

## 1 Sebzeli Hindi Etti Esmer Pilav

KCL/100 GR 77.99

ET HINDİ GÖĞÜS	YAĞ	GR/100 GR	0.94
SU	PROTEİN	GR/100 GR	11.15
PIRINÇ ESMEK	KARBONHİDRAT	GR/100 GR	5.78
BİBERİYE KURU	ŞEKER	GR/100 GR	0.59
BROKOLİ	LİF	GR/100 GR	0.77
HAVUÇ	KOLESTEROL	MG/100 GR	27.39
KARNABAHAH	DOYMUŞ YAĞ	GR/100 GR	0.27
	KALSIYUM	MG/100 GR	13.13
	DEMİR	MG/100 GR	0.44
	POTASYUM	MG/100 GR	162.66
	MAGNEZYUM	MG/100 GR	20.81
	FOSFOR	MG/100 GR	106.00
	SODYUM	MG/100 GR	43.98
	ÇİNKO	MG/100 GR	0.76
	VİTAMİN_A	MCG/100 GR	59.17
	VİTAMİN_C	MG/100 GR	9.62
	V.B1_TYAMİN	MG/100 GR	0.07
	RİBOFLAVİN	MG/100 GR	0.10
	V.B3_NİYASİN	MG/100 GR	4.61
	FOLAT	MCG/100 GR	10.93
	VİTAMİN_B12	MCG/100 GR	0.14
	BETA KAROTEN	MCG/100 GR	580.46
	LİKOPEN	MCG/100 GR	0.07
	VİTAMİN_E	MG/100 GR	0.16
	VİTAMİN_D	MCG/100 GR	0.10

## 2 Sebzeli Tavuk Etti Pilav

KCL/100 GR 153.02

ET TAVUK GÖĞÜS	YAĞ	GR/100 GR	1.49
PIRINÇ OSMANCIK	PROTEİN	GR/100 GR	14.87
BROKOLİ	KARBONHİDRAT	GR/100 GR	19.23
HAVUÇ	ŞEKER	GR/100 GR	0.18
KARNABAHAH	LİF	GR/100 GR	0.73
PATATES	KOLESTEROL	MG/100 GR	34.65
SU	DOYMUŞ YAĞ	GR/100 GR	0.41
	KALSIYUM	MG/100 GR	21.06
	DEMİR	MG/100 GR	1.26
	POTASYUM	MG/100 GR	132.84
	MAGNEZYUM	MG/100 GR	13.32
	FOSFOR	MG/100 GR	96.80
	SODYUM	MG/100 GR	36.05
	ÇİNKO	MG/100 GR	0.44
	VİTAMİN_A	MCG/100 GR	20.75
	VİTAMİN_C	MG/100 GR	3.27
	V.B1_TYAMİN	MG/100 GR	0.05
	RİBOFLAVİN	MG/100 GR	0.05
	V.B3_NİYASİN	MG/100 GR	5.63
	FOLAT	MCG/100 GR	3.30
	VİTAMİN_B12	MCG/100 GR	0.12
	BETA KAROTEN	MCG/100 GR	182.74
	LİKOPEN	MCG/100 GR	0.02
	VİTAMİN_E	MG/100 GR	0.16
	VİTAMİN_D	MCG/100 GR	0.04

## 3 Etti Sebzeli Yulaf

KCL/100 GR 92.92

PATATES TATLI	YAĞ	GR/100 GR	1.87
ET DANA BUT KEMİKSİZ	PROTEİN	GR/100 GR	8.76
ET KIYMA DANA YAĞSIZ	KARBONHİDRAT	GR/100 GR	2.04
HAVUÇ	ŞEKER	GR/100 GR	0.70
KONSERVE BEZELYE	LİF	GR/100 GR	0.56
KONSERVE FASULYE YEŞİL	KOLESTEROL	MG/100 GR	23.70
ISPANAK	DOYMUŞ YAĞ	GR/100 GR	0.70
YULAF EZMESİ	KALSIYUM	MG/100 GR	12.70
KABAK BAL	DEMİR	MG/100 GR	1.13
YAĞ ZEYTİN SIZMA	POTASYUM	MG/100 GR	188.18
SU	MAGNEZYUM	MG/100 GR	14.74
	FOSFOR	MG/100 GR	81.91
	SODYUM	MG/100 GR	37.43
	ÇİNKO	MG/100 GR	1.64
	VİTAMİN_A	MCG/100 GR	93.10
	VİTAMİN_C	MG/100 GR	2.66
	V.B1_TYAMİN	MG/100 GR	0.04
	RİBOFLAVİN	MG/100 GR	0.08
	V.B3_NİYASİN	MG/100 GR	1.62
	FOLAT	MCG/100 GR	16.19
	VİTAMİN_B12	MCG/100 GR	0.91
	BETA KAROTEN	MCG/100 GR	1,029.20
	LİKOPEN	MCG/100 GR	0.05
	VİTAMİN_E	MG/100 GR	0.18
	VİTAMİN_D	MCG/100 GR	0.02

## 4 Kemik Suyunda Kıymalı Sebzeli Esmer Pilav

KCL/100 GR 103.34

ET KIYMA DANA YAĞSIZ	YAĞ	GR/100 GR	1.00
SU	PROTEİN	GR/100 GR	6.20
PIRINÇ ESMEK	KARBONHİDRAT	GR/100 GR	5.68
ET KEMİK KUZU	ŞEKER	GR/100 GR	0.52
BİBERİYE TAZE	LİF	GR/100 GR	0.75
HAVUÇ	KOLESTEROL	MG/100 GR	17.42
ISPANAK	DOYMUŞ YAĞ	GR/100 GR	0.44
YUMURTA	KALSIYUM	MG/100 GR	15.36
KABAK BAL	DEMİR	MG/100 GR	0.98
	POTASYUM	MG/100 GR	174.22
	MAGNEZYUM	MG/100 GR	19.84
	FOSFOR	MG/100 GR	71.96
	SODYUM	MG/100 GR	28.88
	ÇİNKO	MG/100 GR	1.53
	VİTAMİN_A	MCG/100 GR	122.57
	VİTAMİN_C	MG/100 GR	3.04
	V.B1_TYAMİN	MG/100 GR	0.05
	RİBOFLAVİN	MG/100 GR	0.09
	V.B3_NİYASİN	MG/100 GR	1.94
	FOLAT	MCG/100 GR	20.74
	VİTAMİN_B12	MCG/100 GR	0.58
	BETA KAROTEN	MCG/100 GR	1,294.43
	LİKOPEN	MCG/100 GR	0.10
	VİTAMİN_E	MG/100 GR	0.30
	VİTAMİN_D	MCG/100 GR	0.00

## 5 Kıymalı Sebzeli Meyveli

KCL/100 GR 52.54

HAVUÇ	YAĞ	GR/100 GR	1.19
ELMA STARKING	PROTEİN	GR/100 GR	0.49
KONSERVE FASULYE YEŞİL	KARBONHİDRAT	GR/100 GR	5.16
YABAN MERSİNİ	ŞEKER	GR/100 GR	3.12
ISPANAK	LİF	GR/100 GR	1.30
YAĞ ZEYTİN SIZMA	KOLESTEROL	MG/100 GR	0.00
YAĞ HİNDİSTAN CEVİZİ	DOYMUŞ YAĞ	GR/100 GR	0.51
ET KIYMA DANA YAĞSIZ	KALSIYUM	MG/100 GR	16.21
KABAK BAL	DEMİR	MG/100 GR	0.40
SU	POTASYUM	MG/100 GR	110.45
	MAGNEZYUM	MG/100 GR	9.07
	FOSFOR	MG/100 GR	13.17
	SODYUM	MG/100 GR	50.25
	ÇİNKO	MG/100 GR	0.14
	VİTAMİN_A	MCG/100 GR	144.93
	VİTAMİN_C	MG/100 GR	3.94
	V.B1_TYAMİN	MG/100 GR	0.02
	RİBOFLAVİN	MG/100 GR	0.03
	V.B3_NİYASİN	MG/100 GR	0.26
	FOLAT	MCG/100 GR	18.99
	VİTAMİN_B12	MCG/100 GR	0.00
	BETA KAROTEN	MCG/100 GR	1.476.69
	LİKOPEN	MCG/100 GR	0.14
	VİTAMİN_E	MG/100 GR	0.34
	VİTAMİN_D	MCG/100 GR	0.00

## 6 Ciğerti Yulaflı

KCL/100 GR 275.93

YULAF EZMESİ	YAĞ	GR/100 GR	12.17
UN BUĞDAY TAM	PROTEİN	GR/100 GR	27.39
ET TAVUK CİĞER	KARBONHİDRAT	GR/100 GR	69.40
YUMURTA	ŞEKER	GR/100 GR	0.23
YAĞ AYÇİÇEK	LİF	GR/100 GR	10.29
	KOLESTEROL	MG/100 GR	335.08
	DOYMUŞ YAĞ	GR/100 GR	1.82
	KALSIYUM	MG/100 GR	23.61
	DEMİR	MG/100 GR	9.39
	POTASYUM	MG/100 GR	448.94
	MAGNEZYUM	MG/100 GR	128.57
	FOSFOR	MG/100 GR	509.28
	SODYUM	MG/100 GR	209.77
	ÇİNKO	MG/100 GR	4.67
	VİTAMİN_A	MCG/100 GR	1858.44
	VİTAMİN_C	MG/100 GR	12.82
	V.B1_TYAMİN	MG/100 GR	0.16
	RİBOFLAVİN	MG/100 GR	1.12
	V.B3_NİYASİN	MG/100 GR	9.69
	FOLAT	MCG/100 GR	58.54
	VİTAMİN_B12	MCG/100 GR	8.30
	BETA KAROTEN	MCG/100 GR	16.15
	LİKOPEN	MCG/100 GR	9.72
	VİTAMİN_E	MG/100 GR	0.58
	VİTAMİN_D	MCG/100 GR	0.45

## 7 Kabaklı Fıstık Ezmeli

KCL/100 GR 275.25

UN BUĞDAY TAM	YAĞ	GR/100 GR	7.14
YUMURTA	PROTEİN	GR/100 GR	12.18
KABAK BAL	KARBONHİDRAT	GR/100 GR	43.85
FISTIK EZMESİ	ŞEKER	GR/100 GR	1.36
TUZ	LİF	GR/100 GR	6.63
TARÇIN	KOLESTEROL	MG/100 GR	75.08
SU	DOYMUŞ YAĞ	GR/100 GR	1.26
	KALSIYUM	MG/100 GR	29.07
	DEMİR	MG/100 GR	2.77
	POTASYUM	MG/100 GR	324.17
	MAGNEZYUM	MG/100 GR	96.47
	FOSFOR	MG/100 GR	267.87
	SODYUM	MG/100 GR	283.48
	ÇİNKO	MG/100 GR	2.29
	VİTAMİN_A	MCG/100 GR	144.42
	VİTAMİN_C	MG/100 GR	2.42
	V.B1_TYAMİN	MG/100 GR	0.05
	RİBOFLAVİN	MG/100 GR	0.19
	V.B3_NİYASİN	MG/100 GR	4.18
	FOLAT	MCG/100 GR	50.24
	VİTAMİN_B12	MCG/100 GR	0.46
	BETA KAROTEN	MCG/100 GR	834.85
	LİKOPEN	MCG/100 GR	0.03
	VİTAMİN_E	MG/100 GR	0.84
	VİTAMİN_D	MCG/100 GR	0.44

## 8 Diyabetik

KCL/100 GR 216.93

ET CİĞER DANA	YAĞ	GR/100 GR	7.62
UN BUĞDAY TAM	PROTEİN	GR/100 GR	33.34
YUMURTA	KARBONHİDRAT	GR/100 GR	40.10
	ŞEKER	GR/100 GR	0.23
	LİF	GR/100 GR	4.16
	KOLESTEROL	MG/100 GR	402.83
	DOYMUŞ YAĞ	GR/100 GR	3.11
	KALSIYUM	MG/100 GR	13.94
	DEMİR	MG/100 GR	7.77
	POTASYUM	MG/100 GR	462.25
	MAGNEZYUM	MG/100 GR	74.02
	FOSFOR	MG/100 GR	609.26
	SODYUM	MG/100 GR	377.78
	ÇİNKO	MG/100 GR	6.10
	VİTAMİN_A	MCG/100 GR	8.441.46
	VİTAMİN_C	MG/100 GR	1.71
	V.B1_TYAMİN	MG/100 GR	0.28
	RİBOFLAVİN	MG/100 GR	3.21
	V.B3_NİYASİN	MG/100 GR	18.02
	FOLAT	MCG/100 GR	90.05
	VİTAMİN_B12	MCG/100 GR	63.24
	BETA KAROTEN	MCG/100 GR	146.35
	LİKOPEN	MCG/100 GR	0.00
	VİTAMİN_E	MG/100 GR	0.60
	VİTAMİN_D	MCG/100 GR	1.37

9 Bisküvi KCL/100 GR 321.71

UN BUĞDAY TAM	YAĞ	GR/100 GR	157.53
UN BUĞDAY	PROTEİN	GR/100 GR	64.20
UN MISIR ORDU	KARBONHIDRAT	GR/100 GR	267.65
YULAF EZMESİ	ŞEKER	GR/100 GR	5.01
SU	LİF	GR/100 GR	32.31
YAĞ KANOLA	KOLESTEROL	MG/100 GR	373.00
YUMURTA	DOYMUŞ YAĞ	GR/100 GR	16.71
FISTIK EZMESİ	KALSIYUM	MG/100 GR	126.60
VANILYA ÖZÜTÜ	DEMİR	MG/100 GR	15.22
	POTASYUM	MG/100 GR	1,395.44
	MAGNEZYUM	MG/100 GR	426.90
	FOSFOR	MG/100 GR	1,223.06
	SODYUM	MG/100 GR	370.52
	ÇİNKO	MG/100 GR	9.64
	VİTAMİN_A	MCG/100 GR	149.00
	VİTAMİN_C	MG/100 GR	0.00
	V.B1_TYAMİN	MG/100 GR	0.79
	RİBOFLAVİN	MG/100 GR	1.12
	V.B3_NİYASİN	MG/100 GR	21.32
	FOLAT	MCG/100 GR	208.24
	VİTAMİN_B12	MCG/100 GR	1.82
	BETA KAROTEN	MCG/100 GR	11.60
	LİKOPEN	MCG/100 GR	0.00
	VİTAMİN_E	MG/100 GR	23.32
	VİTAMİN_D	MCG/100 GR	2.20

10 Etlü Muffin KCL/100 GR 135.49

PİRİNÇ ESMER	YAĞ	GR/100 GR	253.24
SU	PROTEİN	GR/100 GR	796.67
PATATES	KARBONHIDRAT	GR/100 GR	227.82
HAVUÇ	ŞEKER	GR/100 GR	30.79
KEREVİZ SAP	LİF	GR/100 GR	45.42
ET KIYMA DANA YAĞSIZ	KOLESTEROL	MG/100 GR	3,781.00
YUMURTA	DOYMUŞ YAĞ	GR/100 GR	76.34
TUZ	KALSIYUM	MG/100 GR	934.26
YAĞ ZEYTİN SIZMA	DEMİR	MG/100 GR	108.62
YULAF EZMESİ	POTASYUM	MG/100 GR	15,873.20
	MAGNEZYUM	MG/100 GR	906.05
	FOSFOR	MG/100 GR	7,254.85
	SODYUM	MG/100 GR	3,789.05
	ÇİNKO	MG/100 GR	185.19
	VİTAMİN_A	MCG/100 GR	4,852.75
	VİTAMİN_C	MG/100 GR	96.40
	V.B1_TYAMİN	MG/100 GR	1.09
	RİBOFLAVİN	MG/100 GR	8.05
	V.B3_NİYASİN	MG/100 GR	182.27
	FOLAT	MCG/100 GR	613.25
	VİTAMİN_B12	MCG/100 GR	80.70
	BETA KAROTEN	MCG/100 GR	41,469.00
	LİKOPEN	MCG/100 GR	5.00
	VİTAMİN_E	MG/100 GR	24.82
	VİTAMİN_D	MCG/100 GR	8.80

11 Sebze Köfte KCL/100 GR 124.76

ET KIYMA DANA YAĞSIZ	YAĞ	GR/100 GR	44.74
KEREVİZ SAP	PROTEİN	GR/100 GR	241.59
HAVUÇ	KARBONHIDRAT	GR/100 GR	312.04
ELMA STARKING	ŞEKER	GR/100 GR	73.12
YUMURTA	LİF	GR/100 GR	57.90
EKMEK TOST	KOLESTEROL	MG/100 GR	940.00
YULAF EZMESİ	DOYMUŞ YAĞ	GR/100 GR	15.45
BUĞDAY	KALSIYUM	MG/100 GR	535.35
SALÇA DOMATES	DEMİR	MG/100 GR	52.36
PATATES	POTASYUM	MG/100 GR	7,643.85
#BAŞVI!	MAGNEZYUM	MG/100 GR	805.90
	FOSFOR	MG/100 GR	3,609.90
	SODYUM	MG/100 GR	1,003.05
	ÇİNKO	MG/100 GR	48.10
	VİTAMİN_A	MCG/100 GR	1,512.47
	VİTAMİN_C	MG/100 GR	207.04
	V.B1_TYAMİN	MG/100 GR	2.19
	RİBOFLAVİN	MG/100 GR	3.17
	V.B3_NİYASİN	MG/100 GR	62.46
	FOLAT	MCG/100 GR	348.20
	VİTAMİN_B12	MCG/100 GR	20.00
	BETA KAROTEN	MCG/100 GR	13,321.00
	LİKOPEN	MCG/100 GR	1.60
	VİTAMİN_E	MG/100 GR	3.20
	VİTAMİN_D	MCG/100 GR	2.20

12 Pastrımalı Bisküvi KCL/100 GR 243.16

YUMURTA	YAĞ	GR/100 GR	14.60
SÜT MARKET UHT	PROTEİN	GR/100 GR	19.20
SU	KARBONHIDRAT	GR/100 GR	10.70
TUZ	ŞEKER	GR/100 GR	11.30
PASTIRMA DANA	LİF	GR/100 GR	0.00
UN BUĞDAY TAM	KOLESTEROL	MG/100 GR	389.00
	DOYMUŞ YAĞ	GR/100 GR	5.90
	KALSIYUM	MG/100 GR	348.32
	DEMİR	MG/100 GR	1.21
	POTASYUM	MG/100 GR	406.00
	MAGNEZYUM	MG/100 GR	32.00
	FOSFOR	MG/100 GR	356.00
	SODYUM	MG/100 GR	1,739.00
	ÇİNKO	MG/100 GR	2.10
	VİTAMİN_A	MCG/100 GR	259.00
	VİTAMİN_C	MG/100 GR	0.40
	V.B1_TYAMİN	MG/100 GR	0.10
	RİBOFLAVİN	MG/100 GR	0.90
	V.B3_NİYASİN	MG/100 GR	0.30
	FOLAT	MCG/100 GR	47.00
	VİTAMİN_B12	MCG/100 GR	2.10
	BETA KAROTEN	MCG/100 GR	19.00
	LİKOPEN	MCG/100 GR	0.00
	VİTAMİN_E	MG/100 GR	1.00
	VİTAMİN_D	MCG/100 GR	4.60