

# Low Carb Tabelle

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

Bitte beachten Sie das das Dokument nur zum privaten Gebrauch bestimmt ist. Eine Weitergabe oder eine gewerbliche Nutzung ist untersagt.

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
Appenzeller	100g	24.0g	31.0g	0.0g	0.0g	0.0g	0.0g	375 kcal	3.8
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
Barsch	100g	20.0g	1.5g	0.0g	0.0g	0.0g	0.0g	94 kcal	0.9
Bergkäse 50% i.Tr.	100g	29.0g	33.0g	0.0g	0.0g	0.0g	0.0g	413 kcal	4.1
Bierschinken	100g	15.0g	10.0g	0.0g	0.0g	0.0g	0.0g	150 kcal	1.5
Blauschimmelkäse	100g	17.0g	32.0g	0.0g	0.0g	0.0g	0.0g	356 kcal	3.6
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
Bratwurst	100g	17.0g	28.0g	0.0g	0.0g	0.0g	0.0g	320 kcal	3.2
Brie	100g	22.0g	26.0g	0.0g	0.0g	0.0g	0.0g	322 kcal	3.2
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
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
Cheddar Käse	100g	22.0g	33.0g	0.0g	0.0g	0.0g	0.0g	385 kcal	3.9
Chicken Wings	100g	15.0g	14.0g	0.0g	0.0g	0.0g	0.0g	186 kcal	1.9
Cola Zero	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Corned Beef	100g	20.0g	7.0g	0.0g	0.0g	0.0g	0.0g	143 kcal	1.4
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
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
Emmentaler Käse	100g	25.0g	30.0g	0.0g	0.0g	0.0g	0.0g	370 kcal	3.7
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
Erdnussöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
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
Feta Käse	100g	20.0g	25.0g	0.0g	0.0g	0.0g	0.0g	305 kcal	3.0
Fleischkäse	100g	18.0g	15.0g	0.0g	0.0g	0.0g	0.0g	207 kcal	2.1
Fleischwurst	100g	15.0g	25.0g	0.0g	0.0g	0.0g	0.0g	285 kcal	2.9
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
Früchtetee	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
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
Geflügelfleischwurst	100g	25.0g	15.0g	0.0g	0.0g	0.0g	0.0g	235 kcal	2.4
Gin (40% Vol.)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	32.0g	227 kcal	2.3

Gorgonzola	100g	20.0g	33.0g	0.0g	0.0g	0.0g	0.0g	377 kcal	3.8
Gouda Käse	100g	22.0g	32.0g	0.0g	0.0g	0.0g	0.0g	376 kcal	3.8
Grappa (40% Vol.)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	32.0g	227 kcal	2.3
Guarkernmehl	100g	5.0g	0.0g	0.0g	0.0g	2.0g	0.0g	24 kcal	0.2
Hackfleisch gemischt	100g	21.0g	28.0g	0.0g	0.0g	0.0g	0.0g	336 kcal	3.4
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
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
Heilbutt	100g	22.8g	1.8g	0.0g	0.0g	0.0g	0.0g	107 kcal	1.1
Heringsfilet	100g	18.0g	15.0g	0.0g	0.0g	0.0g	0.0g	207 kcal	2.1
Hirsch	100g	21.0g	2.0g	0.0g	0.0g	0.0g	0.0g	102 kcal	1.0
Hühnchenbrust	100g	20.0g	4.0g	0.0g	0.0g	0.0g	0.0g	116 kcal	1.2
Hummer	100g	20.1g	0.8g	0.0g	0.0g	0.0g	0.0g	88 kcal	0.9
Jagdwurst	100g	12.0g	18.0g	0.0g	0.0g	0.0g	0.0g	210 kcal	2.1
Jakobsmuschel	100g	11.4g	1.2g	0.0g	0.0g	0.0g	0.0g	56 kcal	0.6
Kabeljau / Dorsch	100g	18.0g	0.7g	0.0g	0.0g	0.0g	0.0g	78 kcal	0.8
Kaffee schwarz	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Kakaobutter	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
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
Kalbsrücken	100g	20.0g	3.0g	0.0g	0.0g	0.0g	0.0g	107 kcal	1.1
Kaninchen	100g	22.0g	6.0g	0.0g	0.0g	0.0g	0.0g	142 kcal	1.4
Karpfen	100g	17.0g	5.0g	0.0g	0.0g	0.0g	0.0g	113 kcal	1.1
Kasseler	100g	25.0g	3.0g	0.0g	0.0g	0.0g	0.0g	127 kcal	1.3
Kokosfett	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Kokosöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
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
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
Kräutertee	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Kürbiskernöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
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
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
Languste	100g	16.0g	1.5g	0.0g	0.0g	0.0g	0.0g	78 kcal	0.8
Leberwurst	100g	15.0g	30.0g	0.0g	0.0g	0.0g	0.0g	330 kcal	3.3
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
Limburger Käse	100g	24.0g	18.0g	0.0g	0.0g	0.0g	0.0g	258 kcal	2.6
Maasdamer Käse	100g	24.0g	28.0g	0.0g	0.0g	0.0g	0.0g	348 kcal	3.5
Makrele	100g	17.0g	11.0g	0.0g	0.0g	0.0g	0.0g	167 kcal	1.7
Margarine	100g	0.0g	80.0g	0.0g	0.0g	0.0g	0.0g	720 kcal	7.2
Matjes	100g	15.8g	20.1g	0.0g	0.0g	0.0g	0.0g	244 kcal	2.4
Mayonnaise	100g	0.0g	80.0g	0.0g	0.0g	0.0g	0.0g	720 kcal	7.2
Miesmuscheln	100g	10.0g	1.8g	0.0g	0.0g	0.0g	0.0g	56 kcal	0.6
Mineralwasser	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Morcheln	100g	2.0g	0.0g	0.0g	0.0g	6.4g	0.0g	21 kcal	0.2
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

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
Obstbrand/Obstler (45%)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	36.0g	256 kcal	2.6
Olivenöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Ouzo (38% Vol.)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	25.0g	178 kcal	1.8
Pangasius	100g	16.0g	1.0g	0.0g	0.0g	0.0g	0.0g	73 kcal	0.7
Parmaschinken fettarm	100g	26.0g	2.1g	0.0g	0.0g	0.0g	0.0g	123 kcal	1.2
Parmesan Käse	100g	30.0g	30.0g	0.0g	0.0g	0.0g	0.0g	390 kcal	3.9
Pfefferbeißer	100g	16.0g	35.0g	0.0g	0.0g	0.0g	0.0g	379 kcal	3.8
Pfefferminztee	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Pferdefleisch	100g	19.0g	3.0g	0.0g	0.0g	0.0g	0.0g	103 kcal	1.0
Pfifferlinge	100g	2.0g	0.4g	0.0g	0.0g	3.0g	0.0g	18 kcal	0.2
Pflanzenöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Putenbrust	100g	22.0g	1.0g	0.0g	0.0g	0.0g	0.0g	97 kcal	1.0
Putenfleisch	100g	22.0g	5.0g	0.0g	0.0g	0.0g	0.0g	133 kcal	1.3
Putenleber	100g	20.0g	6.0g	0.0g	0.0g	0.0g	0.0g	134 kcal	1.3
Putenschnitzel	100g	22.0g	1.0g	0.0g	0.0g	0.0g	0.0g	97 kcal	1.0
Rapsöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Räucherlachs	100g	20.7g	7.0g	0.0g	0.0g	0.0g	0.0g	146 kcal	1.5
Red Bull sugarfree	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
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
Remoulade	100g	0.0g	60.0g	0.0g	0.0g	0.0g	0.0g	540 kcal	5.4
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
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
Roastbeef	100g	20.0g	3.0g	0.0g	0.0g	0.0g	0.0g	107 kcal	1.1
Romadur Käse	100g	23.0g	22.0g	0.0g	0.0g	0.0g	0.0g	290 kcal	2.9
Roquefort Käse	100g	20.0g	30.0g	0.0g	0.0g	0.0g	0.0g	350 kcal	3.5
Rotbarsch	100g	20.0g	4.4g	0.0g	0.0g	0.0g	0.0g	120 kcal	1.2
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
Salami	100g	20.0g	28.0g	0.0g	0.0g	0.0g	0.0g	332 kcal	3.3
Salz	100g	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Sardinen	100g	22.0g	12.0g	0.0g	0.0g	0.0g	0.0g	196 kcal	2.0
Schafskäse	100g	20.0g	25.0g	0.0g	0.0g	0.0g	0.0g	305 kcal	3.0
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
Scholle	100g	16.0g	1.0g	0.0g	0.0g	0.0g	0.0g	73 kcal	0.7
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, 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
Sesamöl	100ml	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Sonnenblumenöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Speck	100g	5.0g	85.0g	0.0g	0.0g	0.0g	0.0g	785 kcal	7.8
Stevia	100g	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Stroh 80	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	64.0g	454 kcal	4.5
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
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
Tintenfisch	100g	15.0g	1.0g	0.0g	0.0g	0.0g	0.0g	69 kcal	0.7
Traubenkernöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Trinkwasser	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0 kcal	0.0
Walnussöl	100g	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
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
Weißwurst	100g	10.0g	25.0g	0.0g	0.0g	0.0g	0.0g	265 kcal	2.6
Weizenkeimöl	100ml	0.0g	100.0g	0.0g	0.0g	0.0g	0.0g	900 kcal	9.0
Weizenkorn	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	30.4g	216 kcal	2.2
Welsfilet	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
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
Wildschwein	100g	21.0g	7.0g	0.0g	0.0g	0.0g	0.0g	147 kcal	1.5
Wodka (40% Vol.)	100ml	0.0g	0.0g	0.0g	0.0g	0.0g	32.0g	227 kcal	2.3
Zander	100g	20.0g	1.0g	0.0g	0.0g	0.0g	0.0g	89 kcal	0.9
Ziegenkäse	100g	22.4g	26.0g	0.0g	0.0g	0.0g	0.0g	324 kcal	3.2
Zwiebelmettwurst	100g	15.0g	25.0g	0.0g	0.0g	0.0g	0.0g	285 kcal	2.9
Grüner tee	100ml	0.2g	0.1g	0.1g	0.0g	0.1g	0.0g	2 kcal	0.0
Kaffee mit Milch	100ml	0.1g	0.1g	0.1g	0.0g	0.0g	0.0g	2 kcal	0.0
Mandelmilch ungesüßt	100ml	0.4g	1.1g	0.1g	0.1g	0.4g	0.0g	13 kcal	0.1
Milchkaffee	100ml	0.4g	0.4g	0.2g	0.2g	0.0g	0.0g	6 kcal	0.1
Wiener Würstchen	100g	11.1g	22.0g	0.2g	0.0g	0.0g	0.0g	243 kcal	2.4
Aloe Vera Saft	100ml	0.1g	0.0g	0.4g	0.0g	0.2g	0.0g	2 kcal	0.0
Omelett	100g	11.0g	12.0g	0.6g	0.3g	0.0g	0.0g	154 kcal	1.5
Cola light	100ml	0.0g	0.0g	0.7g	0.0g	0.0g	0.0g	3 kcal	0.0
Eisbergsalat	100g	0.5g	0.0g	0.7g	0.7g	1.0g	0.0g	7 kcal	0.1
Limonade light	100ml	0.0g	0.0g	0.7g	0.0g	0.0g	0.0g	3 kcal	0.0
Champignons	100g	3.0g	0.0g	0.8g	0.8g	2.0g	0.0g	19 kcal	0.2
Chinakohl	100g	0.7g	0.3g	0.8g	0.7g	2.0g	0.0g	13 kcal	0.1
Feldsalat	100g	2.1g	0.0g	0.8g	0.7g	1.0g	0.0g	14 kcal	0.1
Sauerkraut	100g	2.0g	0.0g	0.8g	0.8g	1.7g	0.0g	15 kcal	0.1
Sauce Hollandaise	100ml	2.8g	54.0g	0.9g	0.9g	0.0g	0.0g	501 kcal	5.0
Apfelessig	100ml	0.0g	0.0g	1.0g	0.5g	0.0g	0.0g	4 kcal	0.0
Bambussprossen	100g	1.7g	0.0g	1.0g	1.0g	1.5g	0.0g	14 kcal	0.1
Ei	100g	12.0g	11.0g	1.0g	1.0g	0.0g	0.0g	151 kcal	1.5
Eiweiss / Eiklar	100g	10.0g	0.0g	1.0g	1.0g	0.0g	0.0g	44 kcal	0.4
Fleischbrühe	100ml	0.6g	1.0g	1.0g	0.3g	0.0g	0.0g	15 kcal	0.2
Gemüsebrühe	100ml	0.0g	0.0g	1.0g	0.6g	0.0g	0.0g	4 kcal	0.0
Johannisbrotkernmehl	100g	6.0g	1.0g	1.0g	1.0g	0.0g	0.0g	37 kcal	0.4
Kochschinken	100g	20.0g	3.0g	1.0g	1.0g	0.0g	0.0g	111 kcal	1.1
Kopfsalat	100g	1.0g	0.0g	1.0g	1.0g	1.9g	0.0g	12 kcal	0.1
Lyoner	100g	14.5g	20.4g	1.0g	0.0g	0.0g	0.0g	246 kcal	2.5

Mangold	100g	1.5g	0.6g	1.0g	0.5g	3.6g	0.0g	23 kcal	0.2
Mettenden	100g	17.0g	31.0g	1.0g	1.0g	0.0g	0.0g	351 kcal	3.5
Ofenkäse	100g	15.0g	32.0g	1.0g	1.0g	0.0g	0.0g	352 kcal	3.5
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
Rollmops	100g	14.4g	11.0g	1.0g	1.0g	0.0g	0.0g	161 kcal	1.6
Rührei	100g	12.0g	14.0g	1.0g	1.0g	0.0g	0.0g	178 kcal	1.8
Spiegelei	100g	12.0g	14.0g	1.0g	1.0g	0.0g	0.0g	178 kcal	1.8
Steinpilze	100g	4.0g	0.0g	1.0g	0.0g	5.5g	0.0g	31 kcal	0.3
Tilsiter Käse	100g	22.0g	26.0g	1.0g	1.0g	0.0g	0.0g	326 kcal	3.3
Frischkäse körnig	100g	11.9g	4.2g	1.1g	1.1g	0.0g	0.0g	90 kcal	0.9
Garnelen	100g	22.0g	0.9g	1.1g	0.0g	0.0g	0.0g	100 kcal	1.0
Geflügelwurst	100g	15.0g	18.4g	1.2g	0.5g	0.2g	0.0g	231 kcal	2.3
Pak Choi	100g	1.6g	0.2g	1.2g	1.2g	1.1g	0.0g	15 kcal	0.2
Bacon	100g	35.0g	36.0g	1.5g	0.0g	0.0g	0.0g	470 kcal	4.7
Espresso	100ml	0.1g	0.2g	1.5g	0.0g	0.0g	0.0g	8 kcal	0.1
Schwarzwurzel	100g	1.2g	0.3g	1.8g	0.8g	4.1g	0.0g	23 kcal	0.2
Rucola	100g	1.7g	1.2g	1.9g	1.9g	1.6g	0.0g	28 kcal	0.3
Schnittlauch	100g	3.3g	0.7g	1.9g	1.9g	2.4g	0.0g	32 kcal	0.3
Afa Alge frisch	100g	6.0g	0.4g	2.0g	0.0g	4.0g	0.0g	44 kcal	0.4
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
Blumenkohl	100g	3.0g	0.0g	2.0g	2.0g	2.7g	0.0g	25 kcal	0.3
Chicorée	100g	1.0g	0.0g	2.0g	2.0g	1.1g	0.0g	14 kcal	0.1
Diätbier	100ml	0.0g	0.0g	2.0g	0.0g	0.0g	3.3g	31 kcal	0.3
Flohsamenschalen	100g	1.6g	0.2g	2.0g	0.0g	85.0g	0.0g	186 kcal	1.9
Gurke	100g	1.0g	0.0g	2.0g	2.0g	0.0g	0.0g	12 kcal	0.1
Leberkäse	100g	14.0g	25.5g	2.0g	1.0g	0.0g	0.0g	294 kcal	2.9
Prosecco	100ml	0.0g	0.0g	2.0g	2.0g	0.0g	9.0g	72 kcal	0.7
Radieschen	100g	1.0g	0.0g	2.0g	2.0g	2.0g	0.0g	16 kcal	0.2
Schalotten	100g	2.0g	0.0g	2.0g	2.0g	1.0g	0.0g	18 kcal	0.2
Schlagsahne	100g	2.0g	30.0g	2.0g	2.0g	0.0g	0.0g	286 kcal	2.9
Sekt, trocken	100ml	0.0g	0.0g	2.0g	2.0g	0.0g	10.0g	79 kcal	0.8
Spargel	100g	1.9g	0.2g	2.0g	2.0g	1.2g	0.0g	20 kcal	0.2
Spinat	100g	2.0g	0.8g	2.0g	2.0g	1.7g	0.0g	27 kcal	0.3
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
Tofu	100g	8.0g	4.0g	2.0g	0.0g	0.2g	0.0g	76 kcal	0.8
Weinschorle	100ml	0.0g	0.0g	2.0g	2.0g	0.0g	5.2g	45 kcal	0.4
Weißweinschorle	100ml	0.0g	0.0g	2.0g	2.0g	0.0g	5.1g	44 kcal	0.4
Wirsing	100g	2.0g	0.1g	2.0g	2.0g	3.0g	0.0g	23 kcal	0.2
Zucchini	100g	3.0g	0.0g	2.0g	2.0g	1.0g	0.0g	22 kcal	0.2
Radicchio	100g	1.0g	0.0g	2.1g	2.0g	1.4g	0.0g	15 kcal	0.2
Rettich	100g	0.8g	0.2g	2.2g	2.2g	2.6g	0.0g	19 kcal	0.2
Bärlauch	100g	1.0g	0.2g	2.4g	2.4g	0.0g	0.0g	15 kcal	0.2
Knollensellerie	100g	1.5g	0.3g	2.4g	2.0g	4.0g	0.0g	26 kcal	0.3
Zitronensaft	100ml	0.3g	0.2g	2.4g	1.7g	0.4g	0.0g	13 kcal	0.1
Kakaofasern	100g	17.3g	7.8g	2.5g	0.5g	57.0g	0.0g	263 kcal	2.6
Latte Macchiato	100ml	2.5g	1.0g	2.5g	2.5g	0.0g	0.0g	29 kcal	0.3
Grünkohl	100g	3.8g	0.8g	2.7g	2.0g	4.0g	0.0g	41 kcal	0.4
Fenchel	100g	2.4g	0.5g	2.8g	0.4g	3.9g	0.0g	33 kcal	0.3
Paprika, grün	100g	1.0g	0.2g	2.8g	2.8g	1.4g	0.0g	20 kcal	0.2
Spitzkohl	100g	1.7g	0.3g	2.8g	2.7g	2.6g	0.0g	26 kcal	0.3
Artischocke	100g	2.0g	0.0g	2.9g	2.9g	10.9g	0.0g	41 kcal	0.4
Brokkoli	100g	4.0g	0.2g	2.9g	1.9g	2.5g	0.0g	34 kcal	0.3
Aubergine	100g	1.0g	0.9g	3.0g	2.1g	2.9g	0.0g	30 kcal	0.3
Bier	100ml	0.0g	0.0g	3.0g	3.0g	0.0g	4.0g	40 kcal	0.4
Cappuccino	100ml	1.5g	1.7g	3.0g	3.0g	0.0g	0.0g	33 kcal	0.3
Frischkäse fettreduziert	100g	10.7g	10.0g	3.0g	3.0g	0.0g	0.0g	145 kcal	1.4

Kalbsleber	100g	13.0g	0.7g	3.0g	0.0g	0.0g	0.0g	70 kcal	0.7
Kräuterquark, 40%	100g	10.0g	12.0g	3.0g	3.0g	0.0g	0.0g	160 kcal	1.6
Mandelmilch gesüßt	100ml	0.5g	1.1g	3.0g	3.0g	0.2g	0.0g	24 kcal	0.2
Mohn	100g	19.0g	39.4g	3.0g	0.0g	22.3g	0.0g	487 kcal	4.9
Oliven, grün	100g	1.0g	13.0g	3.0g	0.0g	1.9g	0.0g	137 kcal	1.4
Porree / Lauch	100g	1.9g	0.2g	3.0g	3.0g	2.2g	0.0g	26 kcal	0.3
Quark, 20%	100g	12.4g	5.1g	3.0g	3.0g	0.0g	0.0g	108 kcal	1.1
Reismilch ungesüßt	100ml	0.1g	0.8g	3.0g	0.0g	0.0g	0.0g	20 kcal	0.2
Roséwein	100ml	0.0g	0.0g	3.0g	3.0g	0.0g	8.6g	73 kcal	0.7
Rotwein	100ml	0.0g	0.0g	3.0g	3.0g	0.0g	9.7g	81 kcal	0.8
Zitrone	100g	1.4g	0.6g	3.0g	3.0g	5.0g	0.0g	33 kcal	0.3
Haselnussmilch	100ml	0.4g	1.6g	3.1g	3.1g	0.3g	0.0g	29 kcal	0.3
Frischkäse, Doppelrahm	100g	10.7g	30.9g	3.2g	3.2g	0.0g	0.0g	334 kcal	3.3
Hüttenkäse	100g	10.8g	4.1g	3.3g	2.1g	0.0g	0.0g	93 kcal	0.9
Romanasalat	100g	1.2g	0.0g	3.3g	1.1g	2.2g	0.0g	22 kcal	0.2
Endiviensalat	100g	1.2g	0.2g	3.4g	0.2g	3.1g	0.0g	26 kcal	0.3
Acerola	100g	0.0g	0.0g	3.5g	3.5g	2.0g	0.0g	18 kcal	0.2
Cherrytomaten	100g	0.7g	0.1g	3.5g	3.2g	1.0g	0.0g	20 kcal	0.2
Hühnersuppe	100g	2.4g	1.2g	3.5g	1.6g	0.0g	0.0g	34 kcal	0.3
Kaffee komplett	100ml	0.1g	0.1g	3.5g	3.5g	0.0g	0.0g	15 kcal	0.2
Kefir	100g	3.4g	3.5g	3.5g	3.5g	0.0g	0.0g	59 kcal	0.6
Ziegenfrischkäse	100g	9.0g	12.7g	3.5g	3.5g	0.0g	0.0g	164 kcal	1.6
Hühnerfrikassee	100g	12.5g	3.3g	3.8g	0.9g	0.4g	0.0g	96 kcal	1.0
Karambole	100g	0.8g	1.0g	3.8g	3.8g	1.4g	0.0g	30 kcal	0.3
Tomatensaft	100ml	0.8g	0.1g	3.8g	3.6g	0.4g	0.0g	20 kcal	0.2
Acai	100g	5.0g	19.0g	4.0g	2.0g	0.0g	0.0g	207 kcal	2.1
Apfelwein	100ml	0.0g	0.0g	4.0g	4.0g	0.0g	5.8g	57 kcal	0.6
Creme fraiche 15%	100g	2.0g	15.0g	4.0g	3.0g	0.0g	0.0g	159 kcal	1.6
Fleischsalat	100g	4.7g	26.4g	4.0g	3.2g	0.0g	0.0g	272 kcal	2.7
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
Kaviar	100g	27.0g	15.0g	4.0g	0.0g	0.0g	0.0g	259 kcal	2.6
Kohlrabi	100g	2.0g	0.4g	4.0g	3.8g	1.3g	0.0g	30 kcal	0.3
Kölsch	100ml	0.0g	0.0g	4.0g	4.0g	0.0g	4.0g	44 kcal	0.4
Kürbiskerne	100g	32.0g	55.0g	4.0g	2.0g	7.4g	0.0g	654 kcal	6.5
Mascarpone	100g	6.0g	38.0g	4.0g	4.0g	0.0g	0.0g	382 kcal	3.8
Quark, 40%	100g	13.0g	12.0g	4.0g	4.0g	0.0g	0.0g	176 kcal	1.8
Quark, Magerquark 0,5%	100g	14.0g	0.0g	4.0g	4.0g	0.0g	0.0g	72 kcal	0.7
Blaukraut	100g	1.8g	0.4g	4.0g	3.0g	2.4g	0.0g	32 kcal	0.3
Sauerrahm	100g	2.0g	10.0g	4.0g	3.0g	0.0g	0.0g	114 kcal	1.1
Schmand	100g	2.0g	30.0g	4.0g	4.0g	0.0g	0.0g	294 kcal	2.9
Sekt, halbtrocken	100ml	0.0g	0.0g	4.0g	4.0g	0.0g	10.0g	87 kcal	0.9
Skyr 0.2%	100g	11.0g	0.2g	4.0g	4.0g	0.0g	0.0g	62 kcal	0.6
Spinat mit Rahm	100g	2.0g	7.0g	4.0g	4.0g	1.7g	0.0g	90 kcal	0.9
Tomate	100g	1.0g	0.3g	4.0g	3.4g	0.4g	0.0g	24 kcal	0.2
Tomaten, passiert	100g	1.0g	0.1g	4.0g	4.0g	2.4g	0.0g	26 kcal	0.3
Weißwein	100ml	0.0g	0.0g	4.0g	4.0g	0.0g	10.2g	88 kcal	0.9
Buttermilch	100ml	3.8g	1.3g	4.2g	4.2g	0.0g	0.0g	44 kcal	0.4
Paranüsse	100g	13.0g	66.0g	4.2g	3.0g	5.4g	0.0g	674 kcal	6.7
griechischer Joghurt 10%	100g	6.5g	10.0g	4.3g	4.1g	0.0g	0.0g	133 kcal	1.3
Molke	100ml	1.5g	0.3g	4.4g	4.4g	0.0g	0.0g	26 kcal	0.3
Rosenkohl	100g	3.4g	0.4g	4.4g	3.4g	4.0g	0.0g	43 kcal	0.4
Basilikum Pesto	100g	5.4g	35.0g	4.5g	1.6g	0.3g	0.0g	355 kcal	3.6
Möhren / Karotten	100g	0.9g	0.1g	4.7g	4.6g	4.0g	0.0g	31 kcal	0.3
Rote Zwiebeln	100g	1.2g	0.2g	4.7g	4.7g	0.0g	0.0g	25 kcal	0.3
Frühlingszwiebel	100g	1.8g	0.4g	4.9g	2.0g	2.3g	0.0g	35 kcal	0.3
Oliven, schwarz	100g	2.0g	34.0g	4.9g	1.5g	3.0g	0.0g	340 kcal	3.4
Sojasauce	100ml	8.0g	0.5g	4.9g	0.8g	0.4g	0.0g	57 kcal	0.6

Bier, alkoholfrei	100ml	0.0g	0.0g	5.0g	0.2g	0.0g	0.3g	22 kcal	0.2
Brennnessel	100g	6.0g	0.5g	5.0g	0.0g	5.0g	0.0g	58 kcal	0.6
Brombeeren	100g	0.8g	0.8g	5.0g	5.0g	4.0g	0.0g	38 kcal	0.4
Champagner	100ml	0.0g	0.0g	5.0g	5.0g	0.0g	10.0g	91 kcal	0.9
Chia	100g	21.0g	31.0g	5.0g	0.0g	34.0g	0.0g	451 kcal	4.5
Cranberry	100g	1.0g	1.0g	5.0g	5.0g	3.0g	0.0g	39 kcal	0.4
Creme fraiche 30%	100g	2.0g	30.0g	5.0g	5.0g	0.0g	0.0g	298 kcal	3.0
Eiskaffee	100g	1.0g	5.0g	5.0g	5.0g	0.0g	0.0g	69 kcal	0.7
Eiweißpulver	100g	80.0g	2.0g	5.0g	5.0g	0.0g	0.0g	358 kcal	3.6
Frikadelle	100g	20.0g	20.0g	5.0g	1.0g	0.9g	0.0g	282 kcal	2.8
Grüne Bohnen	100g	2.0g	0.0g	5.0g	3.0g	2.0g	0.0g	32 kcal	0.3
Himbeeren	100g	1.0g	0.0g	5.0g	5.0g	4.6g	0.0g	33 kcal	0.3
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
Kapern, Glas	100g	2.4g	0.8g	5.0g	0.5g	3.4g	0.0g	44 kcal	0.4
Karottensaft	100ml	0.5g	0.2g	5.0g	4.0g	0.5g	0.0g	25 kcal	0.2
Kohlrübe	100g	1.0g	0.2g	5.0g	4.8g	2.5g	0.0g	31 kcal	0.3
Kresse	100g	2.6g	0.8g	5.0g	3.8g	1.2g	0.0g	40 kcal	0.4
Kürbiskernmehl	100g	55.0g	13.0g	5.0g	1.0g	15.0g	0.0g	387 kcal	3.9
Mandeln	100g	18.0g	55.0g	5.0g	5.0g	12.0g	0.0g	611 kcal	6.1
Mandelmus	100g	23.0g	57.0g	5.0g	4.0g	8.4g	0.0g	642 kcal	6.4
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
Paprika, gelb	100g	1.0g	0.5g	5.0g	5.0g	3.6g	0.0g	36 kcal	0.4
Pekannüsse	100g	8.0g	74.0g	5.0g	2.2g	10.3g	0.0g	739 kcal	7.4
Preiselbeeren	100g	0.0g	0.0g	5.0g	5.0g	2.4g	0.0g	25 kcal	0.2
Radler	100ml	0.0g	0.0g	5.0g	4.0g	1.0g	2.0g	36 kcal	0.4
Romanesco	100g	3.0g	0.3g	5.0g	3.0g	3.2g	0.0g	41 kcal	0.4
Schmelzkäse	100g	12.0g	23.0g	5.0g	5.0g	0.0g	0.0g	275 kcal	2.8
Weißbier Weizenbier	100ml	0.0g	0.0g	5.0g	3.0g	0.0g	3.8g	47 kcal	0.5
Weißkohl	100g	1.0g	0.0g	5.0g	5.0g	3.0g	0.0g	30 kcal	0.3
Gluten, Weizenkleber	100g	80.0g	1.4g	5.1g	1.9g	0.0g	0.0g	353 kcal	3.5
Sanddorn	100g	1.4g	6.7g	5.1g	4.7g	2.7g	0.0g	92 kcal	0.9
Kürbis Hokkaido	100g	0.8g	0.0g	5.2g	4.2g	2.0g	0.0g	28 kcal	0.3
Altbier	100ml	0.5g	0.0g	5.4g	2.0g	0.0g	3.9g	51 kcal	0.5
Heiße Schokolade	100ml	3.0g	4.0g	5.4g	4.5g	0.0g	0.0g	70 kcal	0.7
Johannisbeeren	100g	1.0g	0.5g	5.4g	5.0g	2.7g	0.0g	36 kcal	0.4
Petersilienwurzel	100g	3.0g	0.8g	5.5g	4.4g	4.5g	0.0g	50 kcal	0.5
Haselnüsse	100g	12.0g	61.0g	5.8g	1.0g	7.4g	0.0g	635 kcal	6.3
Joghurt, 0,1%	100g	5.5g	0.1g	5.8g	5.8g	0.0g	0.0g	46 kcal	0.5
Bratensauce	100ml	1.0g	1.6g	6.0g	1.1g	0.0g	0.0g	42 kcal	0.4
Cidre	100ml	0.0g	0.0g	6.0g	6.0g	0.0g	4.0g	52 kcal	0.5
Diesel	100ml	0.0g	0.0g	6.0g	5.0g	0.0g	2.0g	38 kcal	0.4
Gewürzgurken	100g	1.0g	0.0g	6.0g	5.0g	1.0g	0.0g	30 kcal	0.3
Götterspeise gekocht	100g	0.0g	0.0g	6.0g	6.0g	0.0g	0.0g	24 kcal	0.2
Grapefruit	100g	1.0g	0.0g	6.0g	6.0g	1.4g	0.0g	31 kcal	0.3
Guave	100g	1.0g	1.0g	6.0g	5.0g	5.0g	0.0g	47 kcal	0.5
Hafermilch	100ml	1.0g	1.5g	6.0g	5.0g	0.0g	0.0g	42 kcal	0.4
Heidelbeeren	100g	1.0g	0.0g	6.0g	5.0g	5.4g	0.0g	39 kcal	0.4
Holundersaft	100ml	2.0g	0.0g	6.0g	5.0g	4.0g	0.0g	40 kcal	0.4
Kokosmilch	100ml	2.0g	21.0g	6.0g	3.3g	3.0g	0.0g	227 kcal	2.3
Leinsamenmehl teilentölt	100g	28.0g	12.5g	6.0g	3.0g	40.8g	0.0g	330 kcal	3.3
Macadamia	100g	6.0g	69.0g	6.0g	5.0g	11.0g	0.0g	691 kcal	6.9
Mandelmehl	100g	48.0g	10.0g	6.0g	6.0g	22.0g	0.0g	350 kcal	3.5
Pinienkerne	100g	23.0g	49.0g	6.0g	1.0g	6.5g	0.0g	570 kcal	5.7
Sauce Bolognese	100g	6.9g	8.1g	6.0g	4.0g	0.2g	0.0g	125 kcal	1.2
Senf	100g	4.3g	3.0g	6.0g	1.0g	4.0g	0.0g	76 kcal	0.8
Sojamilch	100ml	3.3g	1.9g	6.0g	4.0g	0.5g	0.0g	55 kcal	0.6

Steckrüben	100g	1.0g	0.4g	6.0g	5.1g	1.4g	0.0g	34 kcal	0.3
Wassermelone	100g	0.8g	0.0g	6.0g	6.0g	0.4g	0.0g	28 kcal	0.3
Zwiebel	100g	1.0g	0.0g	6.0g	4.0g	2.3g	0.0g	33 kcal	0.3
Paprika, rot	100g	1.0g	0.2g	6.2g	6.2g	1.4g	0.0g	33 kcal	0.3
Apfelschorle	100ml	0.0g	0.0g	7.0g	7.0g	0.0g	0.0g	28 kcal	0.3
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
Surimi	100g	15.0g	0.9g	7.0g	0.0g	0.0g	0.0g	96 kcal	1.0
Tabasco	100ml	2.4g	3.5g	7.0g	3.0g	0.0g	0.0g	69 kcal	0.7
Tomatenmark	100g	1.6g	0.2g	7.0g	6.0g	2.4g	0.0g	41 kcal	0.4
Tomatensuppe	100g	0.7g	0.3g	7.0g	3.5g	0.5g	0.0g	34 kcal	0.3
Tomatensauce	100g	1.2g	0.4g	7.1g	4.0g	1.6g	0.0g	40 kcal	0.4
Peperoni	100g	2.0g	0.2g	7.5g	5.0g	1.5g	0.0g	43 kcal	0.4
Holunder	100g	0.6g	0.5g	8.0g	8.0g	3.0g	0.0g	45 kcal	0.4
Joghurdressing	100g	1.5g	12.0g	8.0g	4.0g	0.0g	0.0g	146 kcal	1.5
Kartoffelfasern	100g	9.0g	0.1g	8.0g	0.1g	65.0g	0.0g	199 kcal	2.0
Kiwi	100g	1.0g	1.0g	8.0g	8.0g	2.0g	0.0g	49 kcal	0.5
Kokosnuss	100g	4.0g	28.0g	8.0g	7.0g	11.4g	0.0g	323 kcal	3.2
Papaya	100g	1.0g	0.0g	8.0g	8.0g	1.4g	0.0g	39 kcal	0.4
Stachelbeeren	100g	1.4g	0.5g	8.0g	8.0g	3.0g	0.0g	48 kcal	0.5
Trüffel	100g	8.0g	0.5g	8.0g	1.0g	0.0g	0.0g	68 kcal	0.7
Limette	100g	0.7g	0.2g	8.7g	1.7g	2.0g	0.0g	43 kcal	0.4
Rote Bete	100g	1.9g	0.2g	8.8g	7.9g	2.4g	0.0g	49 kcal	0.5
Aprikose	100g	1.0g	0.0g	9.0g	9.0g	1.0g	0.0g	42 kcal	0.4
Chilischote	100g	1.8g	0.4g	9.0g	6.0g	1.7g	0.0g	50 kcal	0.5
Eiweißshake mit Milch	100ml	30.1g	5.0g	9.0g	8.0g	0.0g	0.0g	201 kcal	2.0
Pfirsich	100g	1.0g	0.4g	9.0g	9.0g	2.4g	0.0g	48 kcal	0.5
Quitte	100g	0.3g	0.4g	9.0g	9.0g	4.4g	0.0g	50 kcal	0.5
Sauerkirschen	100g	0.8g	0.0g	9.0g	8.0g	0.4g	0.0g	40 kcal	0.4
Sesam	100g	15.0g	49.0g	9.0g	1.0g	10.9g	0.0g	559 kcal	5.6
Zuckerschoten	100g	4.0g	1.0g	9.0g	8.0g	1.0g	0.0g	63 kcal	0.6
Sprite	100ml	0.0g	0.0g	9.1g	9.1g	0.0g	0.0g	36 kcal	0.4
Rinderroulade	100g	11.4g	5.5g	9.4g	2.1g	0.0g	0.0g	133 kcal	1.3
Brathering	100g	14.0g	8.8g	9.5g	3.0g	0.5g	0.0g	174 kcal	1.7
Clementine	100g	1.0g	0.0g	9.5g	9.5g	1.7g	0.0g	45 kcal	0.5
Eistee	100ml	0.0g	0.0g	10.0g	10.0g	0.0g	0.0g	40 kcal	0.4
Federweißer	100ml	0.0g	0.0g	10.0g	10.0g	0.0g	4.0g	68 kcal	0.7
Fruchtsaft	100ml	0.0g	0.0g	10.0g	10.0g	0.0g	0.0g	40 kcal	0.4
Grapefruitsaft	100ml	0.8g	0.1g	10.0g	7.0g	1.3g	0.0g	47 kcal	0.5
Kakao, stark entölt	100g	23.0g	15.0g	10.0g	2.0g	35.0g	0.0g	337 kcal	3.4
Mandarine	100g	1.0g	0.4g	10.0g	10.0g	1.6g	0.0g	51 kcal	0.5
Obstsalat	100g	0.4g	0.2g	10.0g	9.0g	1.3g	0.0g	46 kcal	0.5
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
Pistazien	100g	15.0g	55.0g	10.0g	2.2g	10.0g	0.0g	615 kcal	6.2
Pomelo	100g	1.0g	0.0g	10.0g	8.0g	2.0g	0.0g	48 kcal	0.5
Spezi Mezzo Mix	100ml	0.0g	0.0g	10.0g	10.0g	0.0g	0.0g	40 kcal	0.4
Süßlupinenmehl	100g	43.0g	12.0g	10.0g	2.0g	2.0g	0.0g	324 kcal	3.2
Tamarillo	100g	1.5g	1.2g	10.0g	8.0g	1.5g	0.0g	60 kcal	0.6
Sojabohne	100g	15.5g	7.1g	10.1g	2.0g	1.9g	0.0g	170 kcal	1.7
Ajvar	100g	1.5g	5.0g	10.6g	7.0g	2.0g	0.0g	97 kcal	1.0
Malzbier	100ml	0.6g	0.0g	10.8g	6.8g	0.2g	0.0g	46 kcal	0.5
Apfel	100g	0.4g	0.2g	11.0g	10.4g	2.4g	0.0g	52 kcal	0.5
Apfelsaft	100ml	0.0g	0.0g	11.0g	11.0g	0.0g	0.0g	44 kcal	0.4
Birne	100g	1.0g	0.0g	11.0g	10.0g	3.0g	0.0g	54 kcal	0.5
Grüne Erbsen	100g	7.0g	0.4g	11.0g	1.0g	4.0g	0.0g	84 kcal	0.8
Haselnussmus	100g	15.0g	64.0g	11.0g	8.0g	4.0g	0.0g	688 kcal	6.9
Honigmelone	100g	1.0g	0.0g	11.0g	11.0g	0.0g	0.0g	48 kcal	0.5
Kakaobohnen	100g	20.0g	25.0g	11.0g	1.0g	33.0g	0.0g	415 kcal	4.2



Limonade	100ml	0.0g	0.0g	11.0g	11.0g	0.0g	0.0g	44 kcal	0.4
Schweineschnitzel paniert und gebraten	100g	20.0g	9.3g	11.0g	0.2g	0.8g	0.0g	209 kcal	2.1
Red Bull	100ml	0.0g	0.0g	11.3g	10.9g	0.0g	0.0g	45 kcal	0.5
Sonnenblumenkerne	100g	19.0g	47.0g	11.4g	2.9g	6.0g	0.0g	557 kcal	5.6
Ananas	100g	0.4g	0.2g	11.5g	11.3g	1.0g	0.0g	51 kcal	0.5
Cordon bleu v. Schwein	100g	15.0g	10.8g	11.8g	3.0g	0.0g	0.0g	204 kcal	2.0
Dicke Bohnen	100g	6.8g	1.2g	11.9g	5.1g	3.0g	0.0g	92 kcal	0.9
Chia Brot	100g	12.4g	23.1g	12.0g	1.1g	8.9g	0.0g	323 kcal	3.2
Cola	100ml	0.0g	0.0g	12.0g	12.0g	0.0g	0.0g	48 kcal	0.5
Erdnussbutter	100g	21.0g	55.0g	12.0g	8.0g	6.0g	0.0g	639 kcal	6.4
Erdnussmus	100g	29.0g	49.0g	12.0g	6.2g	6.5g	0.0g	618 kcal	6.2
Feige	100g	1.0g	0.0g	12.0g	11.0g	1.8g	0.0g	56 kcal	0.6
Hanfsamen	100g	33.0g	44.0g	12.0g	1.0g	5.0g	0.0g	586 kcal	5.9
Jägermeister Kräuterlikör	100ml	0.0g	0.0g	12.0g	12.0g	0.0g	28.0g	247 kcal	2.5
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
Krautsalat	100g	1.0g	3.0g	12.0g	11.0g	2.0g	0.0g	83 kcal	0.8
Meerrettich	100g	1.2g	0.6g	12.0g	8.0g	3.3g	0.0g	65 kcal	0.6
Multivitaminensaft	100ml	0.3g	0.1g	12.0g	11.7g	0.5g	0.0g	51 kcal	0.5
Nektarine	100g	1.0g	0.4g	12.0g	12.0g	2.5g	0.0g	61 kcal	0.6
Pastinaken	100g	1.3g	0.4g	12.0g	1.8g	4.7g	0.0g	66 kcal	0.7
Pflaumen	100g	1.0g	0.2g	12.0g	11.0g	1.4g	0.0g	57 kcal	0.6
Porridge	100g	2.5g	1.4g	12.0g	0.8g	1.9g	0.0g	74 kcal	0.7
Seitan	100g	75.0g	2.0g	12.0g	0.0g	1.0g	0.0g	368 kcal	3.7
Weizenkleie	100g	18.3g	4.0g	12.0g	2.0g	49.4g	0.0g	256 kcal	2.6
Walnüsse	100g	10.3g	64.0g	12.4g	5.0g	5.4g	0.0g	678 kcal	6.8
Energydrink	100ml	0.0g	0.0g	13.0g	13.0g	0.0g	0.0g	52 kcal	0.5
Ingwer	100g	1.6g	0.8g	13.0g	2.0g	2.0g	0.0g	70 kcal	0.7
Physalis	100g	2.5g	1.0g	13.0g	12.4g	1.0g	0.0g	73 kcal	0.7
Mango	100g	1.0g	0.2g	13.0g	12.0g	1.7g	0.0g	61 kcal	0.6
Eiweißbrot	100g	20.0g	10.6g	13.5g	2.8g	5.0g	0.0g	239 kcal	2.4
Gelatine	100g	1.2g	0.0g	14.0g	13.0g	0.0g	0.0g	61 kcal	0.6
Glühwein	100ml	0.0g	0.0g	14.0g	14.0g	0.0g	7.3g	108 kcal	1.1
Hummus	100g	8.0g	10.0g	14.0g	0.0g	6.0g	0.0g	190 kcal	1.9
Joghurteis	100g	2.0g	3.0g	14.0g	14.0g	0.0g	0.0g	91 kcal	0.9
Kumquat	100g	1.2g	0.4g	14.0g	13.0g	4.1g	0.0g	73 kcal	0.7
Passionsfrucht	100g	2.0g	0.5g	14.0g	13.0g	1.9g	0.0g	72 kcal	0.7
Süßkirschen	100g	1.0g	0.2g	14.0g	13.4g	1.4g	0.0g	65 kcal	0.6
Weintrauben	100g	1.0g	1.0g	14.0g	14.0g	1.0g	0.0g	71 kcal	0.7
Zartbitterschokolade 90%	100g	10.0g	55.0g	14.0g	7.0g	5.0g	0.0g	601 kcal	6.0
Trinkschokolade	100ml	2.5g	3.5g	14.7g	13.4g	0.0g	0.0g	100 kcal	1.0
Currywurst mit Sauce	100g	11.0g	25.0g	15.0g	15.0g	0.0g	0.0g	329 kcal	3.3
Granatapfel	100g	1.0g	0.0g	15.0g	14.0g	2.0g	0.0g	68 kcal	0.7
Kaki	100g	1.0g	0.0g	15.0g	15.0g	2.0g	0.0g	68 kcal	0.7
Kräuterlikör (30%)	100ml	0.0g	0.0g	15.0g	15.0g	0.0g	24.0g	230 kcal	2.3
Pfefferminze	100g	3.6g	0.9g	15.0g	0.0g	8.0g	0.0g	98 kcal	1.0
Walnussmehl entölt	100g	30.0g	30.0g	15.0g	7.0g	14.0g	0.0g	478 kcal	4.8
Tomaten, getrocknet	100g	5.9g	5.4g	15.9g	6.0g	13.5g	0.0g	163 kcal	1.6
Balsamico Essig	100ml	0.2g	0.0g	16.0g	14.7g	0.0g	0.0g	65 kcal	0.6
Grießbrei	100g	3.7g	2.9g	16.0g	4.0g	0.0g	0.0g	105 kcal	1.0
Hagebutten	100g	1.6g	0.2g	16.0g	4.0g	24.0g	0.0g	120 kcal	1.2
Kartoffeln	100g	1.7g	0.3g	16.0g	2.1g	1.8g	0.0g	77 kcal	0.8
Kartoffeln gekocht	100g	1.5g	0.0g	16.0g	0.4g	1.7g	0.0g	73 kcal	0.7
Kokosraspel	100g	7.0g	60.0g	16.0g	14.0g	8.0g	0.0g	648 kcal	6.5
Litschi	100g	1.0g	0.0g	16.0g	16.0g	1.4g	0.0g	71 kcal	0.7
Weißer Bohnen	100g	5.5g	0.3g	16.0g	4.0g	3.5g	0.0g	96 kcal	1.0
Risotto	100g	3.5g	4.5g	16.4g	0.7g	0.4g	0.0g	121 kcal	1.2
Apfelmus	100g	0.2g	0.2g	17.0g	15.0g	1.0g	0.0g	73 kcal	0.7
Kartoffelgratin	100g	2.0g	5.0g	17.0g	2.0g	1.2g	0.0g	123 kcal	1.2

Kokosmehl	100g	17.0g	16.5g	17.0g	15.0g	35.0g	0.0g	354 kcal	3.5
Sesammehl	100g	29.0g	14.0g	17.0g	2.0g	17.0g	0.0g	344 kcal	3.4
Sojajoghurt	100g	2.4g	1.1g	17.0g	12.0g	0.5g	0.0g	88 kcal	0.9
Topinambur	100g	2.0g	0.0g	17.0g	10.0g	1.6g	0.0g	79 kcal	0.8
Traubensaft	100g	0.0g	0.0g	17.0g	17.0g	0.0g	0.0g	68 kcal	0.7
Dinkelkleie	100g	15.5g	4.9g	17.7g	0.2g	44.3g	0.0g	266 kcal	2.7
Maultaschen	100g	11.0g	9.4g	17.9g	0.6g	1.1g	0.0g	202 kcal	2.0
Ackerbohnen	100g	8.0g	0.6g	18.0g	9.0g	9.0g	0.0g	127 kcal	1.3
Bratkartoffeln	100g	1.8g	4.5g	18.0g	3.0g	2.0g	0.0g	124 kcal	1.2
Lasagne	100g	7.0g	8.5g	18.0g	2.7g	1.4g	0.0g	179 kcal	1.8
Mais	100g	2.0g	0.0g	18.0g	4.0g	3.0g	0.0g	86 kcal	0.9
Zartbitterschokolade 85%	100g	10.0g	50.0g	19.0g	13.0g	4.0g	0.0g	574 kcal	5.7
Kartoffelrösti	100g	3.1g	6.0g	19.1g	1.4g	0.7g	0.0g	144 kcal	1.4
Milchreis	100g	3.3g	0.4g	19.4g	1.0g	0.0g	0.0g	94 kcal	0.9
Shiitake Pilze frisch	100g	3.2g	0.2g	19.4g	0.4g	1.0g	0.0g	94 kcal	0.9
Döner	100g	12.0g	6.0g	19.8g	4.0g	1.9g	0.0g	185 kcal	1.9
Aronia Beeren	100g	2.5g	2.0g	20.0g	18.0g	3.0g	0.0g	114 kcal	1.1
Banane	100g	1.2g	0.2g	20.0g	17.0g	1.8g	0.0g	90 kcal	0.9
Eiscreme	100g	3.8g	12.0g	20.0g	20.0g	0.0g	0.0g	203 kcal	2.0
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
Likör (20% Vol.)	100ml	0.0g	0.0g	20.0g	20.0g	0.0g	16.0g	194 kcal	1.9
Pudding gekocht	100g	3.0g	1.5g	20.0g	14.0g	0.0g	0.0g	106 kcal	1.1
Softeis	100g	2.0g	2.0g	20.0g	20.0g	0.0g	0.0g	106 kcal	1.1
Sahneeis	100g	2.0g	10.0g	22.0g	22.0g	0.0g	0.0g	186 kcal	1.9
Schokoladeneis	100g	3.0g	8.0g	22.0g	22.0g	1.0g	0.0g	174 kcal	1.7
Fischstäbchen	100g	12.3g	12.1g	22.4g	2.2g	1.5g	0.0g	251 kcal	2.5
Sojamehl	100g	50.0g	3.0g	22.4g	5.0g	15.5g	0.0g	348 kcal	3.5
Chlorella	100g	55.0g	10.0g	23.0g	0.0g	1.0g	0.0g	404 kcal	4.0
Couscous	100g	4.0g	0.0g	23.0g	0.0g	1.3g	0.0g	111 kcal	1.1
Sushi	100g	6.5g	0.7g	23.5g	0.0g	0.0g	0.0g	126 kcal	1.3
Eiscreme	100g	3.5g	11.0g	24.0g	21.0g	0.7g	0.0g	210 kcal	2.1
Hamburger	100g	17.0g	13.0g	24.0g	5.0g	2.0g	0.0g	285 kcal	2.9
Fruchteis / Sorbet	100g	1.0g	1.0g	25.0g	25.0g	0.0g	0.0g	113 kcal	1.1
Gnocchi	100g	3.8g	0.8g	25.0g	2.0g	0.0g	0.0g	122 kcal	1.2
Kartoffelpuffer	100g	6.0g	15.0g	25.0g	2.4g	1.8g	0.0g	263 kcal	2.6
Reisnudeln	100g	0.9g	0.2g	25.0g	0.0g	1.0g	0.0g	107 kcal	1.1
Wassereis	100g	0.0g	0.0g	25.0g	25.0g	0.0g	0.0g	100 kcal	1.0
Spätzle	100g	3.8g	1.8g	25.6g	0.0g	1.9g	0.0g	138 kcal	1.4
Kroketten	100g	5.5g	7.9g	25.8g	0.5g	1.0g	0.0g	198 kcal	2.0
Eierlikör (20% Vol.)	100ml	4.0g	6.0g	26.0g	26.0g	0.0g	16.0g	288 kcal	2.9
Gerstengras Pulver	100g	28.0g	2.0g	26.0g	5.0g	35.0g	0.0g	304 kcal	3.0
Klöße gekocht	100g	2.0g	0.0g	26.1g	0.0g	0.0g	0.0g	112 kcal	1.1
Süßkartoffeln	100g	1.6g	1.2g	26.3g	6.0g	2.1g	0.0g	127 kcal	1.3
Backpulver	100g	0.0g	0.0g	27.0g	0.0g	0.0g	0.0g	108 kcal	1.1
Knoblauch	100g	5.8g	0.2g	27.0g	8.0g	1.7g	0.0g	136 kcal	1.4
Oregano	100g	9.1g	4.0g	27.0g	3.9g	41.0g	0.0g	262 kcal	2.6
Windbeutel	100g	5.0g	18.4g	27.0g	4.2g	0.4g	0.0g	294 kcal	2.9
Käsekuchen	100g	6.0g	21.0g	28.0g	26.0g	0.4g	0.0g	326 kcal	3.3
Ketchup	100g	1.0g	0.7g	28.0g	22.5g	0.0g	0.0g	122 kcal	1.2
Zartbitterschokolade 75%	100g	8.5g	41.0g	28.0g	28.0g	4.0g	0.0g	523 kcal	5.2
Nudeln gekocht	100g	4.0g	1.0g	28.7g	0.3g	2.0g	0.0g	144 kcal	1.4
Lahmacun	100g	8.0g	12.0g	29.0g	4.0g	2.4g	0.0g	261 kcal	2.6
Cheeseburger	100g	15.0g	14.0g	30.0g	5.0g	1.0g	0.0g	308 kcal	3.1
Grissinis	100g	6.0g	9.4g	30.0g	2.0g	4.7g	0.0g	238 kcal	2.4
Pizza	100g	10.0g	11.0g	30.0g	4.6g	3.0g	0.0g	265 kcal	2.6
Pumpernickel	100g	6.0g	0.4g	30.0g	4.0g	11.0g	0.0g	170 kcal	1.7
Salamipizza	100g	12.0g	14.0g	30.0g	4.6g	3.0g	0.0g	300 kcal	3.0
Zimt	100g	4.0g	1.2g	30.0g	2.2g	53.0g	0.0g	253 kcal	2.5

Cashewnüsse	100g	21.0g	40.4g	30.7g	6.0g	2.4g	0.0g	575 kcal	5.8
Cashewmus	100g	20.0g	40.0g	31.0g	14.0g	4.0g	0.0g	572 kcal	5.7
Schupfnudeln	100g	3.0g	1.4g	31.2g	2.2g	2.1g	0.0g	154 kcal	1.5
Eierkuchen	100g	5.5g	7.0g	32.0g	4.2g	2.1g	0.0g	217 kcal	2.2
Falafel	100g	12.5g	11.5g	32.0g	3.2g	11.0g	0.0g	304 kcal	3.0
Sonnenblumenbrot	100g	6.0g	5.1g	32.5g	2.1g	7.9g	0.0g	216 kcal	2.2
Spaghetti	100g	7.0g	1.0g	33.0g	1.0g	1.0g	0.0g	171 kcal	1.7
Dill	100g	16.0g	15.0g	34.0g	3.0g	21.0g	0.0g	377 kcal	3.8
Dinkelbrötchen	100g	9.8g	3.4g	34.0g	2.9g	4.4g	0.0g	215 kcal	2.1
Milchschnitte	100g	8.0g	28.0g	34.0g	29.0g	1.4g	0.0g	423 kcal	4.2
Paprikapulver edelsüß	100g	13.0g	13.0g	35.0g	5.0g	20.4g	0.0g	350 kcal	3.5
Apfelkuchen	100g	2.0g	9.8g	36.0g	14.0g	2.4g	0.0g	245 kcal	2.5
Maniok	100g	1.4g	0.3g	36.0g	2.0g	2.0g	0.0g	156 kcal	1.6
Paprikapulver Rosenscharf	100g	13.0g	13.0g	36.0g	3.0g	21.0g	0.0g	355 kcal	3.5
Roggenvollkornbrot	100g	6.0g	1.0g	36.0g	3.0g	11.0g	0.0g	199 kcal	2.0
Vollkornbrot	100g	7.0g	2.4g	36.0g	2.0g	7.0g	0.0g	208 kcal	2.1
Vollkorntoastbrot	100g	7.0g	3.4g	36.0g	3.0g	9.0g	0.0g	221 kcal	2.2
Leinsamenbrot	100g	6.9g	3.8g	36.7g	2.1g	6.1g	0.0g	221 kcal	2.2
Milchpulver	100g	26.0g	27.0g	37.0g	37.0g	0.0g	0.0g	495 kcal	5.0
Pommes	100g	3.0g	15.0g	38.0g	0.3g	3.4g	0.0g	306 kcal	3.1
Reis gekocht parboiled	100g	3.5g	0.4g	38.0g	0.0g	0.4g	0.0g	170 kcal	1.7
Moringa Pulver	100g	28.0g	6.2g	39.0g	4.0g	24.0g	0.0g	372 kcal	3.7
Schwarzbrötchen	100g	10.0g	2.4g	39.2g	3.8g	6.4g	0.0g	231 kcal	2.3
Dinkelbrot	100g	6.0g	1.0g	40.0g	2.4g	4.4g	0.0g	202 kcal	2.0
Kidneybohnen	100g	21.0g	1.0g	40.0g	0.2g	21.0g	0.0g	295 kcal	3.0
Linsensuppe	100g	12.0g	2.0g	40.0g	2.2g	7.9g	0.0g	242 kcal	2.4
Linsen, trocken	100g	24.0g	1.9g	40.6g	0.9g	16.9g	0.0g	309 kcal	3.1
Croissant	100g	6.1g	27.0g	41.0g	6.8g	1.7g	0.0g	435 kcal	4.3
Pizzateig	100g	5.8g	1.2g	41.0g	1.0g	0.7g	0.0g	199 kcal	2.0
Dinkelvollkornbrot	100g	6.8g	1.9g	41.5g	1.1g	5.9g	0.0g	222 kcal	2.2
Berliner	100g	6.0g	15.7g	42.0g	12.0g	0.4g	0.0g	334 kcal	3.3
Hefeteig	100g	6.0g	1.0g	42.0g	0.0g	0.3g	0.0g	202 kcal	2.0
Kürbiskernbrötchen	100g	7.0g	8.0g	42.9g	1.7g	3.7g	0.0g	279 kcal	2.8
Hefezopf	100g	8.4g	6.6g	43.0g	12.0g	9.4g	0.0g	284 kcal	2.8
Mehrkornbrötchen	100g	8.2g	5.9g	43.7g	3.3g	6.0g	0.0g	273 kcal	2.7
Mehrkornbrot	100g	6.5g	2.0g	44.0g	2.0g	9.0g	0.0g	238 kcal	2.4
Müsliriegel	100g	6.0g	22.0g	44.0g	30.0g	4.0g	0.0g	406 kcal	4.1
Schwarze Bohnen	100g	25.4g	0.7g	44.0g	1.0g	16.0g	0.0g	316 kcal	3.2
Stollen	100g	4.0g	25.0g	44.0g	25.0g	2.0g	0.0g	421 kcal	4.2
Vollkornbrötchen	100g	7.0g	3.0g	44.0g	2.0g	7.3g	0.0g	246 kcal	2.5
Fladenbrot	100g	4.7g	0.8g	45.0g	2.0g	6.4g	0.0g	219 kcal	2.2
Kekse	100g	7.9g	12.0g	45.0g	16.0g	1.4g	0.0g	322 kcal	3.2
Kichererbsen	100g	20.0g	7.0g	45.0g	3.0g	14.8g	0.0g	353 kcal	3.5
Kuvertüre Zartbitter	100g	5.8g	32.0g	45.0g	44.0g	9.0g	0.0g	509 kcal	5.1
Maronen	100g	2.0g	1.0g	45.0g	15.0g	8.1g	0.0g	213 kcal	2.1
Milchbrötchen	100g	0.4g	4.8g	45.0g	2.1g	0.0g	0.0g	225 kcal	2.2
Muskat	100g	5.7g	35.0g	45.0g	0.0g	4.1g	0.0g	526 kcal	5.3
Studentenfutter	100g	13.0g	26.8g	45.0g	38.0g	5.9g	0.0g	485 kcal	4.9
Tortellini	100g	14.0g	7.2g	45.0g	1.0g	2.0g	0.0g	305 kcal	3.0
Zartbitterschokolade 50%	100g	7.0g	30.0g	45.0g	45.0g	10.0g	0.0g	498 kcal	5.0
Haferkleie	100g	15.4g	7.8g	45.2g	1.3g	18.6g	0.0g	350 kcal	3.5
Semmelknödel	100g	12.0g	5.4g	45.6g	1.4g	2.3g	0.0g	284 kcal	2.8
Roggenbrot	100g	6.0g	1.0g	46.0g	2.0g	5.4g	0.0g	228 kcal	2.3
Mischbrot	100g	6.5g	1.0g	47.0g	0.7g	5.1g	0.0g	233 kcal	2.3
Mungobohnen	100g	24.0g	1.2g	47.0g	7.0g	16.0g	0.0g	327 kcal	3.3
Pita	100g	7.0g	1.0g	47.0g	2.0g	4.0g	0.0g	233 kcal	2.3
rote Linsen, trocken	100g	25.4g	1.8g	47.0g	1.0g	14.4g	0.0g	335 kcal	3.3
Marmorkuchen	100g	4.8g	25.9g	48.0g	19.1g	2.0g	0.0g	448 kcal	4.5
Roggenmischbrot	100g	6.3g	1.4g	48.0g	4.4g	5.4g	0.0g	241 kcal	2.4

Blätterteig	100g	6.8g	36.0g	49.0g	0.8g	1.6g	0.0g	550 kcal	5.5
Nussschokolade	100g	8.0g	33.0g	49.0g	49.0g	4.1g	0.0g	533 kcal	5.3
Rosinenbrötchen	100g	7.0g	1.0g	49.0g	7.0g	4.8g	0.0g	243 kcal	2.4
Donut	100g	5.0g	25.0g	49.1g	27.0g	1.9g	0.0g	445 kcal	4.5
Toastbrot	100g	7.0g	1.6g	49.4g	3.0g	4.0g	0.0g	248 kcal	2.5
Kichererbsenmehl	100g	20.0g	6.7g	50.0g	2.0g	11.0g	0.0g	362 kcal	3.6
Pflaumenmus	100g	0.7g	0.0g	50.0g	50.0g	2.0g	0.0g	207 kcal	2.1
Kuvertüre Vollmilch	100g	6.4g	33.0g	51.0g	48.0g	2.4g	0.0g	531 kcal	5.3
Balsamico Creme	100ml	1.7g	0.9g	51.2g	48.0g	0.0g	0.0g	220 kcal	2.2
Kartoffelchips	100g	6.0g	35.0g	52.0g	1.0g	4.6g	0.0g	556 kcal	5.6
Paniermehl	100g	5.0g	1.9g	52.0g	2.0g	3.0g	0.0g	251 kcal	2.5
Weißbrot	100g	5.0g	1.9g	52.0g	2.0g	3.0g	0.0g	251 kcal	2.5
Erdnussflips	100g	10.7g	21.0g	53.0g	3.0g	0.0g	0.0g	444 kcal	4.4
Germknödel	100g	3.9g	3.4g	53.0g	7.0g	2.1g	0.0g	262 kcal	2.6
Vollmilchschokolade	100g	8.0g	32.0g	53.0g	53.0g	1.0g	0.0g	534 kcal	5.3
Goji Beeren getrocknet	100g	11.0g	4.7g	54.0g	51.4g	21.7g	0.0g	346 kcal	3.5
Amaranth	100g	14.3g	9.0g	55.0g	2.0g	8.7g	0.0g	376 kcal	3.8
Haferflocken	100g	10.3g	6.5g	55.0g	1.0g	9.8g	0.0g	339 kcal	3.4
Konfitüre	100g	0.0g	0.0g	55.0g	55.0g	1.0g	0.0g	222 kcal	2.2
Pflaumen, getrocknet	100g	3.0g	1.0g	55.0g	46.0g	8.5g	0.0g	258 kcal	2.6
Schokokuss	100g	5.0g	14.0g	55.0g	52.0g	1.0g	0.0g	368 kcal	3.7
Roggenbrötchen	100g	12.2g	4.1g	55.2g	3.0g	4.9g	0.0g	316 kcal	3.2
Müsli	100g	8.0g	11.0g	56.0g	3.0g	4.9g	0.0g	365 kcal	3.6
Brötchen Weizen	100g	8.7g	3.0g	57.0g	4.0g	3.6g	0.0g	297 kcal	3.0
Nutella	100g	6.7g	30.5g	57.0g	55.0g	3.5g	0.0g	536 kcal	5.4
Brezel	100g	8.1g	5.0g	58.0g	2.0g	3.1g	0.0g	316 kcal	3.2
Laugenstange	100g	8.1g	5.0g	58.0g	2.0g	3.1g	0.0g	316 kcal	3.2
Marzipan	100g	7.0g	25.0g	58.0g	58.0g	2.8g	0.0g	491 kcal	4.9
Nuss Nougat Creme	100g	3.0g	33.0g	58.0g	58.0g	3.5g	0.0g	548 kcal	5.5
Baguette	100g	7.0g	3.0g	58.4g	4.0g	4.0g	0.0g	297 kcal	3.0
Datteln	100g	2.0g	0.0g	60.0g	60.0g	9.0g	0.0g	266 kcal	2.7
Lebkuchen	100g	4.2g	14.0g	60.0g	38.0g	2.0g	0.0g	387 kcal	3.9
Nudeln, Vollkorn	100g	13.0g	2.8g	60.0g	1.0g	13.0g	0.0g	343 kcal	3.4
Pfeffer	100g	10.0g	3.5g	60.0g	1.0g	25.0g	0.0g	362 kcal	3.6
Langkornteig	100g	7.2g	0.6g	60.8g	2.1g	0.0g	0.0g	277 kcal	2.8
Quinoa	100g	14.7g	4.0g	62.0g	1.0g	5.9g	0.0g	355 kcal	3.5
Schokomüsli	100g	10.0g	12.0g	62.0g	23.0g	8.0g	0.0g	412 kcal	4.1
Knuspermüsli	100g	10.0g	15.0g	63.0g	24.0g	7.3g	0.0g	442 kcal	4.4
Weizenvollkornmehl	100g	8.8g	1.6g	63.4g	0.7g	9.5g	0.0g	322 kcal	3.2
Löffelbiscuit	100g	8.4g	4.0g	64.0g	12.0g	0.4g	0.0g	326 kcal	3.3
Ahornsirup	100g	0.0g	0.0g	65.0g	65.0g	0.0g	0.0g	260 kcal	2.6
Anis	100g	6.3g	2.0g	65.0g	0.0g	0.0g	0.0g	303 kcal	3.0
Nougat	100g	7.0g	21.0g	65.0g	65.0g	4.0g	0.0g	485 kcal	4.8
Panko	100g	11.0g	5.2g	65.0g	2.0g	4.4g	0.0g	360 kcal	3.6
Roggenvollkornmehl	100g	10.2g	2.0g	65.0g	6.0g	14.8g	0.0g	348 kcal	3.5
Vollkornknäckebrötchen	100g	9.0g	1.6g	65.0g	1.7g	15.1g	0.0g	341 kcal	3.4
Weißer Schokolade	100g	4.0g	30.0g	65.0g	65.0g	0.0g	0.0g	546 kcal	5.5
Berberitzen, getrocknet	100g	3.4g	2.8g	65.2g	64.8g	6.8g	0.0g	313 kcal	3.1
Dinkelmehl, Vollkorn	100g	12.4g	3.0g	66.0g	0.7g	8.0g	0.0g	357 kcal	3.6
Früchtemüsli	100g	3.0g	5.0g	66.0g	14.0g	6.0g	0.0g	333 kcal	3.3
Popcorn	100g	10.0g	4.0g	66.0g	6.0g	8.0g	0.0g	356 kcal	3.6
Roggenknäckebrötchen	100g	8.4g	0.4g	66.0g	2.0g	13.6g	0.0g	328 kcal	3.3
Weizengrieß	100g	9.0g	1.0g	66.0g	0.8g	6.4g	0.0g	322 kcal	3.2
Hirse	100g	10.0g	3.0g	67.3g	2.0g	4.1g	0.0g	344 kcal	3.4
Gerstenmehl, Vollkorn	100g	8.4g	1.9g	68.0g	1.0g	7.0g	0.0g	337 kcal	3.4
Maismehl	100g	6.0g	2.0g	68.0g	1.0g	9.2g	0.0g	332 kcal	3.3
Roggenmehl	100g	7.0g	1.3g	68.0g	6.6g	6.0g	0.0g	324 kcal	3.2
Kamut	100g	13.0g	2.2g	68.2g	8.0g	10.1g	0.0g	365 kcal	3.6
Ciabatta Brot	100g	8.0g	3.5g	68.3g	0.8g	2.7g	0.0g	342 kcal	3.4

Apfeldicksaft	100g	0.0g	0.0g	69.0g	68.0g	1.4g	0.0g	279 kcal	2.8
Nudeln, Hartweizengrieß	100g	11.0g	1.4g	69.0g	0.4g	3.8g	0.0g	340 kcal	3.4
Rübensaft	100g	0.0g	0.0g	69.0g	69.0g	3.0g	0.0g	282 kcal	2.8
Bulgur	100g	8.4g	1.0g	69.4g	1.8g	9.4g	0.0g	339 kcal	3.4
Obst, getrocknet	100g	0.0g	0.0g	70.0g	68.0g	0.0g	0.0g	280 kcal	2.8
Salzstangen	100g	10.7g	5.0g	70.0g	3.5g	0.2g	0.0g	368 kcal	3.7
Buchweizen	100g	9.0g	1.8g	70.9g	2.0g	3.5g	0.0g	343 kcal	3.4
Weizenmehl 405	100g	10.8g	1.0g	70.9g	1.0g	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
Graupen	100g	9.7g	1.4g	71.0g	0.0g	0.0g	0.0g	335 kcal	3.4
Polenta	100g	8.4g	1.0g	71.0g	0.8g	4.8g	0.0g	336 kcal	3.4
Butterkekse	100g	8.4g	12.0g	72.0g	21.0g	0.0g	0.0g	430 kcal	4.3
Makronen	100g	3.8g	11.0g	72.0g	70.8g	0.4g	0.0g	403 kcal	4.0
Mie Nudeln	100g	11.0g	1.0g	72.0g	0.0g	0.7g	0.0g	342 kcal	3.4
Nudeln, Eierteigware	100g	12.0g	3.7g	72.0g	0.4g	3.0g	0.0g	375 kcal	3.8
Vollkornreis	100g	3.0g	2.0g	72.0g	2.0g	3.0g	0.0g	324 kcal	3.2
Zwieback	100g	10.0g	10.0g	72.0g	12.0g	2.4g	0.0g	423 kcal	4.2
Reis, parboiled	100g	3.0g	0.1g	74.0g	1.0g	1.2g	0.0g	311 kcal	3.1
Weizenknäckebrot	100g	11.0g	1.7g	74.0g	3.0g	5.8g	0.0g	367 kcal	3.7
Rosinen	100g	1.0g	1.0g	75.0g	75.0g	4.4g	0.0g	322 kcal	3.2
Agavendicksaft	100g	0.1g	0.4g	77.0g	75.0g	0.0g	0.0g	312 kcal	3.1
Wildreis gemischt	100g	9.0g	2.0g	77.0g	0.0g	4.0g	0.0g	370 kcal	3.7
Cornflakes, natur	100g	6.5g	0.8g	78.0g	4.0g	3.0g	0.0g	351 kcal	3.5
Honig	100g	0.0g	0.0g	78.0g	78.0g	0.0g	0.0g	312 kcal	3.1
Marmelade	100g	0.0g	0.0g	78.0g	78.0g	0.0g	0.0g	312 kcal	3.1
Basmati Reis	100g	8.7g	0.8g	78.2g	0.0g	2.4g	0.0g	360 kcal	3.6
Reismehl	100g	6.5g	1.0g	79.1g	0.0g	1.4g	0.0g	354 kcal	3.5
Kartoffelstärke	100g	0.5g	0.1g	79.4g	0.0g	0.1g	0.0g	321 kcal	3.2
Gummibärchen	100g	5.0g	0.0g	80.0g	78.0g	0.0g	0.0g	340 kcal	3.4
Kakaopulver gezuckert	100g	4.0g	3.0g	80.0g	78.0g	7.0g	0.0g	377 kcal	3.8
Jasminreis	100g	8.0g	0.4g	80.1g	0.0g	0.0g	0.0g	356 kcal	3.6
Cranberries getrocknet	100g	0.5g	0.5g	81.0g	70.0g	5.1g	0.0g	341 kcal	3.4
Lakritze	100g	3.8g	0.4g	85.0g	55.0g	1.0g	0.0g	361 kcal	3.6
Reiswaffel	100g	7.0g	2.0g	85.0g	0.0g	4.0g	0.0g	394 kcal	3.9
Glasnudeln	100g	0.2g	0.1g	86.0g	0.0g	0.5g	0.0g	347 kcal	3.5
Maissstärke	100g	0.4g	0.0g	88.0g	0.0g	0.0g	0.0g	354 kcal	3.5
Weizenstärke	100g	0.8g	1.0g	88.0g	0.0g	0.8g	0.0g	366 kcal	3.7
Camu-Camu Pulver	100g	4.0g	0.0g	89.0g	70.0g	0.7g	0.0g	373 kcal	3.7
Kaugummi	100g	0.0g	0.0g	94.0g	94.0g	0.0g	0.0g	376 kcal	3.8
Bonbons	100g	0.0g	0.0g	97.0g	97.0g	0.0g	0.0g	388 kcal	3.9
Erythrit	100g	0.0g	0.0g	100.0g	0.0g	0.0g	0.0g	20 kcal	0.2
Fruchtzucker	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Isomalt	100g	0.0g	0.0g	100.0g	0.0g	0.0g	0.0g	200 kcal	2.0
Kandiszucker	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Karamel	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Lactit	100g	0.0g	0.0g	100.0g	0.0g	0.0g	0.0g	200 kcal	2.0
Maltit	100g	0.0g	0.0g	100.0g	0.0g	0.0g	0.0g	210 kcal	2.1
Milchzucker	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Puderzucker	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Rohrzucker	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Sorbit	100g	0.0g	0.0g	100.0g	0.0g	0.0g	0.0g	260 kcal	2.6
Traubenzucker	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Vanillezucker	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0
Xylit	100g	0.0g	0.0g	100.0g	0.0g	0.0g	0.0g	240 kcal	2.4
Zucker	100g	0.0g	0.0g	100.0g	100.0g	0.0g	0.0g	400 kcal	4.0