

LEMON Næringagildi

Djúsar										
	Stærð	Orka KJ	Orka kkal	Fita (g)	Mettuð fita (g)	Kolvetni (g)	Sykur - tegundir (g)	Trefjar (g)	Prótein (g)	Salt (g)
Alabama										
	Lítill	599	141	0.5	0.1	33	31.0	1.0	0.7	0.0
	Stór	760	179	0.6	0.1	42	39.0	1.3	0.9	0.0
Dazed										
	Lítill	421	100	3.1	0.2	18	17.0	0.3	0.3	0.0
	Stór	710	169	5.2	0.3	30	28.0	0.4	0.5	0.0
Django										
	Lítill	749	178	4.4	0.3	32	25.0	1.6	1.3	0.0
	Stór	944	224	5.5	0.4	41	31.0	2.0	1.7	0.0
Good Times										
	Lítill	698	167	7.4	0.8	23	20.0	2.1	1.1	0.0
	Stór	960	229	10.0	1.1	32	28.0	2.8	1.5	0.0
Honey Bunny										
	Lítill	500	119	3.7	0.2	19	19.0	1.0	1.5	0.0
	Stór	714	170	5.3	0.4	28	27.0	1.5	2.1	0.0
JJ										
	Lítill	659	156	4.2	0.3	28	27.0	1.5	0.9	0.0
	Stór	815	194	5.2	0.3	35	34.0	1.9	1.1	0.0
Lotta Love										
	Lítill	552	130	0.5	0.1	30	29.0	0.9	0.8	0.0
	Stór	834	197	0.7	0.1	46	43.0	1.4	1.3	0.0
MR Blonde										
	Lítill	713	169	4.0	0.3	32	30.0	1.1	0.8	0.0
	Stór	999	237	5.6	0.5	45	42.0	1.5	1.1	0.0
Mr. Pink										
	Lítill	739	175	5.3	0.3	31	30.0	0.2	0.7	0.0
	Stór	1019	242	7.3	0.5	43	41.0	0.3	1.0	0.1
Nice Guy										
	Lítill	677	160	0.4	0.1	37	35.0	2.5	1.3	0.0
	Stór	809	191	0.5	0.1	44	42.0	3.0	1.6	0.0
Presley										
	Lítill	685	163	4.3	0.3	29	27.0	1.7	1.0	0.0
	Stór	856	203	5.3	0.4	36	33.0	2.1	1.3	0.0
Winston Wolf										
	Lítill	455	109	5.3	0.4	13	4.0	2.0	1.6	0.0
	Stór	708	169	8.3	0.6	20	6.2	3.1	2.5	0.0
Berry Bliss										
	Lítill	502	119	1.0	0.2	23	17.6	5.8	1.5	0.0
	Stór	758	181	1.5	0.3	35	27.0	8.9	2.3	0.0

Smoothies										
	Stærð	Orka KJ	Orka kkal	Fita (g)	Mettuð fita (g)	Kolvetni (g)	Sykur - tegundir (g)	Trefjar (g)	Prótein (g)	Salt (g)
Elvis										
	Lítill	1432	340	10.0	6.1	55	46.0	1.4	6.7	0.4
	Stór	2319	551	16.0	10.0	89	74.0	2.3	11.0	0.7
Hawaiian flirt										
	Lítill	812	191	0.5	0.2	34	33.0	1.1	12.0	0.1
	Stór	1018	240	0.7	0.2	42	41.0	1.4	16.0	0.2
Icelandic flirt										
	Lítill	827	195	0.5	0.1	33	32.0	2.2	13.0	0.1
	Stór	1006	237	0.6	0.2	40	39.0	2.7	16.0	0.2
Indian flirt										
	Lítill	1438	344	1.4	0.5	47	24.0	41.0	15.0	0.1
	Stór	1874	448	1.8	0.7	62	32.0	54.0	19.0	0.2
Kaffi Frappó										
	Lítill	1494	355	12.0	7.5	54	44.0	0.0	7.5	0.5
	Stór	2752	654	22.0	14.0	100	81.0	0.0	14.0	0.9
Vanilla flirt										
	Lítill	1436	342	14.0	6.1	46	36.0	2.0	6.3	0.4
	Stór	2579	615	26.0	11.0	82	65.0	3.5	11.0	0.7

Próteinsjeikar										
	Stærð	Orka KJ	Orka kkal	Fita (g)	Mettuð fita (g)	Kolvetni (g)	Sykur - tegundir (g)	Trefjar (g)	Prótein (g)	Salt (g)
Call me crazy										
	Lítill	921	220	8.9	1.4	10	9.3	5.5	22.0	0.46
	Stór	1236	295	12.0	1.9	14	12.0	7.4	29.0	0.62
Happy Time										
	Lítill	1356	323	9.7	1.6	33	18.0	6.9	22.0	0.52
	Stór	1821	433	13.0	2.1	44	24.0	9.3	30.0	0.69
Home Run										
	Lítill	933	222	7.3	1.1	21	16.0	4.3	16.0	0.32
	Stór	1253	298	10.0	1.4	29	21.0	5.8	21.0	0.42
Pink Magic										
	Lítill	760	181	3.7	0.6	18	13.0	5.3	16.0	0.42
	Stór	1020	243	5.0	0.8	24	17.0	7.2	22.0	0.56
Power Plant										
	Lítill	1227	292	11.0	1.5	28	18.0	5.1	19.0	0.69
	Stór	1647	393	14.0	2.0	37	24.0	6.9	26.0	0.93
FroPro										
	Lítill	990	235	6.4	1.1	28	26.0	2.8	15.0	0.96
	Stór	1330	316	8.6	1.5	37	35.0	3.8	21.0	1.29

Lemon Six pack										
	Stærð	Orka KJ	Orka kkal	Fita (g)	Mettuð fita (g)	Kolvetni (g)	Sykur - tegundir (g)	Trefjar (g)	Prótein (g)	Salt (g)
No 01										
	330 ml	691	162	0.7	0.0	33	33.0	1.1	1.4	0.0
No 02										
	330 ml	561	133	0.0	0.0	29	19.0	2.2	2.5	0.0
No 03										
	330 ml	691	162	0.4	0.0	40	39.0	0.0	0.7	0.0
No 04										
	330 ml	702	165	0.4	0.0	40	35.6	0.7	1.4	0.1
No 05										
	330 ml	676	158	0.4	0.0	33	33.0	0.3	1.1	0.0
Nr 06										
	330 ml	669	172	1.1	0.0	40	33.0	2.5	1.1	0.0

Detopakki Tobbu Marinós										
	Stærð	Orka KJ	Orka kkal	Fita (g)	Mettuð fita (g)	Kolvetni (g)	Sykur - tegundir (g)	Trefjar (g)	Prótein (g)	Salt (g)
Túrmerikbombo										
	330 ml	580	135	0.3	0.0	32	23.0	1.0	1.0	0.0
Rauða þruma										
	330 ml	1498	353	0.3	0.0	79	66.0	0.0	9.0	0.3
Græna sprengjan										
	330 ml	544	129	0.3	0.0	30	24.0	1.0	1.3	0.0
Seller										
	330 ml	267	63	0.7	0.0	10	4.3	5.2	2.3	0.7

Samlokur										
	Stærð	Orka KJ	Orka kkal	Fita (g)	Mettuð fita (g)	Kolvetni (g)	Sykur - tegundir (g)	Trefjar (g)	Prótein (g)	Salt (g)
Chickencado										
	Lítil	1521	365	23.0	2.5	20	2.3	4.3	17.0	1.5
	Stór	3042	730	46.0	5.0	40	4.6	8.6	34.0	3.0
Hangover										
	Lítil	1547	371	23.0	3.3	25	6.3	3.1	14.0	1.4
	Stór	3095	743	47.0	6.5	49	13.0	6.2	28.0	2.8
Spicy Chicken										
	Lítil	1753	422	31.0	3.0	19	0.7	3.0	15.0	1.9
	Stór	3506	844	62.0	5.9	37	1.5	6.0	31.0	3.7
Mozzato										
	Lítil	1239	298	20.0	3.1	18	1.3	3.6	8.3	0.8
	Stór	2478	596	41.0	6.2	37	2.6	7.1	17.0	1.6
Parmella										
	Lítil	1414	340	24.0	4.1	19	1.2	3.3	11.0	1.8
	Stór	2828	680	47.0	8.2	38	2.4	6.6	23.0	3.6
Pescado										
	Lítil	1407	339	24.0	3.5	20	2.6	4.6	8.7	0.82
	Stór	2814	677	48.0	7.0	40	5.2	9.2	17.0	1.6
Spicy Tuna										
	Lítil	1635	393	28.0	2.5	19	1.1	3.5	14.0	1.1
	Stór	3269	786	56.0	5.0	39	2.3	6.9	29.0	2.3
Spicy Vegan										
	Lítil	2075	500	38.0	3.2	28	2.4	4.5	8.7	1.9
	Stór	4149	1000	77.0	63.0	56	4.7	9.1	17.0	3.7
Tunacado										
	Lítil	1717	413	30.0	2.8	19	1.8	4.0	14.0	1.1
	Stór	3434	827	60.0	5.6	38	3.6	8.0	29.0	2.2
Spicy Macros										
	Lítil	922	220	7.2	1.9	19	1.3	3.0	18	1.5
	Stór	1883	448	15	3.9	39	2.6	6.1	37	3.1
Vegancado										
	Lítil	1662	400	24.0	2.6	22	4.0	8.0	18	1.9
	Stór	3428	825	49	5.2	46	8.2	16.5	36	4.0

Hitt og þetta										
	Stærð	Orka KJ	Orka kkal	Fita (g)	Mettuð fita (g)	Kolvetni (g)	Sykur - tegundir (g)	Trefjar (g)	Prótein (g)	Salt (g)
Engiferskot										
	100 g	324	77	0.6	0.0	16.0	1.7	0.0	1.6	0.0
Hafragrautur										
	Ein stærð	1238	294	5.2	0.9	44.0	8.5	11.0	12.0	0.0
Rauðrófuskot										
	100 g	554	130	0.0	0.0	29.0	24.0	0.0	3.8	0.1
Partýkúlur Tobbu										
	100 g	1438	344	16.0	3.8	39.0	31.0	6.0	7.6	0.2