

OVERZICHT VOEDINGSWAARDE VAN DE QUICK PRODUCTEN

WAARDE PER EINDPRODUCT

| | Gewicht in g. | Eiwitten | | Vetstoffen | | Koolhydraten | | Kcal | Kjoules | Vitaminen (in mg) | | | Cholesterol in % |
|--------------------------------|------------------|----------|------|------------|------|--------------|------|------|---------|-------------------|--------|-------|---------------------|
| | | in % | in g | in % | in g | in % | in g | | | vit C | Vit B1 | Vit A | |
| BURGERS | | | | | | | | | | | | | |
| Met rundvlees | | | | | | | | | | | | | |
| LONG BACON | 200 | 16.3 | 32.6 | 28.6 | 57.2 | 10.7 | 21.4 | 730 | 3051 | 10 | 0.24 | 0.012 | 0.085 |
| GIANT | 171.5 | 14.6 | 25 | 21.8 | 37.4 | 14.3 | 24.5 | 535 | 2237 | 1.68 | 0.17 | 0.015 | 0.015 |
| CHEESEBURGER | 107.8 | 15.6 | 16.8 | 11.2 | 12.1 | 22.9 | 24.7 | 275 | 1149 | 3.6 | 0.12 | 0.011 | 0.036 |
| HAMBURGER | 101.2 | 12.9 | 13.1 | 11.7 | 11.8 | 26.5 | 26.8 | 266 | 1113 | 1.68 | 0.12 | 0.007 | 0.011 |
| Met kip | | | | | | | | | | | | | |
| LONG CHICKEN | 190.7 | 14.4 | 27.5 | 15.7 | 29.9 | 20.7 | 39.5 | 538 | 2248 | 2.86 | 0.25 | 0.008 | 0.031 |
| Met kalkoen | | | | | | | | | | | | | |
| CLUB KALKOEN | 159.4 | 10.1 | 16.1 | 8.8 | 14 | 21.3 | 34 | 326 | 1365 | 0.72 | 0.18 | 0.004 | 0.021 |
| Met vis | | | | | | | | | | | | | |
| KING FISH | 162.3 | 13.2 | 21.4 | 16.9 | 27.4 | 21.5 | 34.9 | 472 | 1974 | 2.97 | 0.14 | 0.007 | 0.013 |
| PARTY SNACKS | | | | | | | | | | | | | |
| CHICKEN WINGS(5) | 160 | 27.1 | 43.4 | 20 | 32 | 0 | 0 | 461 | 1926 | 4.64 | 0.24 | 0 | 0.085 |
| CHICKEN DIPS (7) | 133 | 14.7 | 19.6 | 9.5 | 12.6 | 13.1 | 17.4 | 262 | 1094 | 2.67 | 0.09 | 0.016 | 0.03 |
| CHEESY CROC' (4) | 84 | 6.9 | 5.8 | 17.3 | 14.5 | 20.8 | 17.5 | 224 | 937 | 3.96 | 0.11 | 0.008 | 0.024 |
| BARBECUESAUS | 30 | 1.4 | 0.4 | 8.3 | 2.5 | 23.8 | 7.1 | 53 | 221 | 0 | 0 | 0 | 0 |
| AJUINSAUS | 30 | 1.4 | 0.4 | 58.8 | 17.6 | 9.9 | 3 | 172 | 720 | 0 | 0.02 | 0.005 | 0.083 |
| CURRYSAUS | 28 | 1.9 | 0.5 | 64.7 | 18.1 | 8.7 | 2.4 | 175 | 732 | 0 | 0 | 0 | 0 |
| FRIETEN | | | | | | | | | | | | | |
| MEDIUM FRIET | 130 | 3.8 | 4.9 | 17.6 | 22.9 | 31.6 | 41.1 | 390 | 1630 | 8.19 | 0.19 | 0 | 0.012 |
| MAYONAISE | 20 | 1.5 | 0.3 | 80.7 | 16.1 | 1.9 | 0.4 | 148 | 619 | 0.14 | 0.01 | 0.008 | 0.038 |
| KETCHUP | 20 | 1.2 | 0.2 | 0.5 | 0.1 | 23.2 | 4.6 | 20 | 85 | 0.12 | 0.02 | 0.016 | 0 |
| SALADES | | | | | | | | | | | | | |
| PAYSANNE | 220 | 9.2 | 20.2 | 4 | 8.8 | 0.2 | 0.4 | 163 | 681 | 3.72 | 0.09 | 0.001 | 0.046 |
| OCEANE | 210 | 8.2 | 17.2 | 2.5 | 5.3 | 0.3 | 0.6 | 120 | 500 | 0.97 | 0.07 | 0.019 | 0.057 |
| KLEINE LENTESLA | 100 | 5.6 | 5.6 | 2.4 | 2.4 | 2 | 2 | 52 | 217 | 0.61 | 0.03 | 0.018 | 0.092 |
| VINAIGRETTE vetarm | 40 | 0.7 | 0.3 | 26.7 | 10.7 | 19.2 | 7.7 | 128 | 535 | 7.68 | 0 | 0 | 0.005 |
| OLIJF/CITROENSAUS | 40 | 0.6 | 0.2 | 25.9 | 10.4 | 4 | 1.6 | 101 | 421 | 0.20 | 0.00 | 0.004 | 0.005 |
| COCKTAILSAUS | 39.6 | 1.3 | 0.5 | 50.9 | 20.2 | 8.6 | 3.4 | 197 | 824 | 0.20 | 0.01 | 0 | 0.049 |
| VINAIGRETTE | 39.2 | 1.3 | 0.5 | 61 | 23.9 | 3.5 | 1.4 | 223 | 931 | 0.20 | 0.01 | 0 | 0.072 |
| PRODUCTEN VOOR KINDEREN | | | | | | | | | | | | | |
| MAGIC BOX Hamburger | 461.2 | 3.6 | 16.5 | 6 | 27.7 | 18.7 | 86 | 659 | 2755 | 7.35 | 0.25 | 0.06 | 0.02 |
| MAGIC BOX Dips (4) | 432 | 3.2 | 14 | 5.3 | 22.7 | 15.9 | 68.7 | 535 | 2235 | 7.2 | 0.19 | 0.08 | 0.03 |
| KIDS SAUS | 24 | 0.4 | 0.1 | 0.2 | 0 | 35.4 | 8.5 | 35 | 145 | 0.22 | 0.01 | 0 | 0 |
| DESSERTEN | | | | | | | | | | | | | |
| VANILLE MILSHAKE | 330 | 9.8 | 32.2 | 2.9 | 9.6 | 13.8 | 45.5 | 399 | 1669 | 0 | 0.04 | 0 | 0 |
| FRUITSLA | 160 | 0.4 | 0.6 | 0.3 | 0.5 | 11.1 | 17.8 | 78 | 328 | 8 | 0.07 | 0 | 0 |
| SOFTY SUPREME | 135 | 4.1 | 5.5 | 11.3 | 15.3 | 30.3 | 41 | 324 | 1354 | 6.49 | 0 | 0 | 0.001 |
| KINDERIJSJE | 96.1 | 3.9 | 3.8 | 8.6 | 8.2 | 21.2 | 20.4 | 171 | 715 | 4.21 | 0 | 0 | 0.001 |
| CAMELSAUS | 35 | 2.7 | 0.9 | 0.9 | 0.3 | 68.9 | 24.1 | 103 | 431 | 0.02 | 0 | 0 | 0 |
| CHOCOLADESAUS | 30 | 2.8 | 0.8 | 2.2 | 0.7 | 60.1 | 18 | 81 | 340 | 0.02 | 0 | 0 | 0.019 |
| AARDBEISAUS | 27 | 0.5 | 0.1 | 0.2 | 0.1 | 52.5 | 14.2 | 58 | 241 | 0.01 | 0 | 0 | 0 |
| YOGHOURT SUPREM' | 130 | 3.9 | 5 | 7.1 | 9.2 | 15.7 | 20.5 | 185 | 772 | 0.65 | 0.08 | 0.11 | 0.027 |
| DRANKEN | | | | | | | | | | | | | |
| COCA COLA 35 cl | 370 | 0 | 0 | 0 | 0 | 11.4 | 42.2 | 170 | 711 | 0 | 0 | 0 | 0 |
| COCA COLA light 35 cl | 370 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 15 | 0 | 0 | 0 | 0 |
| FANTA 35 cl | 370 | 0 | 0 | 0 | 0 | 11.5 | 42.6 | 170 | 711 | 0 | 0 | 0 | 0 |
| SPRITE 35 cl | 370 | 0 | 0 | 0 | 0 | 9 | 33.3 | 133 | 557 | 0 | 0 | 0 | 0 |
| SINAASAPPELSAP | 300 | 1.0 | 3.0 | 0.1 | 0.3 | 8.5 | 25.5 | 117 | 489 | 109.5 | 0.21 | 0 | 0 |
| BIER | 300 | 0.6 | 1.8 | 0 | 0 | 2.9 | 8.7 | 108 | 451 | 0 | 10.5 | 0 | 0 |