07 | 120.853 | 0.000 | 6.888 | 0.000 | 13.86 | 0.06 | 0.05 |
| 9. | Konservēta kukurūza | 40.00 | 40.00 | 1.08 | 0.52 | 9.72 | 1.36 | 1.16 | 102.60 | 0.80 | 14.04 | 33.80 | 0.20 | 0.24 | 0.02 | 0.200 | 0.160 | 0.04 | 0.02 | 0.08 | 2.96 | 0.04 | 2.360 | 0.000 | 10.920 | 0.000 | 51.20 | 0.13 | 0.10 |
| 10. | Extra virģin olīveļļa | 4.00 | 4.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.48 | 0.080 | 0.000 | 0.000 | 0.000 | 35.36 | 0.02 | 0.01 |
| 11. | Ūdens | 52.00 | 52.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| 12. | Jūras sāls, jodēts | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 77.5 | 0.07 | 0.3 | 0.06 | 0.14 | 0 | 0.00 | 0.00 | 5.000 | 2.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| *Kopā: | | 297.80 | | 11.70 | 9.15 | 22.41 | 7.89 | 225.57 | 648.04 | 29.65 | 50.85 | 171.59 | 2.04 | 1.59 | 0.14 | 9.082 | 18.780 | 0.43 | 0.19 | 0.51 | 84.23 | 1.94 | 240.536 | 0.120 | 96.625 | 0.180 | 233.74 | 1.23 | 0.97 |
| Z-03 Dārzeņu krēmzupa | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Sīpoli | 70.00 | 30.00 | 0.36 | 0.03 | 1.44 | 0.51 | 1.11 | 66.00 | 9.90 | 3.30 | 12.00 | 0.15 | 0.12 | 0.00 | 0.300 | 0.150 | 0.01 | 0.01 | 0.04 | 3.06 | 0.03 | 0.180 | 0.000 | 4.050 | 0.000 | 8.70 | 0.05 | 0.04 |
| 2. | Burkāni | 90.00 | 72.00 | 0.43 | 0.14 | 4.03 | 3.89 | 4.34 | 67.66 | 5.03 | 2.43 | 6.94 | 0.09 | 0.29 | 0.03 | 0.720 | 18.000 | 0.01 | 0.01 | 0.02 | 0.73 | 0.07 | 120.853 | 0.000 | 11.808 | 0.000 | 23.76 | 0.09 | 0.07 |
| 3. | Extra virģin olīveļļa | 5.00 | 5.00 | 0.00 | 5.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.60 | 0.100 | 0.000 | 0.000 | 0.000 | 44.20 | 0.01 | 0.01 | |
| 4. | Kiploki | 2.60 | 2.40 | 0.19 | 0.01 | 0.39 | 0.04 | 0.00 | 14.88 | 0.43 | 0.19 | 3.67 | 0.04 | 0.02 | 0.01 | 0.065 | 0.048 | 0.00 | 0.00 | 0.03 | 0.41 | 0.00 | 0.010 | 0.000 | 0.096 | 0.000 | 2.59 | 0.02 | 0.01 |
| 5. | Kartupeli | 149.00 | 100.00 | 1.90 | 0.11 | 17.05 | 0.66 | 1.10 | 550.00 | 6.16 | 26.40 | 49.50 | 0.77 | 0.33 | 0.06 | 1.100 | 0.660 | 0.23 | 0.03 | 0.13 | 11.00 | 0.10 | 0.660 | 0.000 | 25.520 | 0.000 | 82.50 | 0.11 | 0.09 |
| 6. | Vistas buljons | 120.00 | 120.00 | 0.36 | 0.96 | 0.48 | 0.12 | 732.96 | 4.20 | 9.36 | 2.76 | 3.00 | 0.12 | 0.12 | 0.00 | 0.120 | 0.120 | 0.01 | 0.01 | 0.01 | 0.12 | 0.12 | 0.000 | 0.120 | 3.360 | 0.120 | 12.00 | 0.05 | 0.04 |
| 7. | Lauru lapas | 0.08 | 0.08 | 0.01 | 0.01 | 0.06 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.25 | 0.00 | 0.00 |
| 8. | Timiāns, kaltēts | 0.10 | 0.10 | 0.01 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.10 | 0.00 | 0.00 |
| 9. | Selerija | 15.00 | 12.00 | 0.16 | 0.04 | 0.22 | 0.22 | 21.38 | 30.00 | 9.00 | 3.00 | 7.40 | 0.06 | 0.04 | 0.02 | 0.220 | 0.080 | 0.01 | 0.01 | 0.02 | 1.20 | 0.06 | 48.700 | 0.000 | 3.200 | 0.000 | 2.60 | 0.05 | 0.04 |
| 10. | Skābais krējums, 25% | 15.00 | 15.00 | 0.20 | 4.05 | 0.45 | 0.45 | 5.25 | 17.25 | 12.45 | 1.35 | 10.05 | 0.02 | 0.05 | 0.00 | 1.050 | 0.195 | 0.01 | 0.02 | 0.00 | 0.08 | 0.08 | 32.745 | 0.030 | 0.600 | 0.060 | 37.80 | 0.07 | 0.05 |
| 11. | Jūras sāls, jodēts | 0.20 | 0.20 | 0.22 | 0.23 | 0.24 | 0.25 | 0.26 | 0.27 | 0.28 | 0.29 | 0.3 | 0.31 | 0.32 | 0.33 | 0.340 | 0.350 | 0.36 | 0.37 | 0.38 | 0.39 | 0.4 | 0.410 | 0.420 | 0.430 | 0.440 | 0.45 | 0.46 | 0.47 |
| *Kopā: | | 356.78 | | 3.83 | 10.59 | 24.39 | 6.14 | 766.40 | 750.26 | 52.61 | 39.72 | 92.86 | 1.55 | 1.28 | 0.44 | 3.915 | 1 | | | | | | | | | | | | |

| Rec. Nr. | Ēdiena nosaukums | Iznākums, 1 porcija, g vai ml | | Uzturvielas, g | | | | Minerālvielas, mg | | | | | | | | Mikroelementi, µg | | Vitamīni, mg | | | | | Enerģ. vērtība, kcal | Porcijas pašizmaksa, EUR ar PVN | Porcijas pašizmaksa, EUR bez PVN | | | | |
|----------|---|-------------------------------|--------|----------------|--------------|--------------|-------------|-------------------|---------------|--------------|--------------|---------------|-------------|-------------|-------------|-------------------|--------------|----------------|----------------|----------------|-------------|-------------|----------------------|---------------------------------|----------------------------------|--------------|---------------|-------------|-----------------|
| | | Bruto | Neto | olbv. | tauki | oglh. | cukuri | Na | K | Ca | Mg | P | Fe | Zn | Cu | I | Se | B ₁ | B ₂ | B ₆ | C | E | | | | A | D | B9 | B ₁₂ |
| Z-04 | <i>Vistas gaļas zupa</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Extra virgin olīveļļa | 4.00 | 4.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.48 | 0.080 | 0.000 | 0.000 | 0.000 | 35.36 | 0.02 | 0.01 |
| 2. | Sviests, 82% | 5.00 | 5.00 | 0.06 | 4.07 | 0.04 | 0.04 | 29.60 | 0.90 | 1.20 | 0.13 | 1.70 | 0.01 | 0.01 | 0.00 | 0.150 | 0.025 | 0.00 | 0.00 | 0.00 | 0.00 | 0.08 | 35.315 | 0.015 | 0.150 | 0.000 | 36.35 | 0.04 | 0.04 |
| 3. | Vistas krūtiņa bez ādas, svaiga, atdzesēta gaļa | 61.00 | 55.00 | 10.78 | 1.87 | 0.00 | 0.00 | 47.30 | 127.05 | 5.50 | 13.20 | 92.40 | 0.55 | 1.05 | 0.00 | 4.400 | 7.150 | 0.04 | 0.10 | 0.18 | 0.00 | 0.39 | 11.000 | 0.275 | 5.500 | 0.165 | 60.50 | 0.27 | 0.21 |
| 4. | Jūras sāls, jodēts | 0.50 | 0.50 | 0.00 | 0.00 | 0.00 | 0.00 | 193.78 | 0.19 | 0.75 | 0.17 | 0.35 | 0.00 | 0.00 | 0.00 | 12.500 | 0.003 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| 5. | Malti melnie pipari | 0.10 | 0.10 | 0.01 | 0.00 | 0.06 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 |
| 6. | Sīpoli | 42.35 | 18.00 | 0.36 | 0.03 | 1.44 | 1.44 | 1.11 | 66.00 | 9.90 | 3.30 | 12.00 | 0.15 | 0.12 | 0.00 | 0.300 | 0.150 | 0.01 | 0.01 | 0.04 | 3.06 | 0.03 | 0.180 | 0.000 | 4.050 | 0.000 | 5.22 | 0.03 | 0.02 |
| 7. | Burkāni | 25.00 | 20.00 | 0.12 | 0.04 | 1.12 | 1.08 | 4.34 | 67.66 | 5.03 | 2.43 | 6.94 | 0.09 | 0.08 | 0.01 | 0.200 | 5.000 | 0.01 | 0.01 | 0.01 | 0.73 | 0.07 | 120.853 | 0.000 | 3.280 | 0.000 | 6.60 | 0.02 | 0.01 |
| 8. | Timiāns, kaltēts | 0.10 | 0.10 | 0.01 | 0.01 | 0.06 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.28 | 0.00 | 0.00 | |
| 9. | Ūdens | 140.00 | 140.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| 10. | Nūdeles (orzo vai citas smalkas nūdeles) | 30.00 | 30.00 | 3.90 | 0.33 | 19.92 | 0.15 | 0.90 | 81.00 | 6.30 | 9.90 | 42.00 | 0.99 | 0.36 | 0.04 | 3.000 | 2.310 | 0.02 | 0.02 | 0.02 | 0.00 | 0.03 | 0.120 | 0.000 | 7.110 | 0.000 | 101.70 | 0.04 | 0.03 |
| 11. | Lauru lapas | 0.01 | 0.01 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| 12. | Selerija | 20.00 | 18.00 | 0.22 | 0.04 | 0.22 | 0.22 | 21.38 | 30.00 | 9.00 | 3.00 | 7.40 | 0.06 | 0.04 | 0.02 | 0.22 | 0.08 | 0.01 | 0.01 | 0.02 | 1.20 | 0.06 | 48.700 | 0.000 | 3.200 | 0.000 | 2.60 | 0.05 | 0.04 |
| 13. | Pētersīļi, svaigi | 0.40 | 0.40 | 0.01 | 0.00 | 0.00 | 0.00 | 0.14 | 3.08 | 0.54 | 0.18 | 0.28 | 0.01 | 0.01 | 0.00 | 0.024 | 0.001 | 0.00 | 0.00 | 0.00 | 0.80 | 0.01 | 1.875 | 0.000 | 0.680 | 0.000 | 0.11 | 0.01 | 0.01 |
| 14. | Citrona sula | 8.00 | 8.00 | 0.02 | 0.00 | 0.13 | 0.13 | 0.08 | 10.40 | 0.56 | 0.56 | 0.64 | 0.01 | 0.00 | 0.00 | 0.000 | 0.080 | 0.00 | 0.00 | 0.00 | 2.88 | 0.02 | 0.080 | 0.000 | 1.040 | 0.000 | 1.76 | 0.03 | 0.02 |
| 15. | Kiploks | 2.35 | 2.00 | 0.16 | 0.01 | 0.33 | 0.03 | 0.00 | 12.40 | 0.36 | 0.16 | 3.06 | 0.03 | 0.02 | 0.01 | 0.054 | 0.040 | 0.00 | 0.00 | 0.02 | 0.34 | 0.00 | 0.008 | 0.000 | 0.080 | 0.000 | 2.16 | 0.01 | 0.01 |
| 16. | Jūras sāls, jodēts | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 77.50 | 0.07 | 0.30 | 0.06 | 0.14 | 0.00 | 0.00 | 0.00 | 5.000 | 2.000 | 0.00 | 0.00 | 0.000 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.000 |
| | *Kopā: | 301.31 | | 15.65 | 10.40 | 23.33 | 3.10 | 376.12 | 398.75 | 39.44 | 33.08 | 166.91 | 1.90 | 1.68 | 0.08 | 25.85 | 16.84 | 0.10 | 0.15 | 0.29 | 9.01 | 1.16 | 218.211 | 0.290 | 25.090 | 0.165 | 252.63 | 0.52 | 0.41 |

*Pirms siltumapstrādes

| Rec. Nr. | Ēdiena nosaukums | Iznākums, 1 porcija, g vai ml | | Uzturvielas, g | | | | Minerālvielas, mg | | | | | | | | Mikroelementi, µg | | Vitamīni, mg | | | | | Vitamīni, µg | | | | Energ. vērtība, kcal | Porcijas pašizmaksa, EUR ar PVN | Porcijas pašizmaksa, EUR bez PVN |
|--|---|-------------------------------|-------|----------------|-------|-------|-------|-------------------|--------|--------|-------|--------|------|------|-------|-------------------|--------|--------------|----------------|----------------|----------------|-------|--------------|-------|--------|----------------|----------------------|---------------------------------|----------------------------------|
| | | Produkti | Bruto | Neto | olbv. | tauki | oglh. | cukuri | Na | K | Ca | Mg | P | Fe | Zn | Cu | I | Se | B ₁ | B ₂ | B ₆ | C | E | A | D | B ₉ | | | |
| P-01 <i>Boloņas ziedkāpostu mērce</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Kiploki | 6.00 | 5.00 | 0.02 | 0.03 | 0.82 | 0.08 | 0.00 | 31.00 | 0.90 | 0.40 | 7.65 | 0.08 | 0.05 | 0.01 | 0.135 | 0.100 | 0.01 | 0.00 | 0.06 | 0.85 | 0.00 | 0.020 | 0.000 | 0.200 | 0.000 | 5.40 | 0.03 | 0.03 |
| 2. | Sīpoli | 29.41 | 25.00 | 0.30 | 0.03 | 1.20 | 1.20 | 0.93 | 55.00 | 8.25 | 2.75 | 10.00 | 0.13 | 0.10 | 0.00 | 0.250 | 0.125 | 0.01 | 0.01 | 0.03 | 2.55 | 0.03 | 0.150 | 0.000 | 3.375 | 0.000 | 7.25 | 0.06 | 0.05 |
| 3. | Burkāni | 48.90 | 39.00 | 0.23 | 0.08 | 2.18 | 2.11 | 4.34 | 67.66 | 5.03 | 2.43 | 6.94 | 0.09 | 0.16 | 0.01 | 0.390 | 9.750 | 0.01 | 0.01 | 0.01 | 0.73 | 0.07 | 120.853 | 0.000 | 6.396 | 0.000 | 12.87 | 0.06 | 0.05 |
| 4. | Liellopa šķiņķis, svaigs, atdzesēts | 72.00 | 54.00 | 9.13 | 4.54 | 0.00 | 0.00 | 30.24 | 135.00 | 4.86 | 9.18 | 75.60 | 1.13 | 2.54 | 0.04 | 18.306 | 11.502 | 0.04 | 0.06 | 0.31 | 0.00 | 0.27 | 5.400 | 0.108 | 2.646 | 0.702 | 77.22 | 0.37 | 0.29 |
| 5. | Ziedkāposti | 83.00 | 58.00 | 1.16 | 0.12 | 1.39 | 1.28 | 1.97 | 191.40 | 16.24 | 9.28 | 25.52 | 0.29 | 0.00 | 0.000 | 0.000 | 0.06 | 0.03 | 0.00 | 30.04 | 0.06 | 0.522 | 0.000 | 0.000 | 0.000 | 13.92 | 0.29 | 0.23 | |
| 6. | Konservēti tomāti ar sulu | 115.00 | 75.00 | 0.45 | 0.15 | 2.63 | 2.55 | 29.25 | 177.83 | 6.45 | 6.23 | 19.43 | 0.15 | 0.08 | 0.06 | 0.750 | 0.375 | 0.05 | 0.03 | 0.06 | 10.58 | 0.53 | 22.650 | 0.000 | 10.875 | 0.000 | 17.25 | 0.23 | 0.18 |
| 7. | Tomātu pasta | 4.00 | 4.00 | 0.18 | 0.02 | 0.32 | 0.31 | 8.00 | 14.50 | 0.45 | 0.55 | 1.50 | 0.02 | 0.01 | 0.01 | 0.512 | 0.032 | 0.00 | 0.00 | 0.01 | 1.32 | 0.04 | 0.440 | 0.000 | 0.320 | 0.000 | 2.32 | 0.02 | 0.01 |
| 8. | Jūras sāls, iodēts | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 77.50 | 0.07 | 0.30 | 0.06 | 0.14 | 0.00 | 0.00 | 0.00 | 5.000 | 2.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| *Kopā: | | 260.20 | | 11.47 | 4.96 | 8.54 | 7.52 | 152.22 | 672.46 | 42.48 | 30.88 | 146.77 | 1.88 | 2.93 | 0.14 | 25.343 | 23.884 | 0.17 | 0.15 | 0.49 | 46.07 | 0.99 | 150.035 | 0.108 | 23.812 | 0.702 | 136.23 | 1.05 | 0.83 |
| P-02 <i>Dārzenu pica</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Kabacis | 36.00 | 24.00 | 0.19 | 0.12 | 0.72 | 0.72 | 0.70 | 102.86 | 4.30 | 6.29 | 12.86 | 0.24 | 0.10 | 0.01 | 0.288 | 0.144 | 0.03 | 0.00 | 0.00 | 3.89 | 0.00 | 0.864 | 0.000 | 10.392 | 0.000 | 5.28 | 0.03 | 0.02 |
| 2. | Sīpoli | 24.00 | 20.00 | 0.24 | 0.02 | 0.96 | 0.96 | 0.74 | 44.00 | 6.60 | 2.20 | 8.00 | 0.10 | 0.08 | 0.00 | 0.200 | 0.100 | 0.01 | 0.00 | 0.03 | 2.04 | 0.02 | 0.120 | 0.000 | 2.700 | 0.000 | 5.80 | 0.03 | 0.02 |
| 3. | Paprika | 34.00 | 28.00 | 0.25 | 0.11 | 1.18 | 1.18 | 0.98 | 67.76 | 2.41 | 3.81 | 7.56 | 0.14 | 0.03 | 0.01 | 0.280 | 0.056 | 0.01 | 0.02 | 0.15 | 51.74 | 0.62 | 68.264 | 0.000 | 15.652 | 0.000 | 7.84 | 0.06 | 0.05 |
| 4. | Krievijas siers | 31.00 | 31.00 | 6.82 | 9.18 | 0.00 | 0.00 | 244.90 | 31.00 | 322.40 | 15.50 | 179.80 | 0.37 | 1.24 | 0.03 | 6.820 | 6.200 | 0.01 | 0.06 | 0.02 | 1.10 | 0.00 | 0.050 | 0.000 | 5.642 | 0.558 | 109.74 | 0.10 | 0.08 |
| 5. | Kviešu milti, augstākā labuma | 70.00 | 70.00 | 8.12 | 1.12 | 51.80 | 0.84 | 0.70 | 108.50 | 13.30 | 20.30 | 81.20 | 0.63 | 0.56 | 0.09 | 7.000 | 7.000 | 0.06 | 0.04 | 0.07 | 0.00 | 0.28 | 0.280 | 0.000 | 12.600 | 0.000 | 257.60 | 0.03 | 0.03 |
| 6. | Extra virgin olīveļļa | 12.00 | 12.00 | 0.00 | 12.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 1.43 | 0.240 | 0.000 | 0.000 | 0.000 | 106.08 | 0.03 | 0.03 |
| 7. | Tomātu mērce** | 51.00 | 51.00 | 1.49 | 2.30 | 0.26 | 4.08 | 102.00 | 184.88 | 5.76 | 7.04 | 19.13 | 0.20 | 0.10 | 0.08 | 6.528 | 0.204 | 0.05 | 0.03 | 0.09 | 16.83 | 0.51 | 5.610 | 0.000 | 4.080 | 0.000 | 29.58 | 0.04 | 0.03 |
| 8. | Sausais raugs | 0.70 | 0.70 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.00 | |
| 9. | Jūras sāls, iodēts | 0.15 | 0.15 | 0.00 | 0.00 | 0.00 | 0.00 | 38.76 | 0.04 | 0.15 | 0.03 | 0.07 | 0.00 | 0.00 | 0.00 | 2.500 | 0.001 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| *Kopā: | | 236.85 | | 17.11 | 24.84 | 54.91 | 7.78 | 388.77 | 539.04 | 354.92 | 55.17 | 308.62 | 1.69 | 2.11 | 0.22 | 23.616 | 13.705 | 0.15 | 0.15 | 0.36 | 75.60 | 2.85 | 75.428 | 0.000 | 51.066 | 0.558 | 521.92 | 0.33 | 0.26 |
| P-03 <i>Cūkgaļas kolete</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Cūkgaļas lāpstiņa, svaiga, atdzesēta gaļa | 60.00 | 47.00 | 8.88 | 6.30 | 0.00 | 0.00 | 29.85 | 126.90 | 3.57 | 8.88 | 74.26 | 0.38 | 0.94 | 0.05 | 1.410 | 8.225 | 0.42 | 0.12 | 0.16 | 0.00 | 0.19 | 4.700 | 0.188 | 0.752 | 0.282 | 91.65 | 0.18 | 0.14 |
| 2. | Burkāni | 18.00 | 14.00 | 0.31 | 0.10 | 2.86 | 2.75 | 4.34 | 67.66 | 5.03 | 2.43 | 6.94 | 0.09 | 0.20 | 0.02 | 0.510 | 12.750 | 0.01 | 0.01 | 0.02 | 0.73 | 0.07 | 120.853 | 0.000 | 8.364 | 0.000 | 16.83 | 0.01 | 0.01 |
| 3. | Sīpoli | 35.00 | 15.00 | 0.18 | 0.02 | 0.72 | 0.72 | 0.56 | 33.00 | 4.95 | 1.65 | 6.00 | 0.08 | 0.06 | 0.00 | 0.150 | 0.075 | 0.00 | 0.00 | 0.02 | 1.53 | 0.02 | 0.090 | 0.000 | 2.025 | 0.000 | 4.35 | 0.02 | 0.02 |
| 4. | Kāposti | 28.00 | 23.00 | 0.28 | 0.02 | 1.15 | 1.10 | 1.20 | 55.20 | 8.74 | 2.30 | 6.21 | 0.05 | 0.03 | 0.00 | 0.161 | 0.176 | 0.02 | 0.01 | 0.04 | 8.46 | 0.02 | 1.265 | 0.000 | 17.710 | 0.000 | 7.13 | 0.02 | 0.02 |
| 5. | Olas | 12.00 | 12.00 | 1.51 | 1.10 | 0.04 | 0.04 | 13.25 | 15.60 | 6.84 | 1.56 | 25.20 | 0.20 | 0.17 | 0.01 | 5.076 | 3.960 | 0.01 | 0.05 | 0.02 | 0.00 | 0.23 | 31.572 | 0.264 | 6.996 | 0.300 | 16.08 | 0.03 | 0.02 |
| 6. | Kaltēti kiploki | 0.10 | 0.10 | 0.02 | 0.00 | 0.07 | 0.00 | 0.06 | 1.19 | 0.08 | 0.08 | 0.41 | 0.01 | 0.00 | 0.00 | 0.000 | 0.024 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.047 | 0.000 | 0.33 | 0.01 | 0.01 |
| 7. | Extra virgin olīveļļa | 4.00 | 4.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.48 | 0.080 | 0.000 | 0.000 | 0.000 | 35.36 | 0.03 | 0.02 |
| 8. | Jūras sāls, iodēts | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 77.5 | 0.07 | 0.30 | 0.06 | 0.14 | 0.00 | 0.00 | 0.00 | 5.000 | 2.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| *Kopā: | | 115.30 | | 11.17 | 11.54 | 4.83 | 4.62 | 126.74 | 299.62 | 29.51 | 16.96 | 119.16 | 0.79 | 1.41 | 0.08 | 12.307 | 27.210 | 0.46 | 0.19 | 0.25 | 10.73 | 1.00 | 158.560 | 0.452 | 35.894 | 0.582 | 171.73 | 0.29 | 0.23 |
| P-04 <i>Mencas fileja ar citronu</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Mencas fileja, saldēta | 78.00 | 60.00 | 10.32 | 0.48 | 0.00 | 0.00 | 34.80 | 204.00 | 16.80 | 12.60 | 96.00 | 0.12 | 0.30 | 0.00 | 71.580 | 18.420 | 0.03 | 0.03 | 0.15 | 0.00 | 0.60 | 1.140 | 4.200 | 7.620 | 0.600 | 46.20 | 0.68 | 0.54 |
| 2. | Sīpoli | 24.00 | 10.00 | 0.12 | 0.01 | 0.48 | 0.48 | 0.37 | 22.00 | 3.30 | 1.10 | 4.00 | 0.05 | 0.04 | 0.00 | 0.100 | 0.050 | 0.00 | 0.00 | 0.01 | 1.02 | 0.01 | 0.060 | 0.000 | 1.350 | 0.000 | 2.90 | 0.01 | 0.01 |
| 3. | Citrons | 7.00 | 7.00 | 0.04 | 0.01 | 0.15 | 0.15 | 0.21 | 11.20 | 2.31 | 0.77 | 1.40 | 0.03 | 0.01 | 0.00 | 0.070 | 0.028 | 0.00 | 0.00 | 0.00 | 3.57 | 0.01 | 0.021 | 0.000 | 0.770 | 0.000 | 2.31 | 0.01 | 0.01 |
| 4. | Extra virgin olīveļļa | 7.00 | 7.00 | 0.00 | 7.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.83 | 0.140 | 0.000 | 0.000 | 0.000 | 61.88 | 0.03 | 0.02 | |
| 5. | Jūras sāls, iodēts | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 77.50 | 0.07 | 0.30 | 0.06 | 0.14 | 0.00 | 0.00 | 0.00 | 5.000 | 2.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| *Kopā: | | 84.20 | | 10.48 | 7.50 | 0.63 | 0.63 | 112.88 | 237.27 | 22.71 | 14.53 | 101.54 | 0.20 | 0.35 | 0.00 | 76.750 | 20.498 | 0.04 | 0.03 | 0.17 | 4.59 | 1.46 | 1.361 | 4.200 | 9.740 | 0.600 | 113.29 | 0.73 | 0.58 |

| Rec. Nr. | Ēdiena nosaukums | Iznākums, 1 porcija, g vai ml | | Uzturvielas, g | | | | Minerālvielas, mg | | | | | | | | Mikroelementi, µg | | Vitamīni, mg | | | | | Vitamīni, µg | | | | Energ. vērtība, kcal | Porcijas pašizmaksa, EUR ar PVN | Porcijas pašizmaksa, EUR bez PVN |
|---|---|-------------------------------|---------------|----------------|--------------|--------------|-------------|-------------------|----------------|--------------|--------------|---------------|-------------|-------------|-------------|-------------------|---------------|--------------|----------------|----------------|----------------|-------------|----------------|--------------|---------------|----------------|----------------------|---------------------------------|----------------------------------|
| | | Produkti | Bruto | Neto | olbv. | tauki | oglh. | cukuri | Na | K | Ca | Mg | P | Fe | Zn | Cu | I | Se | B ₁ | B ₂ | B ₆ | C | E | A | D | B ₉ | | | |
| P-05 Krāsni cepti vistas gaļas nageļi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Vistas fileja, svaiga, atdzesēta | 82.00 | 73.00 | 16.35 | 1.46 | 0.00 | 0.00 | 24.82 | 277.40 | 4.38 | 18.98 | 116.80 | 0.29 | 0.51 | 0.00 | 4.380 | 17.520 | 0.10 | 0.13 | 0.37 | 0.00 | 0.51 | 8.030 | 0.073 | 11.388 | 0.730 | 79.57 | 0.37 | 0.29 |
| 2. | Kviešu milti, augstākā labuma | 15.00 | 15.00 | 1.74 | 0.24 | 11.10 | 0.18 | 0.15 | 23.25 | 2.85 | 4.35 | 17.40 | 0.14 | 0.12 | 0.02 | 1.500 | 1.500 | 0.01 | 0.01 | 0.02 | 0.00 | 0.06 | 0.060 | 0.000 | 2.700 | 0.000 | 55.20 | 0.01 | 0.01 |
| 3. | Rīvaize, rudzu | 20.00 | 20.00 | 1.98 | 0.30 | 14.38 | 2.98 | 161.20 | 4.00 | 25.80 | 10.00 | 35.60 | 0.93 | 0.20 | 0.06 | 0.000 | 4.000 | 0.06 | 0.06 | 0.02 | 0.00 | 0.06 | 0.000 | 0.000 | 0.180 | 0.000 | 72.60 | 0.06 | 0.05 |
| 4. | Olas | 15.00 | 15.00 | 1.89 | 1.38 | 0.05 | 0.05 | 16.56 | 19.50 | 8.55 | 1.95 | 31.50 | 0.26 | 0.21 | 0.01 | 6.345 | 4.950 | 0.02 | 0.06 | 0.02 | 0.00 | 0.29 | 35.520 | 0.330 | 8.745 | 0.330 | 20.10 | 0.04 | 0.03 |
| 5. | Jūras sāls, jodēts | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 38.76 | 0.04 | 0.15 | 0.03 | 0.07 | 0.00 | 0.00 | 0.00 | 2.500 | 0.001 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | |
| 6. | Garšvielas vistas gaļai, bez sāls | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 | |
| 7. | Extra virgin oliveļļa | 7.00 | 7.00 | 0.00 | 7.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.83 | 0.140 | 0.000 | 0.000 | 0.000 | 61.88 | 0.03 | 0.02 |
| 8. | Melnie pipari, malti | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 | |
| *Kopā: | | 130.40 | 119.40 | 21.96 | 10.38 | 25.53 | 3.21 | 241.49 | 324.19 | 41.73 | 35.31 | 201.37 | 1.61 | 1.04 | 0.09 | 14.725 | 27.971 | 0.19 | 0.26 | 0.43 | 0.00 | 1.75 | 43.750 | 0.403 | 23.013 | 1.060 | 289.35 | 0.53 | 0.42 |
| P-06 Vistas gaļas bumbiņas dārzeņu mērcē | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Vistas šķiņķi, atkauloti, svaigi, atdzesēti | 65.00 | 58.00 | 13.01 | 2.64 | 0.00 | 0.00 | 304.22 | 353.14 | 5.09 | 14.40 | 120.82 | 0.43 | 1.30 | 0.00 | 22.320 | 15.552 | 0.05 | 0.16 | 0.19 | 0.00 | 0.48 | 14.352 | 0.336 | 7.920 | 0.528 | 75.84 | 0.33 | 0.26 |
| 2. | Olas | 6.00 | 6.00 | 0.76 | 0.55 | 0.02 | 0.02 | 6.62 | 7.80 | 3.42 | 0.78 | 12.60 | 0.10 | 0.08 | 0.00 | 2.538 | 1.980 | 0.01 | 0.02 | 0.01 | 0.00 | 0.11 | 14.208 | 0.132 | 3.498 | 0.132 | 8.04 | 0.02 | 0.01 |
| 3. | Auzu pārslas | 15.00 | 15.00 | 2.04 | 1.08 | 9.00 | 0.18 | 0.15 | 62.10 | 7.05 | 21.30 | 70.65 | 0.71 | 0.54 | 0.06 | 3.000 | 1.800 | 0.05 | 0.01 | 0.02 | 0.00 | 0.12 | 0.000 | 0.000 | 6.540 | 0.000 | 57.30 | 0.02 | 0.01 |
| 4. | Extra virgin oliveļļa | 3.00 | 3.00 | 0.00 | 3.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.36 | 0.060 | 0.000 | 0.000 | 0.000 | 26.52 | 0.01 | 0.01 |
| 5. | Jūras sāls, jodēts | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 77.50 | 0.07 | 0.30 | 0.06 | 0.14 | 0.00 | 0.00 | 0.00 | 5.000 | 2.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.000 |
| 6. | Malti melnie pipari | 0.10 | 0.10 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 |
| 7. | Ķiploku pulveris | 0.02 | 0.02 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 |
| 8. | Tomāti | 21.00 | 20.00 | 0.12 | 0.06 | 0.70 | 0.68 | 0.44 | 47.42 | 1.72 | 1.66 | 5.18 | 0.04 | 0.02 | 0.01 | 0.200 | 0.100 | 0.01 | 0.01 | 0.02 | 2.82 | 0.14 | 13.360 | 0.000 | 2.320 | 0.000 | 4.60 | 0.03 | 0.02 |
| 9. | Kabacis | 86.00 | 57.00 | 0.46 | 0.29 | 1.71 | 1.71 | 1.65 | 244.30 | 10.20 | 14.93 | 30.55 | 0.57 | 0.23 | 0.03 | 0.684 | 0.342 | 0.06 | 0.01 | 0.00 | 9.23 | 0.00 | 2.052 | 0.000 | 24.681 | 0.000 | 12.54 | 0.10 | 0.08 |
| 10. | Paprika | 37.00 | 30.00 | 0.27 | 0.12 | 1.26 | 1.26 | 1.05 | 72.60 | 2.58 | 4.08 | 8.10 | 0.15 | 0.03 | 0.02 | 0.300 | 0.060 | 0.01 | 0.02 | 0.16 | 55.44 | 0.66 | 73.140 | 0.000 | 16.770 | 0.000 | 8.40 | 0.08 | 0.06 |
| *Kopā: | | 189.32 | 162.00 | 16.65 | 7.74 | 12.69 | 3.85 | 391.64 | 787.43 | 30.36 | 57.21 | 248.04 | 2.00 | 2.20 | 0.11 | 34.042 | 21.834 | 0.19 | 0.24 | 0.39 | 67.49 | 1.87 | 117.172 | 0.468 | 61.729 | 0.660 | 193.24 | 0.60 | 0.48 |
| P-07 Kartupeļu saņemums | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Kartupeļi | 253.00 | 190.00 | 3.61 | 0.19 | 29.45 | 1.14 | 1.90 | 950.00 | 10.64 | 45.60 | 85.50 | 1.33 | 0.57 | 0.10 | 1.900 | 1.140 | 0.40 | 0.06 | 0.23 | 19.00 | 0.17 | 1.140 | 0.000 | 44.080 | 0.000 | 142.50 | 0.11 | 0.09 |
| 2. | Liellopa gaļas šķiņķis, svaigs, atdzesēts | 139.00 | 104.00 | 19.86 | 17.58 | 0.00 | 0.00 | 60.32 | 260.00 | 9.36 | 17.68 | 145.60 | 1.87 | 5.72 | 0.00 | 3.120 | 17.680 | 0.08 | 0.12 | 0.44 | 0.00 | 0.52 | 24.752 | 0.208 | 5.200 | 1.456 | 236.08 | 0.48 | 0.38 |
| 3. | Sīpoli | 31.00 | 27.00 | 0.32 | 0.03 | 1.30 | 1.30 | 1.00 | 59.40 | 8.91 | 2.97 | 10.80 | 0.14 | 0.11 | 0.00 | 0.270 | 0.135 | 0.01 | 0.01 | 0.04 | 2.75 | 0.03 | 0.162 | 0.000 | 3.645 | 0.000 | 7.83 | 0.04 | 0.03 |
| 4. | Olas | 10.00 | 10.00 | 1.26 | 0.92 | 0.03 | 0.03 | 11.04 | 13.00 | 5.70 | 1.30 | 21.00 | 0.17 | 0.14 | 0.01 | 4.230 | 3.300 | 0.01 | 0.04 | 0.01 | 0.00 | 0.19 | 26.310 | 0.220 | 5.830 | 0.250 | 13.40 | 0.03 | 0.02 |
| 5. | Skābais krējums, 25% | 17.00 | 17.00 | 0.22 | 4.59 | 0.51 | 0.51 | 5.95 | 17.00 | 14.28 | 0.34 | 10.20 | 0.05 | 0.01 | 0.00 | 1.717 | 0.034 | 0.00 | 0.02 | 0.00 | 0.05 | 0.00 | 0.029 | 0.036 | 0.000 | 0.075 | 42.84 | 0.08 | 0.06 |
| 6. | Ķiploki | 6.00 | 5.00 | 0.02 | 0.03 | 0.82 | 0.08 | 0.00 | 31.00 | 0.90 | 0.40 | 7.65 | 0.08 | 0.05 | 0.01 | 0.135 | 0.100 | 0.01 | 0.00 | 0.06 | 0.85 | 0.00 | 0.020 | 0.000 | 0.200 | 0.000 | 5.40 | 0.01 | 0.01 |
| 7. | Malti melnie pipari | 0.05 | 0.05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.01 | 0.01 |
| 8. | Jūras sāls, jodēts | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 77.50 | 0.07 | 0.30 | 0.06 | 0.14 | 0.00 | 0.00 | 0.00 | 5.000 | 2.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| 9. | Extra virgin oliveļļa | 4.00 | 4.00 | 0.00 | 4.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.48 | 0.080 | 0.000 | 0.000 | 0.000 | 35.36 | 0.03 | 0.02 |
| *Kopā: | | 357.25 | 282.00 | 25.29 | 27.33 | 32.10 | 3.06 | 157.71 | 1330.47 | 50.09 | 68.35 | 280.89 | 3.63 | 6.59 | 0.12 | 16.372 | 24.389 | 0.51 | 0.25 | 0.78 | 22.66 | 1.39 | 52.493 | 0.464 | 58.955 | 1.781 | 483.41 | 0.78 | 0.62 |
| P-08 Falafeli | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Ķiploki | 3.53 | 3.00 | 0.02 | 0.02 | 0.49 | 0.05 | 0.00 | 18.60 | 0.54 | 0.24 | 4.59 | 0.05 | 0.03 | 0.01 | 0.081 | 0.060 | 0.00 | 0.00 | 0.04 | 0.51 | 0.00 | 0.012 | 0.000 | 0.120 | 0.000 | 3.24 | 0.02 | 0.02 |
| 2. | Locīņi, svaigi | 8.00 | 6.00 | 0.13 | 0.05 | 0.04 | 0.04 | 0.14 | 24.00 | 4.68 | 1.08 | 2.94 | 0.02 | 0.01 | 0.01 | 0.060 | 0.600 | 0.00 | 0.01 | 0.01 | 2.46 | 0.01 | 13.008 | 0.000 | 6.300 | 0.000 | 1.50 | 0.03 | 0.02 |
| 3. | Brūnās pupiņas, konservētās, bez šķidrums | 126.00 | 126.00 | 10.84 | 0.63 | 19.28 | 0.38 | 293.58 | 505.26 | 35.28 | 56.70 | 177.66 | 3.65 | 1.39 | 0.06 | 0.000 | 1.512 | 0.20 | 0.08 | 0.15 | 1.51 | 0.13 | 0.000 | 0.000 | 162.540 | 0.000 | 146.16 | 0.30 | 0.24 |
| 4. | Extra virgin oliveļļa | 10.00 | 10.00 | 0.00 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 1.19 | 0.200 | 0.000 | 0.000 | 0.000 | 88.40 | 0.03 | 0.02 |
| 5. | Koriandrs, svaigs | 1.00 | 1.00 | 0.02 | 0.01 | 0.04 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.23 | 0.01 | 0.01 |
| 6. | Kumīns (malta garšviela) | 1.00 | 1.00 | 0.18 | 0.22 | 0.44 | 0.34 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 3.75 | 0.06 | 0.05 |

| Rec. Nr. | Ēdiena nosaukums | Iznākums, 1 porcija, g vai ml | | Uzturvielas, g | | | | Minerālvielas, mg | | | | | | | | Mikroelementi, µg | | Vitamīni, mg | | | | | Vitamīni, µg | | | | Energ. vērtība, kcal | Porcijas pašizmaksa, EUR ar PVN | Porcijas pašizmaksa, EUR bez PVN |
|----------|--|-------------------------------|-------|----------------|-------|-------|-------|-------------------|--------|-------|-------|--------|-------|-------|------|-------------------|--------|--------------|----------------|----------------|----------------|------|--------------|-------|--------|----------------|----------------------|---------------------------------|----------------------------------|
| | | Produkti | Bruto | Neto | olbv. | tauki | oglh. | cukuri | Na | K | Ca | Mg | P | Fe | Zn | Cu | I | Se | B ₁ | B ₂ | B ₆ | C | E | A | D | B ₉ | | | |
| P-09 | <i>Cepeškrāsni cepta zivs rīvmaizes panējumā</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Extra virgin olīveļļa | 6.00 | 6.00 | 0.00 | 6.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.72 | 0.120 | 0.000 | 0.000 | 0.000 | 53.04 | 0.01 | 0.01 |
| 2. | Kviešu milti, augstākā labuma | 7.00 | 7.00 | 0.81 | 0.11 | 5.18 | 0.08 | 0.07 | 10.85 | 1.33 | 2.03 | 8.12 | 0.06 | 0.06 | 0.01 | 0.700 | 0.700 | 0.01 | 0.00 | 0.01 | 0.00 | 0.03 | 0.028 | 0.000 | 1.260 | 0.000 | 25.76 | 0.00 | 0.00 |
| 3. | Rīvmaize, rudzu | 18.00 | 17.00 | 1.68 | 0.25 | 12.22 | 2.98 | 161.20 | 4.00 | 25.80 | 10.00 | 35.60 | 0.93 | 0.20 | 0.06 | 0.000 | 4.000 | 0.06 | 0.06 | 0.02 | 0.00 | 0.06 | 0.000 | 0.000 | 0.180 | 0.000 | 61.71 | 0.04 | 0.03 |
| 4. | Mencas fileja, saldēta | 105.00 | 85.00 | 12.04 | 0.56 | 0.00 | 0.00 | 40.60 | 238.00 | 19.60 | 14.70 | 112.00 | 14.00 | 35.00 | 0.00 | 83.51 | 21.49 | 0.035 | 0.04 | 0.18 | 0.00 | 0.70 | 1.330 | 4.900 | 8.890 | 0.700 | 54.00 | 0.57 | 0.45 |
| 5. | Olas | 10.00 | 10.00 | 1.26 | 0.92 | 0.03 | 0.03 | 11.04 | 13.00 | 5.70 | 1.30 | 21.00 | 0.17 | 0.14 | 0.01 | 4.230 | 3.300 | 0.01 | 0.04 | 0.01 | 0.00 | 0.19 | 26.310 | 0.220 | 5.830 | 0.250 | 13.40 | 0.03 | 0.02 |
| 6. | Jūras sāls, jodēts | 0.20 | 0.20 | 0.00 | 0.00 | 0.00 | 0.00 | 77.50 | 0.07 | 0.30 | 0.06 | 0.14 | 0.00 | 0.00 | 0.00 | 5.000 | 2.000 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.000 | 0.000 | 0.000 | 0.000 | 0.00 | 0.00 | 0.00 |
| | *Kopā: | 125.20 | | 15.79 | 7.84 | 17.43 | 3.09 | 290.41 | 265.92 | 52.73 | 28.09 | 176.86 | 15.16 | 35.40 | 0.07 | 93.440 | 31.490 | 0.11 | 0.14 | 0.22 | 0.00 | 1.70 | 27.788 | 5.120 | 16.160 | 0.950 | 207.91 | 0.65 | 0.51 |

*Pirms siltumapstrādes

**Ēdienu pagatavošanā ir atļauts izmantot tomātu mērci, kurai pievienots ne vairāk kā 1 g sāls uz 100 g produkta un kura satur ne vairāk kā 15 g ogļhidrātu uz 100 g produkta (MK not. Nr. 172, 2012. gads)