

Workshop

Product labeling



Nutritional values of food

Per 100 g

Food	Protein	Lipids	Colesterol	Carbo- hydrates	Fiber	Energy (kilocalorii)
Butter	8	80	0,28	2,5	0	806
Egg	14	12	460	0,6	0	171
Bacon	15	35	105	0	0	388
Milk	3,5	2,5	0	4,9	0	58
Plain flour	10,3	2	0	54	0.1	282
Creme fraiche	2.2	35	0.1	2.9	0	335
Pasta (spaghetti)	5,6	1	0	75.9	0.3	360
Parmesan chees	3.5	28.6	0	4.1	0	431
Pork chop	20.4	6.3	90	0	0	143
Breadcrumbs	10.2	0.9	0	73.3	3	342
Oil	0	99.9	0	0	0	929
Cucumbers	1.3	0.2	0	2.9	0.5	19
Onions	1.5	0.2	0	10.5	0.6	51
Sour creme	3,5	20	0.1	3.1	0	213
Potatoes	2.1	0.2	3	19.1	0.7	89
Olive	1.8	22.5	0	3.9	3.9	226
Pickled peppers	0.7	0.2	0	6.7	2	38
Eggplants	1	0.2	0	5.7	3.4	24
Yolks	16	32	200	0.3	0	364



FRANCE

QUICHE LORRAINE (for 8 persons)

Ingredients:

For the pastry:

- 200 g plain flour
- 100g butter
- 1 egg (50 g)

For the filling:

- 200g pack bacon, unsmoked or smoked
- 250 ml crème fraîche
- 200 ml milk
- 3 eggs (3x 50 g)
- pinch of ground nutmeg
- pepper

ITALY

Spaghetti alla Carbonara

Ingredients:

- 2kg of spaghetti
- 400 g smoked bacon sliced
- 1 yolks (4x20 g)
- 300g parmesan cheese
- salt to taste
- pepper to taste

POLAND

Pork Chops Schnitzel

Ingredients:

- 3 kg of boneless pork chop
- 200 ml milk
- 1kg of breadcrumbs
- 1kg of flour
- salt
- pepper
- 1/2 litre oil
- 6 eggs (6x 50 g)
- 3 long cucumbers (3x 300g)
- 3 onions (150 g)
- 1 kg sour cream

ROMANIA

Salată orientală - Potato salad

Ingredients:

- 1 kg potatoes
- 200 g red onions
- 30 g. olives
- 30 g. pickles - red bell peppers
- 3 hardboiled eggs (3x 50 g)
- 50 ml oil
- 1 tablespoon vinegar or lemon juice
- salt
- black pepper, freshly ground

Salată de vinete - Eggplant Salad

Ingredients:

- 1kg eggplants
- 35 ml sunflower oil
- 25 g chopped onions
- salt to taste

