

# Kalorientabelle

Die in der Tabelle angegebenen Nährstoffe und Kalorien beziehen sich auf 100g/ml. Falls Sie die genauen Menge berechnen und drucken möchten, empfehlen wir Ihnen unseren Kalorienrechner.

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Weitere [Tabellen](#) und [Kalorienrechner](#): [www.BMI-Rechner.net](http://www.BMI-Rechner.net)

## 1) Alle Lebensmittel

Lebensmittel	Menge	Eiweiß	Fett	Kohlenhydrate	davon Zucker	Ballaststoffe	Alkohol	Kalorien	Energiedichte
Aal	100g	14.0g	23.0g	0.0g	0.0g	0.0g	0.0g	263 kcal	2.6
Absinth (45% Vol.)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	36.0g	256 kcal	2.6
Acai	100g	5.0g	19.0g	4.0g	2.0g	0.0g	0.0g	207 kcal	2.1
Acerola	100g	0.0g	0.0g	3.5g	3.5g	2.0g	0.0g	18 kcal	0.2
Ackerbohnen	100g	8.0g	0.6g	18.0g	9.0g	9.0g	0.0g	127 kcal	1.3
Afa Alge frisch	100g	6.0g	0.4g	2.0g	0.0g	4.0g	0.0g	44 kcal	0.4
Agavendicksaft	100g	0.1g	0.4g	77.0g	75.0g	0.0g	0.0g	312 kcal	3.1
Ahornsirup	100g	0.0g	0.0g	65.0g	65.0g	0.0g	0.0g	260 kcal	2.6
Ajvar	100g	1.5g	5.0g	10.6g	7.0g	2.0g	0.0g	97 kcal	1.0
Aloe Vera Saft	100ml	0.1g	0.0g	0.4g	0.0g	0.2g	0.0g	2 kcal	0.0
Altbier	100ml	0.5g	0.0g	5.4g	2.0g	0.0g	3.9g	51 kcal	0.5
Amaranth	100g	14.3g	9.0g	55.0g	2.0g	8.7g	0.0g	376 kcal	3.8
Ananas	100g	0.4g	0.2g	11.5g	11.3g	1.0g	0.0g	51 kcal	0.5
Anis	100g	6.3g	2.0g	65.0g	0.0g	0.0g	0.0g	303 kcal	3.0
Apfel	100g	0.4g	0.2g	11.0g	10.4g	2.4g	0.0g	52 kcal	0.5
Apfeldicksaft	100g	0.0g	0.0g	69.0g	68.0g	1.4g	0.0g	279 kcal	2.8
Apfelessig	100ml	0.0g	0.0g	1.0g	0.5g	0.0g	0.0g	4 kcal	0.0
Apfelkuchen	100g	2.0g	9.8g	36.0g	14.0g	2.4g	0.0g	245 kcal	2.5
Apfelmus	100g	0.2g	0.2g	17.0g	15.0g	1.0g	0.0g	73 kcal	0.7
Apfelsaft	100ml	0.0g	0.0g	11.0g	11.0g	0.0g	0.0g	44 kcal	0.4
Apfelschorle	100ml	0.0g	0.0g	7.0g	7.0g	0.0g	0.0g	28 kcal	0.3
Apfelwein	100ml	0.0g	0.0g	4.0g	4.0g	0.0g	5.8g	57 kcal	0.6
Appenzeller	100g	24.0g	31.0g	0.0g	0.0g	0.0g	0.0g	375 kcal	3.8
Aprikose	100g	1.0g	0.0g	9.0g	9.0g	1.0g	0.0g	42 kcal	0.4
Aronia Beeren	100g	2.5g	2.0g	20.0g	18.0g	3.0g	0.0g	114 kcal	1.1
Artischocke	100g	2.0g	0.0g	2.9g	2.9g	10.9g	0.0g	41 kcal	0.4
Aubergine	100g	1.0g	0.9g	3.0g	2.1g	2.9g	0.0g	30 kcal	0.3
Auster	100g	10.0g	0.5g	0.0g	0.0g	0.0g	0.0g	44 kcal	0.4
Austerpilze	100g	2.0g	0.0g	0.0g	0.0g	6.0g	0.0g	20 kcal	0.2
Avocado	100g	2.0g	22.0g	2.0g	1.0g	7.0g	0.0g	228 kcal	2.3
Ayran	100ml	1.8g	2.5g	2.0g	2.0g	0.0g	0.0g	38 kcal	0.4
Backpulver	100g	0.0g	0.0g	27.0g	0.0g	0.0g	0.0g	108 kcal	1.1
Bacon	100g	35.0g	36.0g	1.5g	0.0g	0.0g	0.0g	470 kcal	4.7
Baguette	100g	7.0g	3.0g	58.4g	4.0g	4.0g	0.0g	297 kcal	3.0
Balsamico Creme	100ml	1.7g	0.9g	51.2g	48.0g	0.0g	0.0g	220 kcal	2.2
Balsamico Essig	100ml	0.2g	0.0g	16.0g	14.7g	0.0g	0.0g	65 kcal	0.6
Bambussprossen	100g	1.7g	0.0g	1.0g	1.0g	1.5g	0.0g	14 kcal	0.1
Banane	100g	1.2g	0.2g	20.0g	17.0g	1.8g	0.0g	90 kcal	0.9
Bärlauch	100g	1.0g	0.2g	2.4g	2.4g	0.0g	0.0g	15 kcal	0.2
Barsch	100g	20.0g	1.5g	0.0g	0.0g	0.0g	0.0g	94 kcal	0.9
Basilikum Pesto	100g	5.4g	35.0g	4.5g	1.6g	0.3g	0.0g	355 kcal	3.6
Basmati Reis	100g	8.7g	0.8g	78.2g	0.0g	2.4g	0.0g	360 kcal	3.6
Berberitzen, getrocknet	100g	3.4g	2.8g	65.2g	64.8g	6.8g	0.0g	313 kcal	3.1
Bergkäse 50% i.Tr.	100g	29.0g	33.0g	0.0g	0.0g	0.0g	0.0g	413 kcal	4.1
Berliner	100g	6.0g	15.7g	42.0g	12.0g	0.4g	0.0g	334 kcal	3.3
Bier	100ml	0.0g	0.0g	3.0g	3.0g	0.0g	4.0g	40 kcal	0.4
Bier, alkoholfrei	100ml	0.0g	0.0g	5.0g	0.2g	0.0g	0.3g	22 kcal	0.2
Bierschinken	100g	15.0g	10.0g	0.0g	0.0g	0.0g	0.0g	150 kcal	1.5

Birne	100g	1.0g	0.0g	11.0g	10.0g	3.0g	0.0g	54 kcal	0.5
Blätterteig	100g	6.8g	36.0g	49.0g	0.8g	1.6g	0.0g	550 kcal	5.5
Blauschimmelkäse	100g	17.0g	32.0g	0.0g	0.0g	0.0g	0.0g	356 kcal	3.6
Blumenkohl	100g	3.0g	0.0g	2.0g	2.0g	2.7g	0.0g	25 kcal	0.3
Blutwurst	100g	15.0g	28.0g	0.0g	0.0g	0.0g	0.0g	312 kcal	3.1
Bockwurst	100g	12.0g	26.0g	0.0g	0.0g	0.0g	0.0g	282 kcal	2.8
Bonbons	100g	0.0g	0.0g	97.0g	97.0g	0.0g	0.0g	388 kcal	3.9
Bratensauce	100ml	1.0g	1.6g	6.0g	1.1g	0.0g	0.0g	42 kcal	0.4
Brathering	100g	14.0g	8.8g	9.5g	3.0g	0.5g	0.0g	174 kcal	1.7
Bratkartoffeln	100g	1.8g	4.5g	18.0g	3.0g	2.0g	0.0g	124 kcal	1.2
Bratwurst	100g	17.0g	28.0g	0.0g	0.0g	0.0g	0.0g	320 kcal	3.2
Brennnessel	100g	6.0g	0.5g	5.0g	0.0g	5.0g	0.0g	58 kcal	0.6
Brezel	100g	8.1g	5.0g	58.0g	2.0g	3.1g	0.0g	316 kcal	3.2
Brie	100g	22.0g	26.0g	0.0g	0.0g	0.0g	0.0g	322 kcal	3.2
Brokkoli	100g	4.0g	0.2g	2.9g	1.9g	2.5g	0.0g	34 kcal	0.3
Brombeeren	100g	0.8g	0.8g	5.0g	5.0g	4.0g	0.0g	38 kcal	0.4
Brötchen Weizen	100g	8.7g	3.0g	57.0g	4.0g	3.6g	0.0g	297 kcal	3.0
Buchweizen	100g	9.0g	1.8g	70.9g	2.0g	3.5g	0.0g	343 kcal	3.4
Buchweizenmehl	100g	10.0g	2.0g	71.0g	0.0g	6.2g	0.0g	354 kcal	3.5
Bulgur	100g	8.4g	1.0g	69.4g	1.8g	9.4g	0.0g	339 kcal	3.4
Butter	100g	1.0g	82.0g	0.0g	0.0g	0.0g	0.0g	742 kcal	7.4
Butterkäse	100g	22.0g	33.0g	0.0g	0.0g	0.0g	0.0g	385 kcal	3.9
Butterkekse	100g	8.4g	12.0g	72.0g	21.0g	0.0g	0.0g	430 kcal	4.3
Buttermilch	100ml	3.8g	1.3g	4.2g	4.2g	0.0g	0.0g	44 kcal	0.4
Butterpilze	100g	2.0g	0.0g	0.0g	0.0g	4.2g	0.0g	16 kcal	0.2
Gheebutter	100g	0.0g	99.0g	0.0g	0.0g	0.0g	0.0g	891 kcal	8.9
Cabanossi	100g	14.0g	30.0g	0.0g	0.0g	0.0g	0.0g	326 kcal	3.3
Camembert	100g	19.0g	35.0g	0.0g	0.0g	0.0g	0.0g	391 kcal	3.9
Camu-Camu Pulver	100g	4.0g	0.0g	89.0g	70.0g	0.7g	0.0g	373 kcal	3.7
Cappuccino	100ml	1.5g	1.7g	3.0g	3.0g	0.0g	0.0g	33 kcal	0.3
Cashewmus	100g	20.0g	40.0g	31.0g	14.0g	4.0g	0.0g	572 kcal	5.7
Cashewnüsse	100g	21.0g	40.4g	30.7g	6.0g	2.4g	0.0g	575 kcal	5.8
Champagner	100ml	0.0g	0.0g	5.0g	5.0g	0.0g	10.0g	91 kcal	0.9
Champignons	100g	3.0g	0.0g	0.8g	0.8g	2.0g	0.0g	19 kcal	0.2
Cheddar Käse	100g	22.0g	33.0g	0.0g	0.0g	0.0g	0.0g	385 kcal	3.9
Cheeseburger	100g	15.0g	14.0g	30.0g	5.0g	1.0g	0.0g	308 kcal	3.1
Cherrytomaten	100g	0.7g	0.1g	3.5g	3.2g	1.0g	0.0g	20 kcal	0.2
Chia	100g	21.0g	31.0g	5.0g	0.0g	34.0g	0.0g	451 kcal	4.5
Chia Brot	100g	12.4g	23.1g	12.0g	1.1g	8.9g	0.0g	323 kcal	3.2
Chicken Wings	100g	15.0g	14.0g	0.0g	0.0g	0.0g	0.0g	186 kcal	1.9
Chicorée	100g	1.0g	0.0g	2.0g	2.0g	1.1g	0.0g	14 kcal	0.1
Chilischote	100g	1.8g	0.4g	9.0g	6.0g	1.7g	0.0g	50 kcal	0.5
Chinakohl	100g	0.7g	0.3g	0.8g	0.7g	2.0g	0.0g	13 kcal	0.1
Chlorella	100g	55.0g	10.0g	23.0g	0.0g	1.0g	0.0g	404 kcal	4.0
Ciabatta Brot	100g	8.0g	3.5g	68.3g	0.8g	2.7g	0.0g	342 kcal	3.4
Cidre	100ml	0.0g	0.0g	6.0g	6.0g	0.0g	4.0g	52 kcal	0.5
Clementine	100g	1.0g	0.0g	9.5g	9.5g	1.7g	0.0g	45 kcal	0.5
Cola	100ml	0.0g	0.0g	12.0g	12.0g	0.0g	0.0g	48 kcal	0.5
Cola light	100ml	0.0g	0.0g	0.7g	0.0g	0.0g	0.0g	3 kcal	0.0
Cola Zero	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Cordon bleu v. Schwein	100g	15.0g	10.8g	11.8g	3.0g	0.0g	0.0g	204 kcal	2.0
Corned Beef	100g	20.0g	7.0g	0.0g	0.0g	0.0g	0.0g	143 kcal	1.4
Cornflakes, natur	100g	6.5g	0.8g	78.0g	4.0g	3.0g	0.0g	351 kcal	3.5
Couscous	100g	4.0g	0.0g	23.0g	0.0g	1.3g	0.0g	111 kcal	1.1
Cranberries getrocknet	100g	0.5g	0.5g	81.0g	70.0g	5.1g	0.0g	341 kcal	3.4
Cranberry	100g	1.0g	1.0g	5.0g	5.0g	3.0g	0.0g	39 kcal	0.4
Creme fraiche 15%	100g	2.0g	15.0g	4.0g	3.0g	0.0g	0.0g	159 kcal	1.6
Creme fraiche 30%	100g	2.0g	30.0g	5.0g	5.0g	0.0g	0.0g	298 kcal	3.0
Croissant	100g	6.1g	27.0g	41.0g	6.8g	1.7g	0.0g	435 kcal	4.3

Currywurst mit Sauce	100g	11.0g	25.0g	15.0g	15.0g	0.0g	0.0g	329 kcal	3.3
Datteln	100g	2.0g	0.0g	60.0g	60.0g	9.0g	0.0g	266 kcal	2.7
Diätbier	100ml	0.0g	0.0g	2.0g	0.0g	0.0g	3.3g	31 kcal	0.3
Dicke Bohnen	100g	6.8g	1.2g	11.9g	5.1g	3.0g	0.0g	92 kcal	0.9
Diesel	100ml	0.0g	0.0g	6.0g	5.0g	0.0g	2.0g	38 kcal	0.4
Dill	100g	16.0g	15.0g	34.0g	3.0g	21.0g	0.0g	377 kcal	3.8
Dinkelbrot	100g	6.0g	1.0g	40.0g	2.4g	4.4g	0.0g	202 kcal	2.0
Dinkelbrötchen	100g	9.8g	3.4g	34.0g	2.9g	4.4g	0.0g	215 kcal	2.1
Dinkelkleie	100g	15.5g	4.9g	17.7g	0.2g	44.3g	0.0g	266 kcal	2.7
Dinkelmehl, Vollkorn	100g	12.4g	3.0g	66.0g	0.7g	8.0g	0.0g	357 kcal	3.6
Dinkelvollkornbrot	100g	6.8g	1.9g	41.5g	1.1g	5.9g	0.0g	222 kcal	2.2
Döner	100g	12.0g	6.0g	19.8g	4.0g	1.9g	0.0g	185 kcal	1.9
Donut	100g	5.0g	25.0g	49.1g	27.0g	1.9g	0.0g	445 kcal	4.5
Dorade	100g	22.0g	5.0g	0.0g	0.0g	0.0g	0.0g	133 kcal	1.3
Edamer Käse	100g	22.0g	30.0g	0.0g	0.0g	0.0g	0.0g	358 kcal	3.6
Ei	100g	12.0g	11.0g	1.0g	1.0g	0.0g	0.0g	151 kcal	1.5
Eierkuchen	100g	5.5g	7.0g	32.0g	4.2g	2.1g	0.0g	217 kcal	2.2
Eierlikör (20% Vol.)	100ml	4.0g	6.0g	26.0g	26.0g	0.0g	16.0g	288 kcal	2.9
Eigelb	100g	17.0g	31.5g	0.0g	0.0g	0.0g	0.0g	352 kcal	3.5
Eisbein roh	100g	20.0g	13.0g	0.0g	0.0g	0.0g	0.0g	197 kcal	2.0
Eisbergsalat	100g	0.5g	0.0g	0.7g	0.7g	1.0g	0.0g	7 kcal	0.1
Eiscreme	100g	3.5g	11.0g	24.0g	21.0g	0.7g	0.0g	210 kcal	2.1
Eiscreme	100g	3.8g	12.0g	20.0g	20.0g	0.0g	0.0g	203 kcal	2.0
Eiskaffee	100g	1.0g	5.0g	5.0g	5.0g	0.0g	0.0g	69 kcal	0.7
Eistee	100ml	0.0g	0.0g	10.0g	10.0g	0.0g	0.0g	40 kcal	0.4
Eiweißbrot	100g	20.0g	10.6g	13.5g	2.8g	5.0g	0.0g	239 kcal	2.4
Eiweißpulver	100g	80.0g	2.0g	5.0g	5.0g	0.0g	0.0g	358 kcal	3.6
Eiweiss / Eiklar	100g	10.0g	0.0g	1.0g	1.0g	0.0g	0.0g	44 kcal	0.4
Eiweißshake mit Milch	100ml	30.1g	5.0g	9.0g	8.0g	0.0g	0.0g	201 kcal	2.0
Emmentaler Käse	100g	25.0g	30.0g	0.0g	0.0g	0.0g	0.0g	370 kcal	3.7
Endiviensalat	100g	1.2g	0.2g	3.4g	0.2g	3.1g	0.0g	26 kcal	0.3
Energydrink	100ml	0.0g	0.0g	13.0g	13.0g	0.0g	0.0g	52 kcal	0.5
Ente	100g	15.0g	16.0g	0.0g	0.0g	0.0g	0.0g	204 kcal	2.0
Entenbrust	100g	16.0g	10.0g	0.0g	0.0g	0.0g	0.0g	154 kcal	1.5
Entenleber	100g	17.0g	4.0g	0.0g	0.0g	0.0g	0.0g	104 kcal	1.0
Erdbeeren	100g	1.0g	1.0g	7.0g	7.0g	1.0g	0.0g	43 kcal	0.4
Erdnüsse	100g	22.0g	49.0g	7.0g	0.4g	12.0g	0.0g	581 kcal	5.8
Erdnussbutter	100g	21.0g	55.0g	12.0g	8.0g	6.0g	0.0g	639 kcal	6.4
Erdnussflips	100g	10.7g	21.0g	53.0g	3.0g	0.0g	0.0g	444 kcal	4.4
Erdnussmus	100g	29.0g	49.0g	12.0g	6.2g	6.5g	0.0g	618 kcal	6.2
Erdnussöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Erythrit	100g	0.0g	0.0g	100.0g	0.0g	0.0g	0.0g	20 kcal	0.2
Espresso	100ml	0.1g	0.2g	1.5g	0.0g	0.0g	0.0g	8 kcal	0.1
Essig	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Essig Öl Dressing	100g	0.0g	40.0g	0.0g	0.0g	0.0g	0.0g	360 kcal	3.6
Falafel	100g	12.5g	11.5g	32.0g	3.2g	11.0g	0.0g	304 kcal	3.0
Federweißer	100ml	0.0g	0.0g	10.0g	10.0g	0.0g	4.0g	68 kcal	0.7
Feige	100g	1.0g	0.0g	12.0g	11.0g	1.8g	0.0g	56 kcal	0.6
Feldsalat	100g	2.1g	0.0g	0.8g	0.7g	1.0g	0.0g	14 kcal	0.1
Fenchel	100g	2.4g	0.5g	2.8g	0.4g	3.9g	0.0g	33 kcal	0.3
Feta Käse	100g	20.0g	25.0g	0.0g	0.0g	0.0g	0.0g	305 kcal	3.0
Fischstäbchen	100g	12.3g	12.1g	22.4g	2.2g	1.5g	0.0g	251 kcal	2.5
Fladenbrot	100g	4.7g	0.8g	45.0g	2.0g	6.4g	0.0g	219 kcal	2.2
Fleischbrühe	100ml	0.6g	1.0g	1.0g	0.3g	0.0g	0.0g	15 kcal	0.2
Fleischkäse	100g	18.0g	15.0g	0.0g	0.0g	0.0g	0.0g	207 kcal	2.1
Fleischsalat	100g	4.7g	26.4g	4.0g	3.2g	0.0g	0.0g	272 kcal	2.7
Fleischwurst	100g	15.0g	25.0g	0.0g	0.0g	0.0g	0.0g	285 kcal	2.9
Flohsamenschalen	100g	1.6g	0.2g	2.0g	0.0g	85.0g	0.0g	186 kcal	1.9
Flusskrebs	100g	15.0g	0.4g	0.0g	0.0g	0.0g	0.0g	64 kcal	0.6

Forelle	100g	19.0g	5.0g	0.0g	0.0g	0.0g	0.0g	121 kcal	1.2
Forelle geräuchert	100g	19.0g	4.5g	0.0g	0.0g	0.0g	0.0g	116 kcal	1.2
Frikadelle	100g	20.0g	20.0g	5.0g	1.0g	0.9g	0.0g	282 kcal	2.8
Frischkäse fettreduziert	100g	10.7g	10.0g	3.0g	3.0g	0.0g	0.0g	145 kcal	1.4
Frischkäse körnig	100g	11.9g	4.2g	1.1g	1.1g	0.0g	0.0g	90 kcal	0.9
Frischkäse, Doppelrahm	100g	10.7g	30.9g	3.2g	3.2g	0.0g	0.0g	334 kcal	3.3
Fruchteis / Sorbet	100g	1.0g	1.0g	25.0g	25.0g	0.0g	0.0g	113 kcal	1.1
Früchtemüsli	100g	3.0g	5.0g	66.0g	14.0g	6.0g	0.0g	333 kcal	3.3
Früchtetee	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Fruchtsaft	100ml	0.0g	0.0g	10.0g	10.0g	0.0g	0.0g	40 kcal	0.4
Fruchtzucker	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Frühlingszwiebel	100g	1.8g	0.4g	4.9g	2.0g	2.3g	0.0g	35 kcal	0.3
Gans	100g	19.0g	10.0g	0.0g	0.0g	0.0g	0.0g	166 kcal	1.7
Gänsebrust	100g	21.0g	6.3g	0.0g	0.0g	0.0g	0.0g	141 kcal	1.4
Gänsekeule	100g	21.0g	9.4g	0.0g	0.0g	0.0g	0.0g	169 kcal	1.7
Gänseleberpastete	100g	16.0g	24.0g	0.0g	0.0g	0.0g	0.0g	280 kcal	2.8
Gänseschmalz	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Garnelen	100g	22.0g	0.9g	1.1g	0.0g	0.0g	0.0g	100 kcal	1.0
Geflügelfleischwurst	100g	25.0g	15.0g	0.0g	0.0g	0.0g	0.0g	235 kcal	2.4
Geflügelwurst	100g	15.0g	18.4g	1.2g	0.5g	0.2g	0.0g	231 kcal	2.3
Gelatine	100g	1.2g	0.0g	14.0g	13.0g	0.0g	0.0g	61 kcal	0.6
Gemüsebrühe	100ml	0.0g	0.0g	1.0g	0.6g	0.0g	0.0g	4 kcal	0.0
Germknödel	100g	3.9g	3.4g	53.0g	7.0g	2.1g	0.0g	262 kcal	2.6
Gerstengras Pulver	100g	28.0g	2.0g	26.0g	5.0g	35.0g	0.0g	304 kcal	3.0
Gerstenmehl, Vollkorn	100g	8.4g	1.9g	68.0g	1.0g	7.0g	0.0g	337 kcal	3.4
Gewürzgurken	100g	1.0g	0.0g	6.0g	5.0g	1.0g	0.0g	30 kcal	0.3
Gin (40% Vol.)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	32.0g	227 kcal	2.3
Glasnudeln	100g	0.2g	0.1g	86.0g	0.0g	0.5g	0.0g	347 kcal	3.5
Glühwein	100ml	0.0g	0.0g	14.0g	14.0g	0.0g	7.3g	108 kcal	1.1
Gluten, Weizenkleber	100g	80.0g	1.4g	5.1g	1.9g	0.0g	0.0g	353 kcal	3.5
Gnocchi	100g	3.8g	0.8g	25.0g	2.0g	0.0g	0.0g	122 kcal	1.2
Goji Beeren getrocknet	100g	11.0g	4.7g	54.0g	51.4g	21.7g	0.0g	346 kcal	3.5
Gorgonzola	100g	20.0g	33.0g	0.0g	0.0g	0.0g	0.0g	377 kcal	3.8
Götterspeise gekocht	100g	0.0g	0.0g	6.0g	6.0g	0.0g	0.0g	24 kcal	0.2
Gouda Käse	100g	22.0g	32.0g	0.0g	0.0g	0.0g	0.0g	376 kcal	3.8
Granatapfel	100g	1.0g	0.0g	15.0g	14.0g	2.0g	0.0g	68 kcal	0.7
Grapefruit	100g	1.0g	0.0g	6.0g	6.0g	1.4g	0.0g	31 kcal	0.3
Grapefruitsaft	100ml	0.8g	0.1g	10.0g	7.0g	1.3g	0.0g	47 kcal	0.5
Grappa (40% Vol.)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	32.0g	227 kcal	2.3
Graupen	100g	9.7g	1.4g	71.0g	0.0g	0.0g	0.0g	335 kcal	3.4
griechischer Joghurt 10%	100g	6.5g	10.0g	4.3g	4.1g	0.0g	0.0g	133 kcal	1.3
Grießbrei	100g	3.7g	2.9g	16.0g	4.0g	0.0g	0.0g	105 kcal	1.0
Grissinis	100g	6.0g	9.4g	30.0g	2.0g	4.7g	0.0g	238 kcal	2.4
Grüne Bohnen	100g	2.0g	0.0g	5.0g	3.0g	2.0g	0.0g	32 kcal	0.3
Grüne Erbsen	100g	7.0g	0.4g	11.0g	1.0g	4.0g	0.0g	84 kcal	0.8
Grüner tee	100ml	0.2g	0.1g	0.1g	0.0g	0.1g	0.0g	2 kcal	0.0
Grünkohl	100g	3.8g	0.8g	2.7g	2.0g	4.0g	0.0g	41 kcal	0.4
Guarkernmehl	100g	5.0g	0.0g	0.0g	0.0g	2.0g	0.0g	24 kcal	0.2
Guave	100g	1.0g	1.0g	6.0g	5.0g	5.0g	0.0g	47 kcal	0.5
Gummibärchen	100g	5.0g	0.0g	80.0g	78.0g	0.0g	0.0g	340 kcal	3.4
Gurke	100g	1.0g	0.0g	2.0g	2.0g	0.0g	0.0g	12 kcal	0.1
Hackfleisch gemischt	100g	21.0g	28.0g	0.0g	0.0g	0.0g	0.0g	336 kcal	3.4
Haferflocken	100g	10.3g	6.5g	55.0g	1.0g	9.8g	0.0g	339 kcal	3.4
Haferkleie	100g	15.4g	7.8g	45.2g	1.3g	18.6g	0.0g	350 kcal	3.5
Hafermilch	100ml	1.0g	1.5g	6.0g	5.0g	0.0g	0.0g	42 kcal	0.4
Hagebutten	100g	1.6g	0.2g	16.0g	4.0g	24.0g	0.0g	120 kcal	1.2
Hagebuttentee	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Hähnchen	100g	20.0g	9.0g	0.0g	0.0g	0.0g	0.0g	161 kcal	1.6
Hähnchen gegrillt	100g	22.0g	9.7g	0.0g	0.0g	0.0g	0.0g	175 kcal	1.8

Hähnchenleber	100g	20.0g	4.0g	0.0g	0.0g	0.0g	0.0g	116 kcal	1.2
Hähnchenschenkel	100g	20.0g	9.0g	0.0g	0.0g	0.0g	0.0g	161 kcal	1.6
Halbfettmargarine	100g	0.0g	40.0g	0.0g	0.0g	0.0g	0.0g	360 kcal	3.6
Hamburger	100g	17.0g	13.0g	24.0g	5.0g	2.0g	0.0g	285 kcal	2.9
Hanfsamen	100g	33.0g	44.0g	12.0g	1.0g	5.0g	0.0g	586 kcal	5.9
Harzer Käse	100g	28.0g	0.5g	0.0g	0.0g	0.0g	0.0g	116 kcal	1.2
Hase	100g	20.0g	2.0g	0.0g	0.0g	0.0g	0.0g	98 kcal	1.0
Haselnüsse	100g	12.0g	61.0g	5.8g	1.0g	7.4g	0.0g	635 kcal	6.3
Haselnussmilch	100ml	0.4g	1.6g	3.1g	3.1g	0.3g	0.0g	29 kcal	0.3
Haselnussmus	100g	15.0g	64.0g	11.0g	8.0g	4.0g	0.0g	688 kcal	6.9
Hefeteig	100g	6.0g	1.0g	42.0g	0.0g	0.3g	0.0g	202 kcal	2.0
Hefezopf	100g	8.4g	6.6g	43.0g	12.0g	9.4g	0.0g	284 kcal	2.8
Heidelbeeren	100g	1.0g	0.0g	6.0g	5.0g	5.4g	0.0g	39 kcal	0.4
Heilbutt	100g	22.8g	1.8g	0.0g	0.0g	0.0g	0.0g	107 kcal	1.1
Heiße Schokolade	100ml	3.0g	4.0g	5.4g	4.5g	0.0g	0.0g	70 kcal	0.7
Heringsfilet	100g	18.0g	15.0g	0.0g	0.0g	0.0g	0.0g	207 kcal	2.1
Himbeeren	100g	1.0g	0.0g	5.0g	5.0g	4.6g	0.0g	33 kcal	0.3
Hirsch	100g	21.0g	2.0g	0.0g	0.0g	0.0g	0.0g	102 kcal	1.0
Hirse	100g	10.0g	3.0g	67.3g	2.0g	4.1g	0.0g	344 kcal	3.4
Holunder	100g	0.6g	0.5g	8.0g	8.0g	3.0g	0.0g	45 kcal	0.4
Holundersaft	100ml	2.0g	0.0g	6.0g	5.0g	4.0g	0.0g	40 kcal	0.4
Honig	100g	0.0g	0.0g	78.0g	78.0g	0.0g	0.0g	312 kcal	3.1
Honigmelone	100g	1.0g	0.0g	11.0g	11.0g	0.0g	0.0g	48 kcal	0.5
Hähnchenbrust	100g	20.0g	4.0g	0.0g	0.0g	0.0g	0.0g	116 kcal	1.2
Hühnerfrikassee	100g	12.5g	3.3g	3.8g	0.9g	0.4g	0.0g	96 kcal	1.0
Hühnersuppe	100g	2.4g	1.2g	3.5g	1.6g	0.0g	0.0g	34 kcal	0.3
Hummer	100g	20.1g	0.8g	0.0g	0.0g	0.0g	0.0g	88 kcal	0.9
Hummus	100g	8.0g	10.0g	14.0g	0.0g	6.0g	0.0g	190 kcal	1.9
Hüttenkäse	100g	10.8g	4.1g	3.3g	2.1g	0.0g	0.0g	93 kcal	0.9
Ingwer	100g	1.6g	0.8g	13.0g	2.0g	2.0g	0.0g	70 kcal	0.7
Isomalt	100g	0.0g	0.0g	100.0g	0.0g	0.0g	0.0g	200 kcal	2.0
Jagdwurst	100g	12.0g	18.0g	0.0g	0.0g	0.0g	0.0g	210 kcal	2.1
Jägermeister Kräuterlikör	100ml	0.0g	0.0g	12.0g	12.0g	0.0g	28.0g	247 kcal	2.5
Jakobsmuschel	100g	11.4g	1.2g	0.0g	0.0g	0.0g	0.0g	56 kcal	0.6
Jasminreis	100g	8.0g	0.4g	80.1g	0.0g	0.0g	0.0g	356 kcal	3.6
Joghurt, 0,1%	100g	5.5g	0.1g	5.8g	5.8g	0.0g	0.0g	46 kcal	0.5
Joghurt, 1,5%	100g	3.4g	1.5g	5.0g	5.0g	0.0g	0.0g	47 kcal	0.5
Joghurt, 3,5%	100g	3.4g	3.5g	5.0g	5.0g	0.0g	0.0g	65 kcal	0.7
Joghurt dressing	100g	1.5g	12.0g	8.0g	4.0g	0.0g	0.0g	146 kcal	1.5
Joghurteis	100g	2.0g	3.0g	14.0g	14.0g	0.0g	0.0g	91 kcal	0.9
Johannisbeeren	100g	1.0g	0.5g	5.4g	5.0g	2.7g	0.0g	36 kcal	0.4
Johannisbrotkernmehl	100g	6.0g	1.0g	1.0g	1.0g	0.0g	0.0g	37 kcal	0.4
Kabeljau / Dorsch	100g	18.0g	0.7g	0.0g	0.0g	0.0g	0.0g	78 kcal	0.8
Kaffee komplett	100ml	0.1g	0.1g	3.5g	3.5g	0.0g	0.0g	15 kcal	0.2
Kaffee mit Milch	100ml	0.1g	0.1g	0.1g	0.0g	0.0g	0.0g	2 kcal	0.0
Kaffee schwarz	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Kaffeesahne 10%	100ml	3.0g	10.0g	4.0g	4.0g	0.0g	0.0g	118 kcal	1.2
Kaffeesahne 4%	100ml	3.0g	4.0g	4.0g	4.0g	0.0g	0.0g	64 kcal	0.6
Kaffeesahne 7,5%	100ml	3.0g	7.5g	4.0g	4.0g	0.0g	0.0g	96 kcal	1.0
Kakao, stark entölt	100g	23.0g	15.0g	10.0g	2.0g	35.0g	0.0g	337 kcal	3.4
Kakaobohnen	100g	20.0g	25.0g	11.0g	1.0g	33.0g	0.0g	415 kcal	4.2
Kakaobutter	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Kakaofasern	100g	17.3g	7.8g	2.5g	0.5g	57.0g	0.0g	263 kcal	2.6
Kakaomilch 1,5%	100ml	3.0g	2.6g	20.0g	20.0g	0.0g	0.0g	115 kcal	1.2
Kakaomilch 3,5%	100ml	3.0g	3.6g	20.0g	20.0g	0.0g	0.0g	124 kcal	1.2
Kakaopulver gezuckert	100g	4.0g	3.0g	80.0g	78.0g	7.0g	0.0g	377 kcal	3.8
Kaki	100g	1.0g	0.0g	15.0g	15.0g	2.0g	0.0g	68 kcal	0.7
Kalbsbries	100g	14.0g	3.0g	0.0g	0.0g	0.0g	0.0g	83 kcal	0.8
Kalbsfleisch	100g	20.0g	4.0g	0.0g	0.0g	0.0g	0.0g	116 kcal	1.2

Kalbsleber	100g	13.0g	0.7g	3.0g	0.0g	0.0g	0.0g	70 kcal	0.7
Kalbsrücken	100g	20.0g	3.0g	0.0g	0.0g	0.0g	0.0g	107 kcal	1.1
Kamut	100g	13.0g	2.2g	68.2g	8.0g	10.1g	0.0g	365 kcal	3.6
Kandiszucker	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Kaninchen	100g	22.0g	6.0g	0.0g	0.0g	0.0g	0.0g	142 kcal	1.4
Kapern, Glas	100g	2.4g	0.8g	5.0g	0.5g	3.4g	0.0g	44 kcal	0.4
Physalis	100g	2.5g	1.0g	13.0g	12.4g	1.0g	0.0g	73 kcal	0.7
Karambole	100g	0.8g	1.0g	3.8g	3.8g	1.4g	0.0g	30 kcal	0.3
Karamel	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Karottensaft	100ml	0.5g	0.2g	5.0g	4.0g	0.5g	0.0g	25 kcal	0.2
Karpfen	100g	17.0g	5.0g	0.0g	0.0g	0.0g	0.0g	113 kcal	1.1
Kartoffeln	100g	1.7g	0.3g	16.0g	2.1g	1.8g	0.0g	77 kcal	0.8
Kartoffelchips	100g	6.0g	35.0g	52.0g	1.0g	4.6g	0.0g	556 kcal	5.6
Kartoffelfasern	100g	9.0g	0.1g	8.0g	0.1g	65.0g	0.0g	199 kcal	2.0
Kartoffelgratin	100g	2.0g	5.0g	17.0g	2.0g	1.2g	0.0g	123 kcal	1.2
Kartoffeln gekocht	100g	1.5g	0.0g	16.0g	0.4g	1.7g	0.0g	73 kcal	0.7
Kartoffelpuffer	100g	6.0g	15.0g	25.0g	2.4g	1.8g	0.0g	263 kcal	2.6
Kartoffelpüree	100g	2.0g	1.4g	12.0g	1.2g	1.3g	0.0g	71 kcal	0.7
Kartoffelsalat	100g	3.0g	12.0g	12.0g	4.0g	1.1g	0.0g	170 kcal	1.7
Kartoffelstärke	100g	0.5g	0.1g	79.4g	0.0g	0.1g	0.0g	321 kcal	3.2
Käsekuchen	100g	6.0g	21.0g	28.0g	26.0g	0.4g	0.0g	326 kcal	3.3
Kasseler	100g	25.0g	3.0g	0.0g	0.0g	0.0g	0.0g	127 kcal	1.3
Kaugummi	100g	0.0g	0.0g	94.0g	94.0g	0.0g	0.0g	376 kcal	3.8
Kaviar	100g	27.0g	15.0g	4.0g	0.0g	0.0g	0.0g	259 kcal	2.6
Kefir	100g	3.4g	3.5g	3.5g	3.5g	0.0g	0.0g	59 kcal	0.6
Kekse	100g	7.9g	12.0g	45.0g	16.0g	1.4g	0.0g	322 kcal	3.2
Ketchup	100g	1.0g	0.7g	28.0g	22.5g	0.0g	0.0g	122 kcal	1.2
Kichererbsen	100g	20.0g	7.0g	45.0g	3.0g	14.8g	0.0g	353 kcal	3.5
Kichererbsenmehl	100g	20.0g	6.7g	50.0g	2.0g	11.0g	0.0g	362 kcal	3.6
Kidneybohnen	100g	21.0g	1.0g	40.0g	0.2g	21.0g	0.0g	295 kcal	3.0
Kiwi	100g	1.0g	1.0g	8.0g	8.0g	2.0g	0.0g	49 kcal	0.5
Klöße gekocht	100g	2.0g	0.0g	26.1g	0.0g	0.0g	0.0g	112 kcal	1.1
Knoblauch	100g	5.8g	0.2g	27.0g	8.0g	1.7g	0.0g	136 kcal	1.4
Knuspermüsli	100g	10.0g	15.0g	63.0g	24.0g	7.3g	0.0g	442 kcal	4.4
Kochschinken	100g	20.0g	3.0g	1.0g	1.0g	0.0g	0.0g	111 kcal	1.1
Kohlrabi	100g	2.0g	0.4g	4.0g	3.8g	1.3g	0.0g	30 kcal	0.3
Kohlrübe	100g	1.0g	0.2g	5.0g	4.8g	2.5g	0.0g	31 kcal	0.3
Kokosfett	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Kokosmehl	100g	17.0g	16.5g	17.0g	15.0g	35.0g	0.0g	354 kcal	3.5
Kokosmilch	100ml	2.0g	21.0g	6.0g	3.3g	3.0g	0.0g	227 kcal	2.3
Kokosnuss	100g	4.0g	28.0g	8.0g	7.0g	11.4g	0.0g	323 kcal	3.2
Kokosöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Kokosraspel	100g	7.0g	60.0g	16.0g	14.0g	8.0g	0.0g	648 kcal	6.5
Kölsch	100ml	0.0g	0.0g	4.0g	4.0g	0.0g	4.0g	44 kcal	0.4
Konfitüre	100g	0.0g	0.0g	55.0g	55.0g	1.0g	0.0g	222 kcal	2.2
Konjacmehl	100g	2.0g	0.0g	0.0g	0.0g	80.0g	0.0g	168 kcal	1.7
Konjacnudeln	100g	0.0g	0.0g	0.0g	0.0g	3.0g	0.0g	6 kcal	0.1
Kopfsalat	100g	1.0g	0.0g	1.0g	1.0g	1.9g	0.0g	12 kcal	0.1
Krabben	100g	22.0g	2.0g	0.0g	0.0g	0.0g	0.0g	106 kcal	1.1
Kräuterbutter	100g	0.9g	78.0g	0.0g	0.0g	0.0g	0.0g	706 kcal	7.1
Kräuterlikör (30%)	100ml	0.0g	0.0g	15.0g	15.0g	0.0g	24.0g	230 kcal	2.3
Kräuterquark, 40%	100g	10.0g	12.0g	3.0g	3.0g	0.0g	0.0g	160 kcal	1.6
Kräutertee	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Krautsalat	100g	1.0g	3.0g	12.0g	11.0g	2.0g	0.0g	83 kcal	0.8
Kresse	100g	2.6g	0.8g	5.0g	3.8g	1.2g	0.0g	40 kcal	0.4
Kroketten	100g	5.5g	7.9g	25.8g	0.5g	1.0g	0.0g	198 kcal	2.0
Kumquat	100g	1.2g	0.4g	14.0g	13.0g	4.1g	0.0g	73 kcal	0.7
Kürbis Hokkaido	100g	0.8g	0.0g	5.2g	4.2g	2.0g	0.0g	28 kcal	0.3
Kürbiskerne	100g	32.0g	55.0g	4.0g	2.0g	7.4g	0.0g	654 kcal	6.5

Kürbiskernbrötchen	100g	7.0g	8.0g	42.9g	1.7g	3.7g	0.0g	279 kcal	2.8
Kürbiskernmehl	100g	55.0g	13.0g	5.0g	1.0g	15.0g	0.0g	387 kcal	3.9
Kürbiskernöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Kuvertüre Vollmilch	100g	6.4g	33.0g	51.0g	48.0g	2.4g	0.0g	531 kcal	5.3
Kuvertüre Zartbitter	100g	5.8g	32.0g	45.0g	44.0g	9.0g	0.0g	509 kcal	5.1
Lachs (Zucht)	100g	20.0g	12.0g	0.0g	0.0g	0.0g	0.0g	188 kcal	1.9
Lachsschinken	100g	19.0g	4.0g	0.0g	0.0g	0.0g	0.0g	112 kcal	1.1
Lactit	100g	0.0g	0.0g	100.0g	0.0g	0.0g	0.0g	200 kcal	2.0
Lahmacun	100g	8.0g	12.0g	29.0g	4.0g	2.4g	0.0g	261 kcal	2.6
Lakritze	100g	3.8g	0.4g	85.0g	55.0g	1.0g	0.0g	361 kcal	3.6
Lammfilet	100g	20.0g	4.2g	0.0g	0.0g	0.0g	0.0g	118 kcal	1.2
Lammfleisch	100g	14.0g	15.0g	0.0g	0.0g	0.0g	0.0g	191 kcal	1.9
Lammkeule	100g	17.0g	20.0g	0.0g	0.0g	0.0g	0.0g	248 kcal	2.5
Lammkotelett	100g	13.0g	22.0g	0.0g	0.0g	0.0g	0.0g	250 kcal	2.5
Lammrücken	100g	18.0g	15.0g	0.0g	0.0g	0.0g	0.0g	207 kcal	2.1
Langkorreis	100g	7.2g	0.6g	60.8g	2.1g	0.0g	0.0g	277 kcal	2.8
Languste	100g	16.0g	1.5g	0.0g	0.0g	0.0g	0.0g	78 kcal	0.8
Lasagne	100g	7.0g	8.5g	18.0g	2.7g	1.4g	0.0g	179 kcal	1.8
Latte Macchiato	100ml	2.5g	1.0g	2.5g	2.5g	0.0g	0.0g	29 kcal	0.3
Laugenstange	100g	8.1g	5.0g	58.0g	2.0g	3.1g	0.0g	316 kcal	3.2
Leberkäse	100g	14.0g	25.5g	2.0g	1.0g	0.0g	0.0g	294 kcal	2.9
Leberwurst	100g	15.0g	30.0g	0.0g	0.0g	0.0g	0.0g	330 kcal	3.3
Lebkuchen	100g	4.2g	14.0g	60.0g	38.0g	2.0g	0.0g	387 kcal	3.9
Leinöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Leinsamen	100g	22.4g	29.0g	0.0g	0.0g	37.4g	0.0g	425 kcal	4.3
Leinsamenbrot	100g	6.9g	3.8g	36.7g	2.1g	6.1g	0.0g	221 kcal	2.2
Leinsamenmehl teilentölt	100g	28.0g	12.5g	6.0g	3.0g	40.8g	0.0g	330 kcal	3.3
Likör (20% Vol.)	100ml	0.0g	0.0g	20.0g	20.0g	0.0g	16.0g	194 kcal	1.9
Limburger Käse	100g	24.0g	18.0g	0.0g	0.0g	0.0g	0.0g	258 kcal	2.6
Limette	100g	0.7g	0.2g	8.7g	1.7g	2.0g	0.0g	43 kcal	0.4
Limonade	100ml	0.0g	0.0g	11.0g	11.0g	0.0g	0.0g	44 kcal	0.4
Limonade light	100ml	0.0g	0.0g	0.7g	0.0g	0.0g	0.0g	3 kcal	0.0
Linsen, trocken	100g	24.0g	1.9g	40.6g	0.9g	16.9g	0.0g	309 kcal	3.1
Linsensuppe	100g	12.0g	2.0g	40.0g	2.2g	7.9g	0.0g	242 kcal	2.4
Litschi	100g	1.0g	0.0g	16.0g	16.0g	1.4g	0.0g	71 kcal	0.7
Löffelbiscuit	100g	8.4g	4.0g	64.0g	12.0g	0.4g	0.0g	326 kcal	3.3
Lyoner	100g	14.5g	20.4g	1.0g	0.0g	0.0g	0.0g	246 kcal	2.5
Maasdamer Käse	100g	24.0g	28.0g	0.0g	0.0g	0.0g	0.0g	348 kcal	3.5
Macadamia	100g	6.0g	69.0g	6.0g	5.0g	11.0g	0.0g	691 kcal	6.9
Mais	100g	2.0g	0.0g	18.0g	4.0g	3.0g	0.0g	86 kcal	0.9
Maismehl	100g	6.0g	2.0g	68.0g	1.0g	9.2g	0.0g	332 kcal	3.3
Maistärke	100g	0.4g	0.0g	88.0g	0.0g	0.0g	0.0g	354 kcal	3.5
Makrele	100g	17.0g	11.0g	0.0g	0.0g	0.0g	0.0g	167 kcal	1.7
Makronen	100g	3.8g	11.0g	72.0g	70.8g	0.4g	0.0g	403 kcal	4.0
Maltit	100g	0.0g	0.0g	100.0g	0.0g	0.0g	0.0g	210 kcal	2.1
Malzbier	100ml	0.6g	0.0g	10.8g	6.8g	0.2g	0.0g	46 kcal	0.5
Mandarine	100g	1.0g	0.4g	10.0g	10.0g	1.6g	0.0g	51 kcal	0.5
Mandeln	100g	18.0g	55.0g	5.0g	5.0g	12.0g	0.0g	611 kcal	6.1
Mandelmehl	100g	48.0g	10.0g	6.0g	6.0g	22.0g	0.0g	350 kcal	3.5
Mandelmilch gesüßt	100ml	0.5g	1.1g	3.0g	3.0g	0.2g	0.0g	24 kcal	0.2
Mandelmilch ungesüßt	100ml	0.4g	1.1g	0.1g	0.1g	0.4g	0.0g	13 kcal	0.1
Mandelmus	100g	23.0g	57.0g	5.0g	4.0g	8.4g	0.0g	642 kcal	6.4
Mango	100g	1.0g	0.2g	13.0g	12.0g	1.7g	0.0g	61 kcal	0.6
Mangold	100g	1.5g	0.6g	1.0g	0.5g	3.6g	0.0g	23 kcal	0.2
Maniok	100g	1.4g	0.3g	36.0g	2.0g	2.0g	0.0g	156 kcal	1.6
Margarine	100g	0.0g	80.0g	0.0g	0.0g	0.0g	0.0g	720 kcal	7.2
Marmelade	100g	0.0g	0.0g	78.0g	78.0g	0.0g	0.0g	312 kcal	3.1
Marmorkuchen	100g	4.8g	25.9g	48.0g	19.1g	2.0g	0.0g	448 kcal	4.5
Maronen	100g	2.0g	1.0g	45.0g	15.0g	8.1g	0.0g	213 kcal	2.1

Marzipan	100g	7.0g	25.0g	58.0g	58.0g	2.8g	0.0g	491 kcal	4.9
Mascarpone	100g	6.0g	38.0g	4.0g	4.0g	0.0g	0.0g	382 kcal	3.8
Matjes	100g	15.8g	20.1g	0.0g	0.0g	0.0g	0.0g	244 kcal	2.4
Maultaschen	100g	11.0g	9.4g	17.9g	0.6g	1.1g	0.0g	202 kcal	2.0
Mayonnaise	100g	0.0g	80.0g	0.0g	0.0g	0.0g	0.0g	720 kcal	7.2
Meerrettich	100g	1.2g	0.6g	12.0g	8.0g	3.3g	0.0g	65 kcal	0.6
Mehrkornbrot	100g	6.5g	2.0g	44.0g	2.0g	9.0g	0.0g	238 kcal	2.4
Mehrkornbrötchen	100g	8.2g	5.9g	43.7g	3.3g	6.0g	0.0g	273 kcal	2.7
Mettenden	100g	17.0g	31.0g	1.0g	1.0g	0.0g	0.0g	351 kcal	3.5
Mie Nudeln	100g	11.0g	1.0g	72.0g	0.0g	0.7g	0.0g	342 kcal	3.4
Miesmuscheln	100g	10.0g	1.8g	0.0g	0.0g	0.0g	0.0g	56 kcal	0.6
Milch 0,3%	100ml	3.0g	0.3g	5.0g	5.0g	0.0g	0.0g	35 kcal	0.3
Milch 1,5%	100ml	3.0g	1.5g	5.0g	5.0g	0.0g	0.0g	46 kcal	0.5
Milch 3,5%	100ml	3.0g	3.5g	5.0g	5.0g	0.0g	0.0g	64 kcal	0.6
Milchbrötchen	100g	0.4g	4.8g	45.0g	2.1g	0.0g	0.0g	225 kcal	2.2
Milchkaffee	100ml	0.4g	0.4g	0.2g	0.2g	0.0g	0.0g	6 kcal	0.1
Milchpulver	100g	26.0g	27.0g	37.0g	37.0g	0.0g	0.0g	495 kcal	5.0
Milchreis	100g	3.3g	0.4g	19.4g	1.0g	0.0g	0.0g	94 kcal	0.9
Milchschnitte	100g	8.0g	28.0g	34.0g	29.0g	1.4g	0.0g	423 kcal	4.2
Milchzucker	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Mineralwasser	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Mischbrot	100g	6.5g	1.0g	47.0g	0.7g	5.1g	0.0g	233 kcal	2.3
Mohn	100g	19.0g	39.4g	3.0g	0.0g	22.3g	0.0g	487 kcal	4.9
Möhren / Karotten	100g	0.9g	0.1g	4.7g	4.6g	4.0g	0.0g	31 kcal	0.3
Molke	100ml	1.5g	0.3g	4.4g	4.4g	0.0g	0.0g	26 kcal	0.3
Morcheln	100g	2.0g	0.0g	0.0g	0.0g	6.4g	0.0g	21 kcal	0.2
Moringa Pulver	100g	28.0g	6.2g	39.0g	4.0g	24.0g	0.0g	372 kcal	3.7
Mortadella	100g	13.0g	22.0g	0.0g	0.0g	0.0g	0.0g	250 kcal	2.5
Mozzarella Käse	100g	14.0g	22.0g	0.0g	0.0g	0.0g	0.0g	254 kcal	2.5
Multivitaminsaft	100ml	0.3g	0.1g	12.0g	11.7g	0.5g	0.0g	51 kcal	0.5
Mungobohnen	100g	24.0g	1.2g	47.0g	7.0g	16.0g	0.0g	327 kcal	3.3
Muskat	100g	5.7g	35.0g	45.0g	0.0g	4.1g	0.0g	526 kcal	5.3
Müsli	100g	8.0g	11.0g	56.0g	3.0g	4.9g	0.0g	365 kcal	3.6
Müsliriegel	100g	6.0g	22.0g	44.0g	30.0g	4.0g	0.0g	406 kcal	4.1
Nackensteak Schwein	100g	19.5g	12.8g	0.0g	0.0g	0.0g	0.0g	193 kcal	1.9
Natron	100g	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Nektarine	100g	1.0g	0.4g	12.0g	12.0g	2.5g	0.0g	61 kcal	0.6
Nougat	100g	7.0g	21.0g	65.0g	65.0g	4.0g	0.0g	485 kcal	4.8
Nudeln gekocht	100g	4.0g	1.0g	28.7g	0.3g	2.0g	0.0g	144 kcal	1.4
Nudeln, Eierteigware	100g	12.0g	3.7g	72.0g	0.4g	3.0g	0.0g	375 kcal	3.8
Nudeln, Hartweizengrieß	100g	11.0g	1.4g	69.0g	0.4g	3.8g	0.0g	340 kcal	3.4
Nudeln, Vollkorn	100g	13.0g	2.8g	60.0g	1.0g	13.0g	0.0g	343 kcal	3.4
Nuss Nougat Creme	100g	3.0g	33.0g	58.0g	58.0g	3.5g	0.0g	548 kcal	5.5
Nussschokolade	100g	8.0g	33.0g	49.0g	49.0g	4.1g	0.0g	533 kcal	5.3
Nutella	100g	6.7g	30.5g	57.0g	55.0g	3.5g	0.0g	536 kcal	5.4
Obst, getrocknet	100g	0.0g	0.0g	70.0g	68.0g	0.0g	0.0g	280 kcal	2.8
Obstbrand/Obstler (45%)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	36.0g	256 kcal	2.6
Obstsalat	100g	0.4g	0.2g	10.0g	9.0g	1.3g	0.0g	46 kcal	0.5
Ofenkäse	100g	15.0g	32.0g	1.0g	1.0g	0.0g	0.0g	352 kcal	3.5
Oliven, grün	100g	1.0g	13.0g	3.0g	0.0g	1.9g	0.0g	137 kcal	1.4
Oliven, schwarz	100g	2.0g	34.0g	4.9g	1.5g	3.0g	0.0g	340 kcal	3.4
Olivenöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Omelett	100g	11.0g	12.0g	0.6g	0.3g	0.0g	0.0g	154 kcal	1.5
Orange	100g	1.0g	0.4g	10.0g	10.0g	1.4g	0.0g	50 kcal	0.5
Orangensaft	100ml	0.0g	0.0g	10.0g	10.0g	0.0g	0.0g	40 kcal	0.4
Oregano	100g	9.1g	4.0g	27.0g	3.9g	41.0g	0.0g	262 kcal	2.6
Ouzo (38% Vol.)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	25.0g	178 kcal	1.8
Pak Choi	100g	1.6g	0.2g	1.2g	1.2g	1.1g	0.0g	15 kcal	0.2
Pangasius	100g	16.0g	1.0g	0.0g	0.0g	0.0g	0.0g	73 kcal	0.7





Rehkeule	100g	20.0g	1.0g	0.0g	0.0g	0.0g	0.0g	89 kcal	0.9
Rehrücken	100g	20.0g	5.0g	0.0g	0.0g	0.0g	0.0g	125 kcal	1.2
Reis gekocht parboiled	100g	3.5g	0.4g	38.0g	0.0g	0.4g	0.0g	170 kcal	1.7
Reis, parboiled	100g	3.0g	0.1g	74.0g	1.0g	1.2g	0.0g	311 kcal	3.1
Reismehl	100g	6.5g	1.0g	79.1g	0.0g	1.4g	0.0g	354 kcal	3.5
Reismilch ungesüßt	100ml	0.1g	0.8g	3.0g	0.0g	0.0g	0.0g	20 kcal	0.2
Reisnudeln	100g	0.9g	0.2g	25.0g	0.0g	1.0g	0.0g	107 kcal	1.1
Reiswaffel	100g	7.0g	2.0g	85.0g	0.0g	4.0g	0.0g	394 kcal	3.9
Remoulade	100g	0.0g	60.0g	0.0g	0.0g	0.0g	0.0g	540 kcal	5.4
Rettich	100g	0.8g	0.2g	2.2g	2.2g	2.6g	0.0g	19 kcal	0.2
Rhabarber	100g	1.1g	0.3g	1.0g	1.0g	3.0g	0.0g	17 kcal	0.2
Ricotta	100g	11.0g	16.0g	1.0g	1.0g	0.0g	0.0g	192 kcal	1.9
Rinderbraten	100g	20.0g	5.0g	0.0g	0.0g	0.0g	0.0g	125 kcal	1.2
Rinderfilet	100g	20.0g	3.0g	0.0g	0.0g	0.0g	0.0g	107 kcal	1.1
Rindergulasch	100g	20.0g	4.0g	0.0g	0.0g	0.0g	0.0g	116 kcal	1.2
Rinderhackfleisch	100g	20.0g	12.0g	0.0g	0.0g	0.0g	0.0g	188 kcal	1.9
Rinderleber	100g	20.0g	5.0g	0.0g	0.0g	0.0g	0.0g	125 kcal	1.2
Rinderroulade	100g	11.4g	5.5g	9.4g	2.1g	0.0g	0.0g	133 kcal	1.3
Rindersteak	100g	28.0g	5.0g	0.0g	0.0g	0.0g	0.0g	157 kcal	1.6
Rindertalg	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Rindertatar	100g	20.0g	3.0g	0.0g	0.0g	0.0g	0.0g	107 kcal	1.1
Rinderzunge	100g	14.0g	10.0g	0.0g	0.0g	0.0g	0.0g	146 kcal	1.5
Rindswurst	100g	18.0g	21.0g	0.0g	0.0g	0.0g	0.0g	261 kcal	2.6
Rippchen	100g	15.0g	6.5g	0.0g	0.0g	0.0g	0.0g	118 kcal	1.2
Risotto	100g	3.5g	4.5g	16.4g	0.7g	0.4g	0.0g	121 kcal	1.2
Roastbeef	100g	20.0g	3.0g	0.0g	0.0g	0.0g	0.0g	107 kcal	1.1
Roggenbrot	100g	6.0g	1.0g	46.0g	2.0g	5.4g	0.0g	228 kcal	2.3
Roggenbrötchen	100g	12.2g	4.1g	55.2g	3.0g	4.9g	0.0g	316 kcal	3.2
Roggenknäckebrot	100g	8.4g	0.4g	66.0g	2.0g	13.6g	0.0g	328 kcal	3.3
Roggenmehl	100g	7.0g	1.3g	68.0g	6.6g	6.0g	0.0g	324 kcal	3.2
Roggenmischbrot	100g	6.3g	1.4g	48.0g	4.4g	5.4g	0.0g	241 kcal	2.4
Roggenvollkornbrot	100g	6.0g	1.0g	36.0g	3.0g	11.0g	0.0g	199 kcal	2.0
Roggenvollkornmehl	100g	10.2g	2.0g	65.0g	6.0g	14.8g	0.0g	348 kcal	3.5
Rohrzucker	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Rollmops	100g	14.4g	11.0g	1.0g	1.0g	0.0g	0.0g	161 kcal	1.6
Romadur Käse	100g	23.0g	22.0g	0.0g	0.0g	0.0g	0.0g	290 kcal	2.9
Romanasalat	100g	1.2g	0.0g	3.3g	1.1g	2.2g	0.0g	22 kcal	0.2
Romanesco	100g	3.0g	0.3g	5.0g	3.0g	3.2g	0.0g	41 kcal	0.4
Roquefort Käse	100g	20.0g	30.0g	0.0g	0.0g	0.0g	0.0g	350 kcal	3.5
Rosenkohl	100g	3.4g	0.4g	4.4g	3.4g	4.0g	0.0g	43 kcal	0.4
Roséwein	100ml	0.0g	0.0g	3.0g	3.0g	0.0g	8.6g	73 kcal	0.7
Rosinen	100g	1.0g	1.0g	75.0g	75.0g	4.4g	0.0g	322 kcal	3.2
Rosinenbrötchen	100g	7.0g	1.0g	49.0g	7.0g	4.8g	0.0g	243 kcal	2.4
Kartoffelrösti	100g	3.1g	6.0g	19.1g	1.4g	0.7g	0.0g	144 kcal	1.4
Rotbarsch	100g	20.0g	4.4g	0.0g	0.0g	0.0g	0.0g	120 kcal	1.2
Rote Bete	100g	1.9g	0.2g	8.8g	7.9g	2.4g	0.0g	49 kcal	0.5
rote Linsen, trocken	100g	25.4g	1.8g	47.0g	1.0g	14.4g	0.0g	335 kcal	3.3
Rote Zwiebeln	100g	1.2g	0.2g	4.7g	4.7g	0.0g	0.0g	25 kcal	0.3
Blaukraut	100g	1.8g	0.4g	4.0g	3.0g	2.4g	0.0g	32 kcal	0.3
Rotwein	100ml	0.0g	0.0g	3.0g	3.0g	0.0g	9.7g	81 kcal	0.8
Rübensaft	100g	0.0g	0.0g	69.0g	69.0g	3.0g	0.0g	282 kcal	2.8
Rucola	100g	1.7g	1.2g	1.9g	1.9g	1.6g	0.0g	28 kcal	0.3
Rührei	100g	12.0g	14.0g	1.0g	1.0g	0.0g	0.0g	178 kcal	1.8
Rum (37% Vol.)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	29.6g	210 kcal	2.1
Rum (65% Vol.)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	52.0g	369 kcal	3.7
Rumpsteak	100g	30.0g	9.0g	0.0g	0.0g	0.0g	0.0g	201 kcal	2.0
Sahneies	100g	2.0g	10.0g	22.0g	22.0g	0.0g	0.0g	186 kcal	1.9
Salami	100g	20.0g	28.0g	0.0g	0.0g	0.0g	0.0g	332 kcal	3.3
Salamipizza	100g	12.0g	14.0g	30.0g	4.6g	3.0g	0.0g	300 kcal	3.0

Salz	100g	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Salzstangen	100g	10.7g	5.0g	70.0g	3.5g	0.2g	0.0g	368 kcal	3.7
Sanddorn	100g	1.4g	6.7g	5.1g	4.7g	2.7g	0.0g	92 kcal	0.9
Sardinen	100g	22.0g	12.0g	0.0g	0.0g	0.0g	0.0g	196 kcal	2.0
Sauce Bolognese	100g	6.9g	8.1g	6.0g	4.0g	0.2g	0.0g	125 kcal	1.2
Sauce Hollandaise	100ml	2.8g	54.0g	0.9g	0.9g	0.0g	0.0g	501 kcal	5.0
Sauerkirschen	100g	0.8g	0.0g	9.0g	8.0g	0.4g	0.0g	40 kcal	0.4
Sauerkraut	100g	2.0g	0.0g	0.8g	0.8g	1.7g	0.0g	15 kcal	0.1
Sauerrahm	100g	2.0g	10.0g	4.0g	3.0g	0.0g	0.0g	114 kcal	1.1
Schafskäse	100g	20.0g	25.0g	0.0g	0.0g	0.0g	0.0g	305 kcal	3.0
Schalotten	100g	2.0g	0.0g	2.0g	2.0g	1.0g	0.0g	18 kcal	0.2
Schellfisch	100g	20.0g	1.2g	0.0g	0.0g	0.0g	0.0g	91 kcal	0.9
Schinken roh geräuchert	100g	19.0g	4.0g	0.0g	0.0g	0.0g	0.0g	112 kcal	1.1
Schinkenwurst	100g	12.0g	22.0g	0.0g	0.0g	0.0g	0.0g	246 kcal	2.5
Schlagsahne	100g	2.0g	30.0g	2.0g	2.0g	0.0g	0.0g	286 kcal	2.9
Schmand	100g	2.0g	30.0g	4.0g	4.0g	0.0g	0.0g	294 kcal	2.9
Schmelzkäse	100g	12.0g	23.0g	5.0g	5.0g	0.0g	0.0g	275 kcal	2.8
Schnittlauch	100g	3.3g	0.7g	1.9g	1.9g	2.4g	0.0g	32 kcal	0.3
Schokokuss	100g	5.0g	14.0g	55.0g	52.0g	1.0g	0.0g	368 kcal	3.7
Schokoladeneis	100g	3.0g	8.0g	22.0g	22.0g	1.0g	0.0g	174 kcal	1.7
Schokomüsli	100g	10.0g	12.0g	62.0g	23.0g	8.0g	0.0g	412 kcal	4.1
Scholle	100g	16.0g	1.0g	0.0g	0.0g	0.0g	0.0g	73 kcal	0.7
Schupfnudeln	100g	3.0g	1.4g	31.2g	2.2g	2.1g	0.0g	154 kcal	1.5
Schwarzbrot	100g	10.0g	2.4g	39.2g	3.8g	6.4g	0.0g	231 kcal	2.3
Schwarze Bohnen	100g	25.4g	0.7g	44.0g	1.0g	16.0g	0.0g	316 kcal	3.2
Schwarzwurzel	100g	1.2g	0.3g	1.8g	0.8g	4.1g	0.0g	23 kcal	0.2
Schweinebauch	100g	19.0g	36.0g	0.0g	0.0g	0.0g	0.0g	400 kcal	4.0
Schweinebraten	100g	21.0g	3.0g	0.0g	0.0g	0.0g	0.0g	111 kcal	1.1
Schweinefilet	100g	20.0g	4.0g	0.0g	0.0g	0.0g	0.0g	116 kcal	1.2
Schweinegulasch	100g	21.0g	3.0g	0.0g	0.0g	0.0g	0.0g	111 kcal	1.1
Schweinehackfleisch	100g	20.0g	25.0g	0.0g	0.0g	0.0g	0.0g	305 kcal	3.0
Schweinehaxe	100g	22.0g	18.0g	0.0g	0.0g	0.0g	0.0g	250 kcal	2.5
Schweinekotelett	100g	21.0g	3.0g	0.0g	0.0g	0.0g	0.0g	111 kcal	1.1
Schweineleber	100g	20.0g	5.0g	0.0g	0.0g	0.0g	0.0g	125 kcal	1.2
Schweineschmalz	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Schweineschnitzel paniert und gebraten	100g	20.0g	9.3g	11.0g	0.2g	0.8g	0.0g	209 kcal	2.1
Schweineschnitzel, roh	100g	21.0g	3.0g	0.0g	0.0g	0.0g	0.0g	111 kcal	1.1
Schweinezunge	100g	21.0g	3.0g	0.0g	0.0g	0.0g	0.0g	111 kcal	1.1
Seehecht	100g	17.0g	2.8g	0.0g	0.0g	0.0g	0.0g	93 kcal	0.9
Seelachs	100g	18.0g	0.8g	0.0g	0.0g	0.0g	0.0g	79 kcal	0.8
Seeteufel	100g	15.0g	1.0g	0.0g	0.0g	0.0g	0.0g	69 kcal	0.7
Seezunge	100g	17.0g	1.0g	0.0g	0.0g	0.0g	0.0g	77 kcal	0.8
Seitan	100g	75.0g	2.0g	12.0g	0.0g	1.0g	0.0g	368 kcal	3.7
Sekt, halbtrocken	100ml	0.0g	0.0g	4.0g	4.0g	0.0g	10.0g	87 kcal	0.9
Sekt, trocken	100ml	0.0g	0.0g	2.0g	2.0g	0.0g	10.0g	79 kcal	0.8
Knollensellerie	100g	1.5g	0.3g	2.4g	2.0g	4.0g	0.0g	26 kcal	0.3
Semmelknödel	100g	12.0g	5.4g	45.6g	1.4g	2.3g	0.0g	284 kcal	2.8
Senf	100g	4.3g	3.0g	6.0g	1.0g	4.0g	0.0g	76 kcal	0.8
Sesam	100g	15.0g	49.0g	9.0g	1.0g	10.9g	0.0g	559 kcal	5.6
Sesammehl	100g	29.0g	14.0g	17.0g	2.0g	17.0g	0.0g	344 kcal	3.4
Sesamöl	100ml	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Shiitake Pilze frisch	100g	3.2g	0.2g	19.4g	0.4g	1.0g	0.0g	94 kcal	0.9
Skyr 0.2%	100g	11.0g	0.2g	4.0g	4.0g	0.0g	0.0g	62 kcal	0.6
Softeis	100g	2.0g	2.0g	20.0g	20.0g	0.0g	0.0g	106 kcal	1.1
Sojabohne	100g	15.5g	7.1g	10.1g	2.0g	1.9g	0.0g	170 kcal	1.7
Sojajoghurt	100g	2.4g	1.1g	17.0g	12.0g	0.5g	0.0g	88 kcal	0.9
Sojamehl	100g	50.0g	3.0g	22.4g	5.0g	15.5g	0.0g	348 kcal	3.5
Sojamilch	100ml	3.3g	1.9g	6.0g	4.0g	0.5g	0.0g	55 kcal	0.6
Sojasauce	100ml	8.0g	0.5g	4.9g	0.8g	0.4g	0.0g	57 kcal	0.6

Sonnenblumenbrot	100g	6.0g	5.1g	32.5g	2.1g	7.9g	0.0g	216 kcal	2.2
Sonnenblumenkerne	100g	19.0g	47.0g	11.4g	2.9g	6.0g	0.0g	557 kcal	5.6
Sonnenblumenöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Sorbit	100g	0.0g	0.0g	100.0g	0.0g	0.0g	0.0g	260 kcal	2.6
Spaghetti	100g	7.0g	1.0g	33.0g	1.0g	1.0g	0.0g	171 kcal	1.7
Spargel	100g	1.9g	0.2g	2.0g	2.0g	1.2g	0.0g	20 kcal	0.2
Spätzle	100g	3.8g	1.8g	25.6g	0.0g	1.9g	0.0g	138 kcal	1.4
Speck	100g	5.0g	85.0g	0.0g	0.0g	0.0g	0.0g	785 kcal	7.8
Spezi Mezzo Mix	100ml	0.0g	0.0g	10.0g	10.0g	0.0g	0.0g	40 kcal	0.4
Spiegelei	100g	12.0g	14.0g	1.0g	1.0g	0.0g	0.0g	178 kcal	1.8
Spinat	100g	2.0g	0.8g	2.0g	2.0g	1.7g	0.0g	27 kcal	0.3
Spinat mit Rahm	100g	2.0g	7.0g	4.0g	4.0g	1.7g	0.0g	90 kcal	0.9
Spitzkohl	100g	1.7g	0.3g	2.8g	2.7g	2.6g	0.0g	26 kcal	0.3
Sprite	100ml	0.0g	0.0g	9.1g	9.1g	0.0g	0.0g	36 kcal	0.4
Stachelbeeren	100g	1.4g	0.5g	8.0g	8.0g	3.0g	0.0g	48 kcal	0.5
Stangensellerie	100g	1.0g	0.2g	2.0g	0.7g	2.7g	0.0g	19 kcal	0.2
Staudensellerie	100g	1.0g	0.2g	2.0g	0.0g	2.3g	0.0g	18 kcal	0.2
Steckrüben	100g	1.0g	0.4g	6.0g	5.1g	1.4g	0.0g	34 kcal	0.3
Steinpilze	100g	4.0g	0.0g	1.0g	0.0g	5.5g	0.0g	31 kcal	0.3
Stevia	100g	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Stollen	100g	4.0g	25.0g	44.0g	25.0g	2.0g	0.0g	421 kcal	4.2
Stroh 80	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	64.0g	454 kcal	4.5
Studentenfutter	100g	13.0g	26.8g	45.0g	38.0g	5.9g	0.0g	485 kcal	4.9
Suppenfleisch Rind	100g	18.0g	10.0g	0.0g	0.0g	0.0g	0.0g	162 kcal	1.6
Suppenhuhn	100g	15.0g	20.0g	0.0g	0.0g	0.0g	0.0g	240 kcal	2.4
Surimi	100g	15.0g	0.9g	7.0g	0.0g	0.0g	0.0g	96 kcal	1.0
Sushi	100g	6.5g	0.7g	23.5g	0.0g	0.0g	0.0g	126 kcal	1.3
Süßkartoffeln	100g	1.6g	1.2g	26.3g	6.0g	2.1g	0.0g	127 kcal	1.3
Süßkirschen	100g	1.0g	0.2g	14.0g	13.4g	1.4g	0.0g	65 kcal	0.6
Süßlupinenmehl	100g	43.0g	12.0g	10.0g	2.0g	2.0g	0.0g	324 kcal	3.2
Tabasco	100ml	2.4g	3.5g	7.0g	3.0g	0.0g	0.0g	69 kcal	0.7
Tamarillo	100g	1.5g	1.2g	10.0g	8.0g	1.5g	0.0g	60 kcal	0.6
Tee schwarz	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Teewurst	100g	12.0g	49.0g	0.0g	0.0g	0.0g	0.0g	489 kcal	4.9
Thunfisch	100g	24.0g	2.0g	0.0g	0.0g	0.0g	0.0g	114 kcal	1.1
Tilsiter Käse	100g	22.0g	26.0g	1.0g	1.0g	0.0g	0.0g	326 kcal	3.3
Tintenfisch	100g	15.0g	1.0g	0.0g	0.0g	0.0g	0.0g	69 kcal	0.7
Toastbrot	100g	7.0g	1.6g	49.4g	3.0g	4.0g	0.0g	248 kcal	2.5
Tofu	100g	8.0g	4.0g	2.0g	0.0g	0.2g	0.0g	76 kcal	0.8
Tomate	100g	1.0g	0.3g	4.0g	3.4g	0.4g	0.0g	24 kcal	0.2
Tomaten, getrocknet	100g	5.9g	5.4g	15.9g	6.0g	13.5g	0.0g	163 kcal	1.6
Tomaten, passiert	100g	1.0g	0.1g	4.0g	4.0g	2.4g	0.0g	26 kcal	0.3
Tomatenmark	100g	1.6g	0.2g	7.0g	6.0g	2.4g	0.0g	41 kcal	0.4
Tomatensaft	100ml	0.8g	0.1g	3.8g	3.6g	0.4g	0.0g	20 kcal	0.2
Tomatensauce	100g	1.2g	0.4g	7.1g	4.0g	1.6g	0.0g	40 kcal	0.4
Tomatensuppe	100g	0.7g	0.3g	7.0g	3.5g	0.5g	0.0g	34 kcal	0.3
Topinambur	100g	2.0g	0.0g	17.0g	10.0g	1.6g	0.0g	79 kcal	0.8
Tortellini	100g	14.0g	7.2g	45.0g	1.0g	2.0g	0.0g	305 kcal	3.0
Traubenkernöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Traubensaft	100g	0.0g	0.0g	17.0g	17.0g	0.0g	0.0g	68 kcal	0.7
Traubenzucker	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Trinkschokolade	100ml	2.5g	3.5g	14.7g	13.4g	0.0g	0.0g	100 kcal	1.0
Trinkwasser	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Trüffel	100g	8.0g	0.5g	8.0g	1.0g	0.0g	0.0g	68 kcal	0.7
Vanillezucker	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Vollkornbrot	100g	7.0g	2.4g	36.0g	2.0g	7.0g	0.0g	208 kcal	2.1
Vollkornbrötchen	100g	7.0g	3.0g	44.0g	2.0g	7.3g	0.0g	246 kcal	2.5
Vollkornknäckebrötchen	100g	9.0g	1.6g	65.0g	1.7g	15.1g	0.0g	341 kcal	3.4
Vollkornreis	100g	3.0g	2.0g	72.0g	2.0g	3.0g	0.0g	324 kcal	3.2

Vollkorntoastbrot	100g	7.0g	3.4g	36.0g	3.0g	9.0g	0.0g	221 kcal	2.2
Vollmilchschokolade	100g	8.0g	32.0g	53.0g	53.0g	1.0g	0.0g	534 kcal	5.3
Walnüsse	100g	10.3g	64.0g	12.4g	5.0g	5.4g	0.0g	678 kcal	6.8
Walnussmehl entölt	100g	30.0g	30.0g	15.0g	7.0g	14.0g	0.0g	478 kcal	4.8
Walnussöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Wassereis	100g	0.0g	0.0g	25.0g	25.0g	0.0g	0.0g	100 kcal	1.0
Wassermelone	100g	0.8g	0.0g	6.0g	6.0g	0.4g	0.0g	28 kcal	0.3
Weinbrand/Cognac (40%)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	32.0g	227 kcal	2.3
Weingeist/Sprit (95%)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	76.0g	540 kcal	5.4
Weinschorle	100ml	0.0g	0.0g	2.0g	2.0g	0.0g	5.2g	45 kcal	0.4
Weintrauben	100g	1.0g	1.0g	14.0g	14.0g	1.0g	0.0g	71 kcal	0.7
Weißbier Weizenbier	100ml	0.0g	0.0g	5.0g	3.0g	0.0g	3.8g	47 kcal	0.5
Weißbrot	100g	5.0g	1.9g	52.0g	2.0g	3.0g	0.0g	251 kcal	2.5
Weiße Bohnen	100g	5.5g	0.3g	16.0g	4.0g	3.5g	0.0g	96 kcal	1.0
Weiße Schokolade	100g	4.0g	30.0g	65.0g	65.0g	0.0g	0.0g	546 kcal	5.5
Weißkohl	100g	1.0g	0.0g	5.0g	5.0g	3.0g	0.0g	30 kcal	0.3
Weißwein	100ml	0.0g	0.0g	4.0g	4.0g	0.0g	10.2g	88 kcal	0.9
Weißweinschorle	100ml	0.0g	0.0g	2.0g	2.0g	0.0g	5.1g	44 kcal	0.4
Weißwurst	100g	10.0g	25.0g	0.0g	0.0g	0.0g	0.0g	265 kcal	2.6
Weizengrieß	100g	9.0g	1.0g	66.0g	0.8g	6.4g	0.0g	322 kcal	3.2
Weizenkeimöl	100ml	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Weizenkleie	100g	18.3g	4.0g	12.0g	2.0g	49.4g	0.0g	256 kcal	2.6
Weizenknäckebrot	100g	11.0g	1.7g	74.0g	3.0g	5.8g	0.0g	367 kcal	3.7
Weizenkorn	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	30.4g	216 kcal	2.2
Weizenmehl 405	100g	10.8g	1.0g	70.9g	1.0g	3.5g	0.0g	343 kcal	3.4
Weizenstärke	100g	0.8g	1.0g	88.0g	0.0g	0.8g	0.0g	366 kcal	3.7
Weizenvollkornmehl	100g	8.8g	1.6g	63.4g	0.7g	9.5g	0.0g	322 kcal	3.2
Wels filet	100g	18.7g	12.0g	0.0g	0.0g	0.0g	0.0g	183 kcal	1.8
Whey natur	100g	85.0g	2.7g	0.0g	0.0g	0.0g	0.0g	364 kcal	3.6
Whisky (40% Vol.)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	32.0g	227 kcal	2.3
Wiener Würstchen	100g	11.1g	22.0g	0.2g	0.0g	0.0g	0.0g	243 kcal	2.4
Wildente	100g	11.0g	8.7g	0.0g	0.0g	0.0g	0.0g	122 kcal	1.2
Wildlachs	100g	18.0g	3.0g	0.0g	0.0g	0.0g	0.0g	99 kcal	1.0
Wildreis gemischt	100g	9.0g	2.0g	77.0g	0.0g	4.0g	0.0g	370 kcal	3.7
Wildschwein	100g	21.0g	7.0g	0.0g	0.0g	0.0g	0.0g	147 kcal	1.5
Windbeutel	100g	5.0g	18.4g	27.0g	4.2g	0.4g	0.0g	294 kcal	2.9
Wirsing	100g	2.0g	0.1g	2.0g	2.0g	3.0g	0.0g	23 kcal	0.2
Wodka (40% Vol.)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	32.0g	227 kcal	2.3
Xylit	100g	0.0g	0.0g	100.0g	0.0g	0.0g	0.0g	240 kcal	2.4
Zander	100g	20.0g	1.0g	0.0g	0.0g	0.0g	0.0g	89 kcal	0.9
Zartbitterschokolade 50%	100g	7.0g	30.0g	45.0g	45.0g	10.0g	0.0g	498 kcal	5.0
Zartbitterschokolade 75%	100g	8.5g	41.0g	28.0g	28.0g	4.0g	0.0g	523 kcal	5.2
Zartbitterschokolade 85%	100g	10.0g	50.0g	19.0g	13.0g	4.0g	0.0g	574 kcal	5.7
Zartbitterschokolade 90%	100g	10.0g	55.0g	14.0g	7.0g	5.0g	0.0g	601 kcal	6.0
Ziegenfrischkäse	100g	9.0g	12.7g	3.5g	3.5g	0.0g	0.0g	164 kcal	1.6
Ziegenkäse	100g	22.4g	26.0g	0.0g	0.0g	0.0g	0.0g	324 kcal	3.2
Zimt	100g	4.0g	1.2g	30.0g	2.2g	53.0g	0.0g	253 kcal	2.5
Zitrone	100g	1.4g	0.6g	3.0g	3.0g	5.0g	0.0g	33 kcal	0.3
Zitronensaft	100ml	0.3g	0.2g	2.4g	1.7g	0.4g	0.0g	13 kcal	0.1
Zucchini	100g	3.0g	0.0g	2.0g	2.0g	1.0g	0.0g	22 kcal	0.2
Zucker	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Zuckerschoten	100g	4.0g	1.0g	9.0g	8.0g	1.0g	0.0g	63 kcal	0.6
Zwieback	100g	10.0g	10.0g	72.0g	12.0g	2.4g	0.0g	423 kcal	4.2
Zwiebel	100g	1.0g	0.0g	6.0g	4.0g	2.3g	0.0g	33 kcal	0.3
Zwiebelmettwurst	100g	15.0g	25.0g	0.0g	0.0g	0.0g	0.0g	285 kcal	2.9