Zucker-Tabelle

Details

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Aal	0.0	0.0	263	14.0	23.0	0.0	0.0	2.6	Aal
Absinth (45% Vol.)	0.0	0.0	256	0.0	0.0	0.0	36.0	2.6	Absinth (45% Vol.)
Acai	2.0	4.0	207	5.0	19.0	0.0	0.0	2.1	Acai
Acerola	3.5	3.5	18	0.0	0.0	2.0	0.0	0.2	Acerola
Ackerbohnen	9.0	18.0	127	8.0	0.6	9.0	0.0	1.3	Ackerbohnen
Afa Alge frisch	0.0	2.0	44	6.0	0.4	4.0	0.0	0.4	Afa Alge frisch
Agavendicksaft	75.0	77.0	312	0.1	0.4	0.0	0.0	3.1	Agavendicksaft
Ahornsirup	65.0	65.0	260	0.0	0.0	0.0	0.0	2.6	Ahornsirup
Ajvar	7.0	10.6	97	1.5	5.0	2.0	0.0	1.0	Ajvar
Aloe Vera Saft	0.0	0.4	2	0.1	0.0	0.2	0.0	0.0	Aloe Vera Saft
Altbier	2.0	5.4	51	0.5	0.0	0.0	3.9	0.5	Altbier
Amaranth	2.0	55.0	376	14.3	9.0	8.7	0.0	3.8	Amaranth
Ananas	11.3	11.5	51	0.4	0.2	1.0	0.0	0.5	Ananas
Ananassaft	12.0	12.0	51	0.4	0.1	0.2	0.0	0.5	Ananassaft
Anis	0.0	65.0	303	6.3	2.0	0.0	0.0	3.0	Anis
Aperol Likör	25.0	25.0	206	0.0	0.0	0.0	15.0	2.1	Aperol Likör
Apfel	10.4	11.0	52	0.4	0.2	2.4	0.0	0.5	Apfel
Apfeldicksaft	68.0	69.0	279	0.0	0.0	1.4	0.0	2.8	Apfeldicksaft
Apfelessig	0.5	1.0	4	0.0	0.0	0.0	0.0	0.0	Apfelessig
Apfelkuchen	14.0	36.0	245	2.0	9.8	2.4	0.0	2.5	Apfelkuchen
Apfelmus	15.0	17.0	73	0.2	0.2	1.0	0.0	0.7	Apfelmus
Apfelringe getrocknet	54.0	60.0	280	1.5	1.4	10.9	0.0	2.8	Apfelringe getrocknet
Apfelsaft	11.0	11.0	44	0.0	0.0	0.0	0.0	0.4	Apfelsaft
Apfelschorle	7.0	7.0	28	0.0	0.0	0.0	0.0	0.3	Apfelschorle
Apfelwein	4.0	4.0	57	0.0	0.0	0.0	5.8	0.6	Apfelwein
Appenzeller	0.0	0.0	375	24.0	31.0	0.0	0.0	3.8	Appenzeller
Aprikose	9.0	9.0	42	1.0	0.0	1.0	0.0	0.4	Aprikose
Aronia Beeren	18.0	20.0	114	2.5	2.0	3.0	0.0	1.1	Aronia Beeren
Artischocke	2.9	2.9	41	2.0	0.0	10.9	0.0	0.4	Artischocke
Aubergine	2.1	3.0	30	1.0	0.9	2.9	0.0	0.3	Aubergine
Auster	0.0	0.0	44	10.0	0.5	0.0	0.0	0.4	Auster
Austernpilze	0.0	0.0	20	2.0	0.0	6.0	0.0	0.2	Austernpilze
Avocado	1.0	2.0	228	2.0	22.0	7.0	0.0	2.3	Avocado
Ayran	2.0	2.0	38	1.8	2.5	0.0	0.0	0.4	Ayran
Backfisch	0.5	22.4	206	8.7	9.0	0.4	0.0	2.1	Backfisch
Backpulver	0.0	27.0	108	0.0	0.0	0.0	0.0	1.1	Backpulver
Bacon	0.0	1.5	470	35.0	36.0	0.0	0.0	4.7	Bacon
Baguette	4.0	58.4	297	7.0	3.0	4.0	0.0	3.0	Baguette
Baiser	96.0	96.0	400	4.0	0.0	0.0	0.0	4.0	Baiser
Balsamico Creme	48.0	51.2	220	1.7	0.9	0.0	0.0	2.2	Balsamico Creme
Balsamico Essig	14.7	16.0	65	0.2	0.0	0.0	0.0	0.6	Balsamico Essig
Bambussprossen	1.0	1.0	14	1.7	0.0	1.5	0.0	0.1	Bambussprossen
Banane	17.0	20.0	90	1.2	0.2	1.8	0.0	0.9	Banane
Barsch	0.0	0.0	94	20.0	1.5	0.0	0.0	0.9	Barsch
Basilikum	0.3	2.7	32	3.2	0.6	1.6	0.0	0.3	Basilikum
Basilikum Pesto	1.6	4.5	355	5.4	35.0	0.3	0.0	3.6	Basilikum Pesto
Basmati Reis roh	0.0	78.2	360	8.7	0.8	2.4	0.0	3.6	Basmati Reis roh
Bauchspeck	0.0	1.0	330	14.0	30.0	0.0	0.0	3.3	Bauchspeck

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Beifuß getrocknet	0.4	5.0	43	3.1	0.7	2.0	0.0	0.4	Beifuß getrocknet
Berberitzen, getrocknet	64.8	65.2	313	3.4	2.8	6.8	0.0	3.1	Berberitzen, getrocknet
Bergkäse 50% i.Tr.	0.0	0.0	413	29.0	33.0	0.0	0.0	4.1	Bergkäse 50% i.Tr.
Berliner	12.0	42.0	334	6.0	15.7	0.4	0.0	3.3	Berliner
Bier	3.0	3.0	40	0.0	0.0	0.0	4.0	0.4	Bier
Bier, alkoholfrei	0.2	5.0	22	0.0	0.0	0.0	0.3	0.2	Bier, alkoholfrei
Bierschinken	0.0	0.0	150	15.0	10.0	0.0	0.0	1.5	Bierschinken
Birne	10.0	11.0	54	1.0	0.0	3.0	0.0	0.5	Birne
Bismarckhering	1.8	3.0	172	13.0	12.0	0.0	0.0	1.7	Bismarckhering
Blattsalat	0.0	2.0	16	1.1	0.0	1.6	0.0	0.2	Blattsalat
Blaukraut	3.0	4.0	32	1.8	0.4	2.4	0.0	0.3	Blaukraut
Blauschimmelkäse	0.0	0.0	356	17.0	32.0	0.0	0.0	3.6	Blauschimmelkäse
Blumenkohl	2.0	2.0	25	3.0	0.0	2.7	0.0	0.3	Blumenkohl
Blutwurst	0.0	0.0	312	15.0	28.0	0.0	0.0	3.1	Blutwurst
Blätterteig	0.8	49.0	550	6.8	36.0	1.6	0.0	5.5	Blätterteig
Bockshornklee	0.0	58.0	428	23.0	6.0	25.0	0.0	4.3	Bockshornklee
Bockwurst	0.0	0.0	282	12.0	26.0	0.0	0.0	2.8	Bockwurst
Bohnenkraut getrocknet	0.0	54.0	324	6.0	6.0	15.0	0.0	3.2	Bohnenkraut getrocknet
Bonbons	97.0	97.0	388	0.0	0.0	0.0	0.0	3.9	Bonbons
Borretsch	0.0	3.1	26	1.8	0.7	0.0	0.0	0.3	Borretsch
Brandteig	1.8	25.0	302	10.0	18.0	0.0	0.0	3.0	Brandteig
Bratensauce	1.1	6.0	42	1.0	1.6	0.0	0.0	0.4	Bratensauce
Brathering	3.0	9.5	174	14.0	8.8	0.5	0.0	1.7	Brathering
Bratkartoffeln	3.0	18.0	124	1.8	4.5	2.0	0.0	1.2	Bratkartoffeln
Bratwurst	0.0	0.0	320	17.0	28.0	0.0	0.0	3.2	Bratwurst
Brennnessel	0.0	5.0	58	6.0	0.5	5.0	0.0	0.6	Brennnessel
Brezel	2.0	58.0	316	8.1	5.0	3.1	0.0	3.2	Brezel
Brie	0.0	0.0	322	22.0	26.0	0.0	0.0	3.2	Brie
Brokkoli	1.9	2.9	34	4.0	0.2	2.5	0.0	0.3	Brokkoli
Brombeeren	5.0	5.0	38	0.8	0.8	4.0	0.0	0.4	Brombeeren
Brötchen Weizen	4.0	57.0	297	8.7	3.0	3.6	0.0	3.0	Brötchen Weizen
Buchweizen	2.0	70.9	343	9.0	1.8	3.5	0.0	3.4	Buchweizen
Buchweizenmehl	0.0	71.0	354	10.0	2.0	6.2	0.0	3.5	Buchweizenmehl
Bulgur	1.8	69.4	339	8.4	1.0	9.4	0.0	3.4	Bulgur
Butter	0.0	0.0	742	1.0	82.0	0.0	0.0	7.4	Butter
Butterbrezel	1.4	41.0	350	6.0	18.0	0.0	0.0	3.5	Butterbrezel
Butterkekse	21.0	72.0	430	8.4	12.0	0.0	0.0	4.3	Butterkekse
Butterkäse	0.0	0.0	385	22.0	33.0	0.0	0.0	3.9	Butterkäse
Buttermilch	4.2	4.2	44	3.8	1.3	0.0	0.0	0.4	Buttermilch
Butterpilze	0.0	0.0	16	2.0	0.0	4.2	0.0	0.2	Butterpilze
Bärlauch	2.4	2.4	15	1.0	0.2	0.0	0.0	0.2	Bärlauch
Büffelmozzarella	0.0	1.0	276	14.0	24.0	0.0	0.0	2.8	Büffelmozzarella
Bündnerfleisch	0.0	0.0	183	38.0	3.4	0.0	0.0	1.8	Bündnerfleisch
Cabanossi	0.0	0.0	326	14.0	30.0	0.0	0.0	3.3	Cabanossi
Camembert	0.0	0.0	391	19.0	35.0	0.0	0.0	3.9	Camembert
Camu-Camu Pulver	70.0	89.0	373	4.0	0.0	0.7	0.0	3.7	Camu-Camu Pulver
Cappuccino	3.0	3.0	33	1.5	1.7	0.0	0.0	0.3	Cappuccino
Cashewmus	14.0	31.0	572	20.0	40.0	4.0	0.0	5.7	Cashewmus
Cashewnüsse	6.0	30.7	575	21.0	40.4	2.4	0.0	5.8	Cashewnüsse
Cervelatwurst	1.0	1.0	351	17.0	31.0	0.0	0.0	3.5	Cervelatwurst
Cevapcici	0.0	1.0	244	17.0	19.0	0.4	0.0	2.4	Cevapcici
Champagner	5.0	5.0	91	0.0	0.0	0.0	10.0	0.9	Champagner
Champignons	0.8	0.8	19	3.0	0.0	2.0	0.0	0.2	Champignons

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Cheddar Käse	0.0	0.0	385	22.0	33.0	0.0	0.0	3.9	Cheddar Käse
Cheeseburger	5.0	30.0	308	15.0	14.0	1.0	0.0	3.1	Cheeseburger
Cherrytomaten	3.2	3.5	20	0.7	0.1	1.0	0.0	0.2	Cherrytomaten
Chia	0.0	5.0	451	21.0	31.0	34.0	0.0	4.5	Chia
Chia Brot	1.1	12.0	323	12.4	23.1	8.9	0.0	3.2	Chia Brot
Chia Brötchen	3.0	51.0	278	10.0	3.0	3.4	0.0	2.8	Chia Brötchen
Chicken Nuggets	0.0	14.0	300	15.0	20.0	2.1	0.0	3.0	Chicken Nuggets
Chicken Wings	0.0	0.0	186	15.0	14.0	0.0	0.0	1.9	Chicken Wings
ChicorÃ©e	2.0	2.0	14	1.0	0.0	1.1	0.0	0.1	ChicorÃ©e
Chili con carne	2.0	10.0	114	10.0	3.5	1.4	0.0	1.1	Chili con carne
Chilischote	6.0	9.0	50	1.8	0.4	1.7	0.0	0.5	Chilischote
Chinakohl	0.7	0.8	13	0.7	0.3	2.0	0.0	0.1	Chinakohl
Chlorella	0.0	23.0	404	55.0	10.0	1.0	0.0	4.0	Chlorella
Ciabatta Brot	0.8	68.3	342	8.0	3.5	2.7	0.0	3.4	Ciabatta Brot
Cidre	6.0	6.0	52	0.0	0.0	0.0	4.0	0.5	Cidre
Clementine	9.5	9.5	45	1.0	0.0	1.7	0.0	0.5	Clementine
Cola	12.0	12.0	48	0.0	0.0	0.0	0.0	0.5	Cola
Cola light	0.0	0.7	3	0.0	0.0	0.0	0.0	0.0	Cola light
Cola Zero	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Cola Zero
Cordon bleu v. Schwein	3.0	11.8	204	15.0	10.8	0.0	0.0	2.0	Cordon bleu v. Schwein
Corned Beef	0.0	0.0	143	20.0	7.0	0.0	0.0	1.4	Corned Beef
Cornflakes, natur	4.0	78.0	351	6.5	0.8	3.0	0.0	3.5	Cornflakes, natur
Couscous gekocht	0.0	25.0	119	4.0	0.0	1.3	0.0	1.2	Couscous gekocht
Couscous roh	1.7	66.0	330	12.0	2.0	0.0	0.0	3.3	Couscous roh
Cranberries getrocknet	70.0	81.0	341	0.5	0.5	5.1	0.0	3.4	Cranberries getrocknet
Cranberry	5.0	5.0	39	1.0	1.0	3.0	0.0	0.4	Cranberry
Creme fraiche 15%	3.0	4.0	159	2.0	15.0	0.0	0.0	1.6	Creme fraiche 15%
Creme fraiche 30%	5.0	5.0	298	2.0	30.0	0.0	0.0	3.0	Creme fraiche 30%
Crevetten	0.0	0.0	85	19.0	1.0	0.0	0.0	0.8	Crevetten
Croissant	6.8	41.0	435	6.1	27.0	1.7	0.0	4.3	Croissant
Curry	3.0	25.0	344	13.0	14.0	33.0	0.0	3.4	Curry
Currywurst mit Sauce	15.0	15.0	329	11.0	25.0	0.0	0.0	3.3	Currywurst mit Sauce
Datteln	60.0	60.0	266	2.0	0.0	9.0	0.0	2.7	Datteln
Dicke Bohnen	5.1	11.9	92	6.8	1.2	3.0	0.0	0.9	Dicke Bohnen
Diesel	5.0	6.0	38	0.0	0.0	0.0	2.0	0.4	Diesel
Dill	3.0	34.0	377	16.0	15.0	21.0	0.0	3.8	Dill
Dinkelbrot	2.4	40.0	202	6.0	1.0	4.4	0.0	2.0	Dinkelbrot
Dinkelbrötchen	2.9	34.0	215	9.8	3.4	4.4	0.0	2.1	Dinkelbrötchen
Dinkelflocken	1.6	64.0	353	14.2	2.6	8.6	0.0	3.5	Dinkelflocken
Dinkelkleie	0.2	17.7	266	15.5	4.9	44.3	0.0	2.7	Dinkelkleie
Dinkelmehl, Vollkorn	0.7	66.0	357	12.4	3.0	8.0	0.0	3.6	Dinkelmehl, Vollkorn
Dinkelnudeln roh	0.0	62.0	322	14.0	2.0	0.0	0.0	3.2	Dinkelnudeln roh
Dinkelvollkornbrot	1.1	41.5	222	6.8	1.9	5.9	0.0	2.2	Dinkelvollkornbrot
Diätbier	0.0	2.0	31	0.0	0.0	0.0	3.3	0.3	Diätbier
Dominosteine	60.0	75.0	387	3.5	8.0	0.4	0.0	3.9	Dominosteine
Donut	27.0	49.1	445	5.0	25.0	1.9	0.0	4.5	Donut
Dorade	0.0	0.0	133	22.0	5.0	0.0	0.0	1.3	Dorade
Drachenfrucht	6.9	7.1	37	0.9	0.4	0.7	0.0	0.4	Drachenfrucht
Döner	4.0	19.8	185	12.0	6.0	1.9	0.0	1.9	Döner
Dönerfleisch	0.0	2.8	237	25.0	14.0	0.0	0.0	2.4	Dönerfleisch
Edamer Käse	0.0	0.0	358	22.0	30.0	0.0	0.0	3.6	Edamer Käse
Ei - Vollei	1.0	1.0	151	12.0	11.0	0.0	0.0	1.5	Ei - Vollei
Eierkuchen	4.2	32.0	217	5.5	7.0	2.1	0.0	2.2	Eierkuchen

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Eierlikör (20% Vol.)	26.0	26.0	288	4.0	6.0	0.0	16.0	2.9	Eierlikör (20% Vol.)
Eierpfannkuchen	2.4	18.0	196	6.0	11.0	0.7	0.0	2.0	Eierpfannkuchen
Eiersalat mit Mayonnaise	1.0	1.4	257	6.5	25.0	0.0	0.0	2.6	Eiersalat mit Mayonnaise
Eierschecke	13.0	25.0	185	6.0	6.7	0.2	0.0	1.8	Eierschecke
Eigelb	0.0	0.0	352	17.0	31.5	0.0	0.0	3.5	Eigelb
Eisbein roh	0.0	0.0	197	20.0	13.0	0.0	0.0	2.0	Eisbein roh
Eisbergsalat	0.7	0.7	7	0.5	0.0	1.0	0.0	0.1	Eisbergsalat
Eiscreme	21.0	24.0	210	3.5	11.0	0.7	0.0	2.1	Eiscreme
Eiscreme	20.0	20.0	203	3.8	12.0	0.0	0.0	2.0	Eiscreme
Eiskaffee	5.0	5.0	69	1.0	5.0	0.0	0.0	0.7	Eiskaffee
Eistee	10.0	10.0	40	0.0	0.0	0.0	0.0	0.4	Eistee
Eiweiss / Eiklar	1.0	1.0	44	10.0	0.0	0.0	0.0	0.4	Eiweiss / Eiklar
Eiweißbrot	2.8	13.5	239	20.0	10.6	5.0	0.0	2.4	Eiweißbrot
Eiweißbrötchen	1.4	5.4	285	27.6	13.4	16.4	0.0	2.9	Eiweißbrötchen
Eiweißpulver	5.0	5.0	358	80.0	2.0	0.0	0.0	3.6	Eiweißpulver
Eiweißshake mit Milch	8.0	9.0	201	30.1	5.0	0.0	0.0	2.0	Eiweißshake mit Milch
Emmentaler Käse	0.0	0.0	370	25.0	30.0	0.0	0.0	3.7	Emmentaler Käse
Endiviensalat	0.2	3.4	26	1.2	0.2	3.1	0.0	0.3	Endiviensalat
Energydrink	13.0	13.0	52	0.0	0.0	0.0	0.0	0.5	Energydrink
Ente	0.0	0.0	204	15.0	16.0	0.0	0.0	2.0	Ente
Entenbrust	0.0	0.0	154	16.0	10.0	0.0	0.0	1.5	Entenbrust
Entenleber	0.0	0.0	104	17.0	4.0	0.0	0.0	1.0	Entenleber
Erbsensuppe	0.4	10.9	100	4.8	3.7	2.1	0.0	1.0	Erbsensuppe
Erdbeeren	7.0	7.0	43	1.0	1.0	1.0	0.0	0.4	Erdbeeren
Erdbeerjoghurt 1.5%	13.1	13.1	79	3.2	1.5	0.0	0.0	0.8	Erdbeerjoghurt 1.5%
Erdbeerkuchen Biskuitteig	22.0	35.0	182	0.7	3.8	2.4	0.0	1.8	Erdbeerkuchen Biskuitteig
Erdnussbutter	8.0	12.0	639	21.0	55.0	6.0	0.0	6.4	Erdnussbutter
Erdnussflips	3.0	53.0	444	10.7	21.0	0.0	0.0	4.4	Erdnussflips
Erdnussmus	6.2	12.0	618	29.0	49.0	6.5	0.0	6.2	Erdnussmus
Erdnussöl	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Erdnussöl
Erdnüsse	0.4	7.0	581	22.0	49.0	12.0	0.0	5.8	Erdnüsse
Erythrit	0.0	100.0	20	0.0	0.0	0.0	0.0	0.2	Erythrit
Espresso	0.0	1.5	8	0.1	0.2	0.0	0.0	0.1	Espresso
Essig	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Essig
Essig ßl Dressing	0.0	0.0	360	0.0	40.0	0.0	0.0	3.6	Essig ßl Dressing
Estragon frisch	0.0	6.0	53	3.0	1.0	4.0	0.0	0.5	Estragon frisch
Estragon getrocknet	0.0	50.0	369	23.0	7.0	7.0	0.0	3.7	Estragon getrocknet
Falafel	3.2	32.0	304	12.5	11.5	11.0	0.0	3.0	Falafel
Fanta Orange	0.1	9.1	37	0.1	0.0	0.0	0.0	0.4	Fanta Orange
Federweißer	10.0	10.0	68	0.0	0.0	0.0	4.0	0.7	Federweißer
Feige	11.0	12.0	56	1.0	0.0	1.8	0.0	0.6	Feige
Feldsalat	0.7	0.8	14	2.1	0.0	1.0	0.0	0.1	Feldsalat
Fenchel	0.4	2.8	33	2.4	0.5	3.9	0.0	0.3	Fenchel
Feta Käse	0.0	0.0	305	20.0	25.0	0.0	0.0	3.0	Feta Käse
Fischstäbchen	2.2	22.4	251	12.3	12.1	1.5	0.0	2.5	Fischstäbchen
Fladenbrot	2.0	45.0	219	4.7	0.8	6.4	0.0	2.2	Fladenbrot
Flammkuchen	3.0	30.0	240	7.0	10.0	1.0	0.0	2.4	Flammkuchen
Fleischbrühe	0.3	1.0	15	0.6	1.0	0.0	0.0	0.2	Fleischbrühe
Fleischkäse	0.0	0.0	207	18.0	15.0	0.0	0.0	2.1	Fleischkäse
Fleischsalat	3.2	4.0	272	4.7	26.4	0.0	0.0	2.7	Fleischsalat
Fleischwurst	0.0	0.0	285	15.0	25.0	0.0	0.0	2.9	Fleischwurst
Flohsamenschalen	0.0	2.0	186	1.6	0.2	85.0	0.0	1.9	Flohsamenschalen

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Flusskrebs	0.0	0.0	64	15.0	0.4	0.0	0.0	0.6	Flusskrebs
Forelle	0.0	0.0	121	19.0	5.0	0.0	0.0	1.2	Forelle
Forelle geräuchert	0.0	0.0	116	19.0	4.5	0.0	0.0	1.2	Forelle geräuchert
Franzbrötchen	19.0	30.0	339	4.9	21.9	1.0	0.0	3.4	Franzbrötchen
Frikadelle	1.0	5.0	282	20.0	20.0	0.9	0.0	2.8	Frikadelle
Frischkäse fettreduziert	3.0	3.0	145	10.7	10.0	0.0	0.0	1.4	Frischkäse fettreduziert
Frischkäse körnig	1.1	1.1	90	11.9	4.2	0.0	0.0	0.9	Frischkäse körnig
Frischkäse, Doppelrahm	3.2	3.2	334	10.7	30.9	0.0	0.0	3.3	Frischkäse, Doppelrahm
Fruchteis / Sorbet	25.0	25.0	113	1.0	1.0	0.0	0.0	1.1	Fruchteis / Sorbet
Fruchtjoghurt 1.5%	13.1	13.1	78	3.0	1.5	0.0	0.0	0.8	Fruchtjoghurt 1.5%
Fruchtsaft	10.0	10.0	40	0.0	0.0	0.0	0.0	0.4	Fruchtsaft
Fruchtzucker	100.0	100.0	400	0.0	0.0	0.0	0.0	4.0	Fruchtzucker
Früchtemüsli	14.0	66.0	333	3.0	5.0	6.0	0.0	3.3	Früchtemüsli
Früchtetee	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Früchtetee
Frühlingsrolle	1.2	18.4	129	4.0	4.0	1.9	0.0	1.3	Frühlingsrolle
Frühlingszwiebel	2.0	4.9	35	1.8	0.4	2.3	0.0	0.3	Frühlingszwiebel
Frühlingszwiebeln	2.2	7.0	44	1.9	0.4	2.4	0.0	0.4	Frühlingszwiebeln
Galiamelone	4.0	5.7	26	0.4	0.1	0.4	0.0	0.3	Galiamelone
Gambas	0.0	0.0	85	20.0	0.6	0.0	0.0	0.9	Gambas
Gans	0.0	0.0	166	19.0	10.0	0.0	0.0	1.7	Gans
Garnelen	0.0	1.1	100	22.0	0.9	0.0	0.0	1.0	Garnelen
Geflügelfleischwurst	0.0	0.0	235	25.0	15.0	0.0	0.0	2.4	Geflügelfleischwurst
Geflügelwiener	0.0	1.5	225	14.0	18.0	0.3	0.0	2.2	Geflügelwiener
Geflügelwurst	0.5	1.2	231	15.0	18.4	0.2	0.0	2.3	Geflügelwurst
Gelatine	13.0	14.0	61	1.2	0.0	0.0	0.0	0.6	Gelatine
Gemüsebrühe	0.6	1.0	4	0.0	0.0	0.0	0.0	0.0	Gemüsebrühe
Gemüsesaft	2.0	7.0	28	0.0	0.0	0.0	0.0	0.3	Gemüsesaft
Germknödel	7.0	53.0	262	3.9	3.4	2.1	0.0	2.6	Germknödel
Gerstengras Pulver	5.0	26.0	304	28.0	2.0	35.0	0.0	3.0	Gerstengras Pulver
Gerstenmehl, Vollkorn	1.0	68.0	337	8.4	1.9	7.0	0.0	3.4	Gerstenmehl, Vollkorn
Gewürzgurken	5.0	6.0	30	1.0	0.0	1.0	0.0	0.3	Gewürzgurken
Gheebutter	0.0	0.0	891	0.0	99.0	0.0	0.0	8.9	Gheebutter
Gin (40% Vol.)	0.0	0.0	227	0.0	0.0	0.0	32.0	2.3	Gin (40% Vol.)
Glasnudeln roh	0.0	86.0	347	0.2	0.1	0.5	0.0	3.5	Glasnudeln roh
Gluten, Weizenkleber	1.9	5.1	353	80.0	1.4	0.0	0.0	3.5	Gluten, Weizenkleber
Glühwein	14.0	14.0	108	0.0	0.0	0.0	7.3	1.1	Glühwein
Gnocchi	2.0	25.0	122	3.8	0.8	0.0	0.0	1.2	Gnocchi
Goji Beeren getrocknet	51.4	54.0	346	11.0	4.7	21.7	0.0	3.5	Goji Beeren getrocknet
Gorgonzola	0.0	0.0	377	20.0	33.0	0.0	0.0	3.8	Gorgonzola
Gouda Käse	0.0	0.0	376	22.0	32.0	0.0	0.0	3.8	Gouda Käse
Granatapfel	14.0	15.0	68	1.0	0.0	2.0	0.0	0.7	Granatapfel
Grapefruit	6.0	6.0	31	1.0	0.0	1.4	0.0	0.3	Grapefruit
Grapefruitsaft	7.0	10.0	47	0.8	0.1	1.3	0.0	0.5	Grapefruitsaft
Grappa (40% Vol.)	0.0	0.0	227	0.0	0.0	0.0	32.0	2.3	Grappa (40% Vol.)
Graubrot	2.4	46.0	246	8.0	2.0	5.8	0.0	2.5	Graubrot
Graupen	0.0	71.0	335	9.7	1.4	0.0	0.0	3.4	Graupen
griechischer Joghurt 10%	4.1	4.3	133	6.5	10.0	0.0	0.0	1.3	griechischer Joghurt 10%
Grießbrei	4.0	16.0	105	3.7	2.9	0.0	0.0	1.0	Grießbrei
Grissinis	2.0	30.0	238	6.0	9.4	4.7	0.0	2.4	Grissinis
Grüne Bohnen	3.0	5.0	32	2.0	0.0	2.0	0.0	0.3	Grüne Bohnen
Grüne Erbsen	1.0	11.0	84	7.0	0.4	4.0	0.0	0.8	Grüne Erbsen

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Grüner Spargel	0.2	2.8	21	1.9	0.2	0.0	0.0	0.2	Grüner Spargel
Grüner tee	0.0	0.1	2	0.2	0.1	0.1	0.0	0.0	Grüner tee
Grünkohl	2.0	2.7	41	3.8	0.8	4.0	0.0	0.4	Grünkohl
Grützwurst	0.0	10.4	243	11.2	17.4	0.0	0.0	2.4	Grützwurst
Guacamole	1.7	3.2	160	2.0	15.0	2.2	0.0	1.6	Guacamole
Guarkernmehl	0.0	0.0	24	5.0	0.0	2.0	0.0	0.2	Guarkernmehl
Guave	5.0	6.0	47	1.0	1.0	5.0	0.0	0.5	Guave
Gummibärchen	78.0	80.0	340	5.0	0.0	0.0	0.0	3.4	Gummibärchen
Gurke grün	2.0	2.0	12	1.0	0.0	0.0	0.0	0.1	Gurke grün
Gyros	0.0	0.0	149	17.0	9.0	0.0	0.0	1.5	Gyros
Gänsebrust	0.0	0.0	141	21.0	6.3	0.0	0.0	1.4	Gänsebrust
Gänsekeule	0.0	0.0	169	21.0	9.4	0.0	0.0	1.7	Gänsekeule
Gänseleberpastete	0.0	0.0	280	16.0	24.0	0.0	0.0	2.8	Gänseleberpastete
Gänseschmalz	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Gänseschmalz
Götterspeise gekocht	6.0	6.0	24	0.0	0.0	0.0	0.0	0.2	Götterspeise gekocht
Hackfleisch gemischt	0.0	0.0	336	21.0	28.0	0.0	0.0	3.4	Hackfleisch gemischt
Haferflocken	1.0	55.0	339	10.3	6.5	9.8	0.0	3.4	Haferflocken
Haferkleie	1.3	45.2	350	15.4	7.8	18.6	0.0	3.5	Haferkleie
Hafermilch	5.0	6.0	42	1.0	1.5	0.0	0.0	0.4	Hafermilch
Hagebutten	4.0	16.0	120	1.6	0.2	24.0	0.0	1.2	Hagebutten
Hagebuttentee	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Hagebuttentee
Halbfettmargarine	0.0	0.0	360	0.0	40.0	0.0	0.0	3.6	Halbfettmargarine
Halloumi	1.3	2.2	293	22.0	21.8	0.0	0.0	2.9	Halloumi
Hamburger	5.0	24.0	285	17.0	13.0	2.0	0.0	2.9	Hamburger
Handkäse	0.0	0.0	120	29.0	0.5	0.0	0.0	1.2	Handkäse
Hanfmehl	0.0	1.2	287	30.0	8.0	45.0	0.0	2.9	Hanfmehl
Hanfsamen	1.0	12.0	586	33.0	44.0	5.0	0.0	5.9	Hanfsamen
Harzer Käse	0.0	0.0	116	28.0	0.5	0.0	0.0	1.2	Harzer Käse
Hase	0.0	0.0	98	20.0	2.0	0.0	0.0	1.0	Hase
Haselnussmilch	3.1	3.1	29	0.4	1.6	0.3	0.0	0.3	Haselnussmilch
Haselnussmus	8.0	11.0	688	15.0	64.0	4.0	0.0	6.9	Haselnussmus
Haselnüsse	1.0	5.8	635	12.0	61.0	7.4	0.0	6.3	Haselnüsse
Hefeflocken	0.2	9.0	286	49.0	6.0	0.0	0.0	2.9	Hefeflocken
Hefeteig	0.0	42.0	202	6.0	1.0	0.3	0.0	2.0	Hefeteig
Hefezopf	12.0	43.0	284	8.4	6.6	9.4	0.0	2.8	Hefezopf
Heidelbeeren	5.0	6.0	39	1.0	0.0	5.4	0.0	0.4	Heidelbeeren
Heilbutt	0.0	0.0	107	22.8	1.8	0.0	0.0	1.1	Heilbutt
Heiße Schokolade	4.5	5.4	70	3.0	4.0	0.0	0.0	0.7	Heiße Schokolade
Heringsfilet	0.0	0.0	207	18.0	15.0	0.0	0.0	2.1	Heringsfilet
Himbeeren	5.0	5.0	33	1.0	0.0	4.6	0.0	0.3	Himbeeren
Hirsch	0.0	0.0	102	21.0	2.0	0.0	0.0	1.0	Hirsch
Hirse	2.0	67.3	344	10.0	3.0	4.1	0.0	3.4	Hirse
Hirseflocken	0.0	73.3	366	11.8	2.8	0.0	0.0	3.7	Hirseflocken
Hirtenkäse Kuhmilch	0.4	0.4	267	19.0	21.0	0.0	0.0	2.7	Hirtenkäse Kuhmilch
Hirtenkäse Kuhmilch leicht	0.6	0.6	189	22.0	11.0	0.0	0.0	1.9	Hirtenkäse Kuhmilch leicht
Holunder	8.0	8.0	45	0.6	0.5	3.0	0.0	0.4	Holunder
Holundersaft	5.0	6.0	40	2.0	0.0	4.0	0.0	0.4	Holundersaft
Honig	78.0	78.0	312	0.0	0.0	0.0	0.0	3.1	Honig
Honigmelone	11.0	11.0	48	1.0	0.0	0.0	0.0	0.5	Honigmelone
Hugo Aperitif Cocktail	10.8	11.0	94	0.1	0.1	0.0	6.9	0.9	Hugo Aperitif Cocktail
Hummer	0.0	0.0	88	20.1	0.8	0.0	0.0	0.9	Hummer
Hummus	0.0	14.0	190	8.0	10.0	6.0	0.0	1.9	Hummus
Hähnchen	0.0	0.0	161	20.0	9.0	0.0	0.0	1.6	Hähnchen
Hähnchen gebraten	0.0	0.0	175	22.0	9.7	0.0	0.0	1.8	Hähnchen gebraten

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Hähnchenbrust	0.0	0.0	116	20.0	4.0	0.0	0.0	1.2	Hähnchenbrust
Hähnchenleber	0.0	0.0	116	20.0	4.0	0.0	0.0	1.2	Hähnchenleber
Hähnchenschenkel	0.0	0.0	161	20.0	9.0	0.0	0.0	1.6	Hähnchenschenkel
Hähnchenschnitzel paniert gebraten	0.0	15.0	191	17.0	7.0	0.0	0.0	1.9	Hähnchenschnitzel paniert gebraten
Hühnerfrikassee	0.9	3.8	96	12.5	3.3	0.4	0.0	1.0	Hühnerfrikassee
Hühnersuppe	1.6	3.5	34	2.4	1.2	0.0	0.0	0.3	Hühnersuppe
Hüttenkäse	2.1	3.3	93	10.8	4.1	0.0	0.0	0.9	Hüttenkäse
Ingwer	2.0	13.0	70	1.6	0.8	2.0	0.0	0.7	Ingwer
Isomalt	0.0	100.0	200	0.0	0.0	0.0	0.0	2.0	Isomalt
Jagdwurst	0.0	0.0	210	12.0	18.0	0.0	0.0	2.1	Jagdwurst
Jakobsmuschel	0.0	0.0	56	11.4	1.2	0.0	0.0	0.6	Jakobsmuschel
Jasminreis roh	0.0	80.1	356	8.0	0.4	0.0	0.0	3.6	Jasminreis roh
Joghurt, 0,1%	5.8	5.8	46	5.5	0.1	0.0	0.0	0.5	Joghurt, 0,1%
Joghurt, 1,5%	5.0	5.0	47	3.4	1.5	0.0	0.0	0.5	Joghurt, 1,5%
Joghurt, 3.5%	5.0	5.0	65	3.4	3.5	0.0	0.0	0.7	Joghurt, 3.5%
Joghurtdressing	4.0	8.0	146	1.5	12.0	0.0	0.0	1.5	Joghurtdressing
Joghurteis	14.0	14.0	91	2.0	3.0	0.0	0.0	0.9	Joghurteis
Johannisbrotkernmehl	1.0	1.0	37	6.0	1.0	0.0	0.0	0.4	Johannisbrotkernmehl
Jägermeister Kräuterlikör	12.0	12.0	247	0.0	0.0	0.0	28.0	2.5	Jägermeister Kräuterlikör
Kabeljau / Dorsch	0.0	0.0	78	18.0	0.7	0.0	0.0	0.8	Kabeljau / Dorsch
Kaffee komplett	3.5	3.5	15	0.1	0.1	0.0	0.0	0.2	Kaffee komplett
Kaffee mit Milch	0.0	0.1	2	0.1	0.1	0.0	0.0	0.0	Kaffee mit Milch
Kaffee schwarz	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Kaffee schwarz
Kaffeesahne 10%	4.0	4.0	118	3.0	10.0	0.0	0.0	1.2	Kaffeesahne 10%
Kaffeesahne 4%	4.0	4.0	64	3.0	4.0	0.0	0.0	0.6	Kaffeesahne 4%
Kaffeesahne 7,5%	4.0	4.0	96	3.0	7.5	0.0	0.0	1.0	Kaffeesahne 7,5%
Kaisergemüse	1.2	3.3	28	2.0	0.2	2.7	0.0	0.3	Kaisergemüse
Kaiserschmarrn	9.0	22.0	154	5.0	5.0	0.4	0.0	1.5	Kaiserschmarrn
Kakao, stark entölt	2.0	10.0	337	23.0	15.0	35.0	0.0	3.4	Kakao, stark entölt
Kakaobohnen	1.0	11.0	415	20.0	25.0	33.0	0.0	4.2	Kakaobohnen
Kakaobutter	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Kakaobutter
Kakaofasern	0.5	2.5	263	17.3	7.8	57.0	0.0	2.6	Kakaofasern
Kakaomilch 1,5%	20.0	20.0	115	3.0	2.6	0.0	0.0	1.2	Kakaomilch 1,5%
Kakaomilch 3,5%	20.0	20.0	124	3.0	3.6	0.0	0.0	1.2	Kakaomilch 3,5%
Kakaopulver gezuckert	78.0	80.0	377	4.0	3.0	7.0	0.0	3.8	Kakaopulver gezuckert
Kaki	15.0	15.0	68	1.0	0.0	2.0	0.0	0.7	Kaki
Kalbsbries	0.0	0.0	83	14.0	3.0	0.0	0.0	0.8	Kalbsbries
Kalbsfilet	0.0	0.0	102	20.0	2.4	0.0	0.0	1.0	Kalbsfilet
Kalbsfleisch	0.0	0.0	116	20.0	4.0	0.0	0.0	1.2	Kalbsfleisch
Kalbsleber	0.0	3.0	70	13.0	0.7	0.0	0.0	0.7	Kalbsleber
Kalbsleberwurst	0.0	1.4	291	15.0	25.0	0.1	0.0	2.9	Kalbsleberwurst
Kalbsrücken	0.0	0.0	107	20.0	3.0	0.0	0.0	1.1	Kalbsrücken
Kalbsschnitzel	0.0	0.0	109	21.0	2.8	0.0	0.0	1.1	Kalbsschnitzel
Kamut	8.0	68.2	365	13.0	2.2	10.1	0.0	3.6	Kamut
Kandiszucker	100.0	100.0	400	0.0	0.0	0.0	0.0	4.0	Kandiszucker
Kaninchen	0.0	0.0	142	22.0	6.0	0.0	0.0	1.4	Kaninchen
Kapern, Glas	0.5	5.0	44	2.4	0.8	3.4	0.0	0.4	Kapern, Glas
Karambole	3.8	3.8	30	0.8	1.0	1.4	0.0	0.3	Karambole
Karamel	100.0	100.0	400	0.0	0.0	0.0	0.0	4.0	Karamel
Kardamom gemahlen	1.0	65.9	389	10.6	6.4	12.7	0.0	3.9	Kardamom gemahlen
Karottensaft	4.0	5.0	25	0.5	0.2	0.5	0.0	0.2	Karottensaft
Karpfen	0.0	0.0	113	17.0	5.0	0.0	0.0	1.1	Karpfen

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Kartoffelbrot	13.0	41.0	256	13.0	3.1	6.0	0.0	2.6	Kartoffelbrot
Kartoffelchips	1.0	52.0	556	6.0	35.0	4.6	0.0	5.6	Kartoffelchips
Kartoffelfasern	0.1	8.0	199	9.0	0.1	65.0	0.0	2.0	Kartoffelfasern
Kartoffelgratin	2.0	17.0	123	2.0	5.0	1.2	0.0	1.2	Kartoffelgratin
Kartoffeln gekocht	0.4	16.0	73	1.5	0.0	1.7	0.0	0.7	Kartoffeln gekocht
Kartoffeln roh	2.1	16.0	77	1.7	0.3	1.8	0.0	0.8	Kartoffeln roh
Kartoffelpuffer	2.4	25.0	263	6.0	15.0	1.8	0.0	2.6	Kartoffelpuffer
Kartoffelpüree	1.2	12.0	71	2.0	1.4	1.3	0.0	0.7	Kartoffelpüree
Kartoffelrösti	1.4	19.1	144	3.1	6.0	0.7	0.0	1.4	Kartoffelrösti
Kartoffelsalat	4.0	12.0	170	3.0	12.0	1.1	0.0	1.7	Kartoffelsalat
Kartoffelspalten	2.1	16.0	110	1.7	4.0	1.8	0.0	1.1	Kartoffelspalten
Kartoffelstärke	0.0	79.4	321	0.5	0.1	0.1	0.0	3.2	Kartoffelstärke
Kartoffelsuppe	0.0	6.1	41	1.0	1.3	0.3	0.0	0.4	Kartoffelsuppe
Kasseler	0.0	0.0	127	25.0	3.0	0.0	0.0	1.3	Kasseler
Katenschinken	1.0	1.0	200	22.0	12.0	0.0	0.0	2.0	Katenschinken
Kaugummi	94.0	94.0	376	0.0	0.0	0.0	0.0	3.8	Kaugummi
Kaviar	0.0	4.0	259	27.0	15.0	0.0	0.0	2.6	Kaviar
Kefir	3.5	3.5	59	3.4	3.5	0.0	0.0	0.6	Kefir
Kekse	16.0	45.0	322	7.9	12.0	1.4	0.0	3.2	Kekse
Kerbel	0.0	6.1	51	3.8	0.6	3.1	0.0	0.5	Kerbel
Ketchup	22.5	28.0	122	1.0	0.7	0.0	0.0	1.2	Ketchup
Kichererbsen	3.0	45.0	353	20.0	7.0	14.8	0.0	3.5	Kichererbsen
Kichererbsenmehl	2.0	50.0	362	20.0	6.7	11.0	0.0	3.6	Kichererbsenmehl
Kidneybohnen	0.2	40.0	295	21.0	1.0	21.0	0.0	3.0	Kidneybohnen
Kinder Schokolade	53.3	53.5	564	8.7	35.0	0.0	0.0	5.6	Kinder Schokolade
Kiwi	8.0	8.0	49	1.0	1.0	2.0	0.0	0.5	Kiwi
Klöße gekocht	0.0	26.1	112	2.0	0.0	0.0	0.0	1.1	Klöße gekocht
Knoblauch	8.0	27.0	136	5.8	0.2	1.7	0.0	1.4	Knoblauch
Knollensellerie	2.0	2.4	26	1.5	0.3	4.0	0.0	0.3	Knollensellerie
Knuspermüsli	24.0	63.0	442	10.0	15.0	7.3	0.0	4.4	Knuspermüsli
Kochschinken	1.0	1.0	111	20.0	3.0	0.0	0.0	1.1	Kochschinken
Kohlrabi	3.8	4.0	30	2.0	0.4	1.3	0.0	0.3	Kohlrabi
Kohlrübe	4.8	5.0	31	1.0	0.2	2.5	0.0	0.3	Kohlrübe
Kokosblütenzucker	94.0	94.0	384	1.0	0.5	0.0	0.0	3.8	Kokosblütenzucker
Kokosfett	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Kokosfett
Kokosmehl	15.0	17.0	354	17.0	16.5	35.0	0.0	3.5	Kokosmehl
Kokosmilch	3.3	6.0	227	2.0	21.0	3.0	0.0	2.3	Kokosmilch
Kokosnuss	7.0	8.0	323	4.0	28.0	11.4	0.0	3.2	Kokosnuss
Kokosraspel	14.0	16.0	648	7.0	60.0	8.0	0.0	6.5	Kokosraspel
Kokoswasser	5.0	11.9	59	0.5	1.0	0.0	0.0	0.6	Kokoswasser
Kokosöl	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Kokosöl
Konfitüre	55.0	55.0	222	0.0	0.0	1.0	0.0	2.2	Konfitüre
Konjacnudeln gekocht	0.0	0.0	6	0.0	0.0	3.0	0.0	0.1	Konjacnudeln gekocht
Konjakmehl	0.0	0.0	168	2.0	0.0	80.0	0.0	1.7	Konjakmehl
Kopfsalat	1.0	1.0	12	1.0	0.0	1.9	0.0	0.1	Kopfsalat
Koriander frisch	0.9	0.9	22	2.1	0.5	2.8	0.0	0.2	Koriander frisch
Koriander gemahlen	24.0	26.0	396	12.0	20.0	32.0	0.0	4.0	Koriander gemahlen
Kornspitz	0.6	36.0	207	10.0	1.6	4.2	0.0	2.1	Kornspitz
Krabben	0.0	0.0	106	22.0	2.0	0.0	0.0	1.1	Krabben
Krabbenchips	2.0	60.0	481	4.0	25.0	0.0	0.0	4.8	Krabbenchips
Krakauer Wurst	0.0	0.2	278	13.0	25.0	0.0	0.0	2.8	Krakauer Wurst
Krautsalat	11.0	12.0	83	1.0	3.0	2.0	0.0	0.8	Krautsalat
Kresse	3.8	5.0	40	2.6	0.8	1.2	0.0	0.4	Kresse
Kreuzkümmel	7.4	33.0	418	16.9	22.1	9.9	0.0	4.2	Kreuzkümmel

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Kroketten	0.5	25.8	198	5.5	7.9	1.0	0.0	2.0	Kroketten
Kräuterbutter	0.0	0.0	706	0.9	78.0	0.0	0.0	7.1	Kräuterbutter
Kräuterlikör (30%)	15.0	15.0	230	0.0	0.0	0.0	24.0	2.3	Kräuterlikör (30%)
Kräuterquark, 40%	3.0	3.0	160	10.0	12.0	0.0	0.0	1.6	Kräuterquark, 40%
Kräutertee	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Kräutertee
Kumquat	13.0	14.0	73	1.2	0.4	4.1	0.0	0.7	Kumquat
Kurkuma	2.0	44.0	338	8.0	10.0	20.0	0.0	3.4	Kurkuma
Kuvertüre Vollmilch	48.0	51.0	531	6.4	33.0	2.4	0.0	5.3	Kuvertüre Vollmilch
Kuvertüre Zartbitter	44.0	45.0	509	5.8	32.0	9.0	0.0	5.1	Kuvertüre Zartbitter
Käsekuchen	26.0	28.0	326	6.0	21.0	0.4	0.0	3.3	Käsekuchen
Käsespätzle	0.7	22.0	194	8.0	8.0	0.9	0.0	1.9	Käsespätzle
Köfte türkisch	0.2	4.9	189	15.2	12.0	0.4	0.0	1.9	Köfte türkisch
Kölsch	4.0	4.0	44	0.0	0.0	0.0	4.0	0.4	Kölsch
Körnerbrötchen	3.0	46.0	289	8.0	7.0	5.0	0.0	2.9	Körnerbrötchen
Kümmel	0.0	37.0	381	19.0	15.0	11.0	0.0	3.8	Kümmel
Kümmerling Kräuterlikör	10.0	10.0	239	0.0	0.0	0.0	28.0	2.4	Kümmerling Kräuterlikör
Kürbis Hokkaido	4.2	5.2	28	0.8	0.0	2.0	0.0	0.3	Kürbis Hokkaido
Kürbiskernbrötchen	1.7	42.9	279	7.0	8.0	3.7	0.0	2.8	Kürbiskernbrötchen
Kürbiskerne	2.0	4.0	654	32.0	55.0	7.4	0.0	6.5	Kürbiskerne
Kürbiskernmehl	1.0	5.0	387	55.0	13.0	15.0	0.0	3.9	Kürbiskernmehl
Kürbiskernöl	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Kürbiskernöl
Lachs (Zucht)	0.0	0.0	188	20.0	12.0	0.0	0.0	1.9	Lachs (Zucht)
Lachsforelle	0.0	0.0	152	20.0	8.0	0.0	0.0	1.5	Lachsforelle
Lachsschinken	0.0	0.0	112	19.0	4.0	0.0	0.0	1.1	Lachsschinken
Lactit	0.0	100.0	200	0.0	0.0	0.0	0.0	2.0	Lactit
Lahmacun	4.0	29.0	261	8.0	12.0	2.4	0.0	2.6	Lahmacun
Lakritze	55.0	85.0	361	3.8	0.4	1.0	0.0	3.6	Lakritze
Lammfilet	0.0	0.0	118	20.0	4.2	0.0	0.0	1.2	Lammfilet
Lammfleisch	0.0	0.0	191	14.0	15.0	0.0	0.0	1.9	Lammfleisch
Lammkeule	0.0	0.0	248	17.0	20.0	0.0	0.0	2.5	Lammkeule
Lammkotelett	0.0	0.0	250	13.0	22.0	0.0	0.0	2.5	Lammkotelett
Lammrücken	0.0	0.0	207	18.0	15.0	0.0	0.0	2.1	Lammrücken
Landjäger	0.0	0.0	395	20.0	35.0	0.0	0.0	4.0	Landjäger
Langkornreis roh	2.1	60.8	277	7.2	0.6	0.0	0.0	2.8	Langkornreis roh
Languste	0.0	0.0	78	16.0	1.5	0.0	0.0	0.8	Languste
Lasagne	2.7	18.0	179	7.0	8.5	1.4	0.0	1.8	Lasagne
Latte Macchiato	2.5	2.5	29	2.5	1.0	0.0	0.0	0.3	Latte Macchiato
Laugenstange	2.0	58.0	316	8.1	5.0	3.1	0.0	3.2	Laugenstange
Leberknödel	0.4	5.0	84	7.0	4.0	0.2	0.0	0.8	Leberknödel
Leberkäse	1.0	2.0	294	14.0	25.5	0.0	0.0	2.9	Leberkäse
Leberwurst	0.0	0.0	330	15.0	30.0	0.0	0.0	3.3	Leberwurst
Lebkuchen	38.0	60.0	387	4.2	14.0	2.0	0.0	3.9	Lebkuchen
Leinsamen	0.0	0.0	425	22.4	29.0	37.4	0.0	4.3	Leinsamen
Leinsamenbrot	2.1	36.7	221	6.9	3.8	6.1	0.0	2.2	Leinsamenbrot
Leinsamenmehl teilentölt	3.0	6.0	330	28.0	12.5	40.8	0.0	3.3	Leinsamenmehl teilentölt
Leinöl	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Leinöl
Liebstöckel	0.0	5.0	42	3.0	1.0	0.3	0.0	0.4	Liebstöckel
Likör (20% Vol.)	20.0	20.0	194	0.0	0.0	0.0	16.0	1.9	Likör (20% Vol.)
Limburger Käse	0.0	0.0	258	24.0	18.0	0.0	0.0	2.6	Limburger Käse
Limette	1.7	8.7	43	0.7	0.2	2.0	0.0	0.4	Limette
Limonade	11.0	11.0	44	0.0	0.0	0.0	0.0	0.4	Limonade
Limonade light	0.0	0.7	3	0.0	0.0	0.0	0.0	0.0	Limonade light
Linsen roh	0.9	40.6	309	24.0	1.9	16.9	0.0	3.1	Linsen roh

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Linsensuppe	2.2	40.0	242	12.0	2.0	7.9	0.0	2.4	Linsensuppe
Linzertorte	25.0	55.0	401	7.0	17.0	0.0	0.0	4.0	Linzertorte
Litschi	16.0	16.0	71	1.0	0.0	1.4	0.0	0.7	Litschi
Lollo Rosso	0.0	2.5	20	1.3	0.2	1.4	0.0	0.2	Lollo Rosso
Lorbeer getrocknet	0.0	45.4	340	7.6	8.6	25.1	0.0	3.4	Lorbeer getrocknet
Lyoner	0.0	1.0	246	14.5	20.4	0.0	0.0	2.5	Lyoner
Löffelbisquit	12.0	64.0	326	8.4	4.0	0.4	0.0	3.3	Löffelbisquit
Löwenzahn	0.7	9.0	60	2.7	0.7	3.5	0.0	0.6	Löwenzahn
Maasdamer Käse	0.0	0.0	348	24.0	28.0	0.0	0.0	3.5	Maasdamer Käse
Macadamia	5.0	6.0	691	6.0	69.0	11.0	0.0	6.9	Macadamia
Mairübchen	0.4	4.7	31	1.0	0.1	3.5	0.0	0.3	Mairübchen
Mais	4.0	18.0	86	2.0	0.0	3.0	0.0	0.9	Mais
Maiskolben ganz	2.7	16.0	95	3.5	1.1	3.4	0.0	0.9	Maiskolben ganz
Maismehl	1.0	68.0	332	6.0	2.0	9.2	0.0	3.3	Maismehl
Maisstärke	0.0	88.0	354	0.4	0.0	0.0	0.0	3.5	Maisstärke
Majoran gerebelt	2.0	42.0	332	12.0	12.0	4.0	0.0	3.3	Majoran gerebelt
Makrele	0.0	0.0	167	17.0	11.0	0.0	0.0	1.7	Makrele
Makronen	70.8	72.0	403	3.8	11.0	0.4	0.0	4.0	Makronen
Maltit	0.0	100.0	210	0.0	0.0	0.0	0.0	2.1	Maltit
Maltodextrin	100.0	100.0	400	0.0	0.0	0.0	0.0	4.0	Maltodextrin
Malzbier	6.8	10.8	46	0.6	0.0	0.2	0.0	0.5	Malzbier
Mamorkuchen	58.0	79.0	443	3.4	12.0	2.9	0.0	4.4	Mamorkuchen
Mandarine	10.0	10.0	51	1.0	0.4	1.6	0.0	0.5	Mandarine
Mandelmehl	6.0	6.0	350	48.0	10.0	22.0	0.0	3.5	Mandelmehl
Mandelmilch gesüßt	3.0	3.0	24	0.5	1.1	0.2	0.0	0.2	Mandelmilch gesüßt
Mandelmilch ungesüßt	0.1	0.1	13	0.4	1.1	0.4	0.0	0.1	Mandelmilch ungesüßt
Mandelmus	4.0	5.0	642	23.0	57.0	8.4	0.0	6.4	Mandelmus
Mandeln	5.0	5.0	611	18.0	55.0	12.0	0.0	6.1	Mandeln
Mango	12.0	13.0	61	1.0	0.2	1.7	0.0	0.6	Mango
Mangold	0.5	1.0	23	1.5	0.6	3.6	0.0	0.2	Mangold
Maniok	2.0	36.0	156	1.4	0.3	2.0	0.0	1.6	Maniok
Margarine	0.0	0.0	720	0.0	80.0	0.0	0.0	7.2	Margarine
Marmelade	78.0	78.0	312	0.0	0.0	0.0	0.0	3.1	Marmelade
Marmorkuchen	19.1	48.0	448	4.8	25.9	2.0	0.0	4.5	Marmorkuchen
Maronen	15.0	45.0	213	2.0	1.0	8.1	0.0	2.1	Maronen
Marzipan	58.0	58.0	491	7.0	25.0	2.8	0.0	4.9	Marzipan
Mascarpone	4.0	4.0	382	6.0	38.0	0.0	0.0	3.8	Mascarpone
Matjes	0.0	0.0	244	15.8	20.1	0.0	0.0	2.4	Matjes
Maulbeeren	8.0	10.0	53	1.4	0.4	1.7	0.0	0.5	Maulbeeren
Maultaschen	0.6	17.9	202	11.0	9.4	1.1	0.0	2.0	Maultaschen
Mayonnaise	0.0	0.0	720	0.0	80.0	0.0	0.0	7.2	Mayonnaise
Meerrettich	8.0	12.0	65	1.2	0.6	3.3	0.0	0.6	Meerrettich
Mehrkornbrot	2.0	44.0	238	6.5	2.0	9.0	0.0	2.4	Mehrkornbrot
Mehrkornbrötchen	3.3	43.7	273	8.2	5.9	6.0	0.0	2.7	Mehrkornbrötchen
Mettenden	1.0	1.0	351	17.0	31.0	0.0	0.0	3.5	Mettenden
Mie Nudeln	0.0	72.0	342	11.0	1.0	0.7	0.0	3.4	Mie Nudeln
Miesmuscheln	0.0	0.0	56	10.0	1.8	0.0	0.0	0.6	Miesmuscheln
Milch 0,3%	5.0	5.0	35	3.0	0.3	0.0	0.0	0.3	Milch 0,3%
Milch 1,5%	5.0	5.0	46	3.0	1.5	0.0	0.0	0.5	Milch 1,5%
Milch 3,5%	5.0	5.0	64	3.0	3.5	0.0	0.0	0.6	Milch 3,5%
Milchbrötchen	2.1	45.0	225	0.4	4.8	0.0	0.0	2.2	Milchbrötchen
Milchkaffee	0.2	0.2	6	0.4	0.4	0.0	0.0	0.1	Milchkaffee
Milchpulver	37.0	37.0	495	26.0	27.0	0.0	0.0	5.0	Milchpulver
Milchreis gekocht	1.0	19.4	94	3.3	0.4	0.0	0.0	0.9	Milchreis gekocht

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Milchschnitte	29.0	34.0	423	8.0	28.0	1.4	0.0	4.2	Milchschnitte
Milchzucker	100.0	100.0	400	0.0	0.0	0.0	0.0	4.0	Milchzucker
Mineralwasser	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Mineralwasser
Mischbrot	0.7	47.0	233	6.5	1.0	5.1	0.0	2.3	Mischbrot
Mischgemüse	1.3	10.7	62	3.2	0.4	1.4	0.0	0.6	Mischgemüse
Mohn	0.0	3.0	487	19.0	39.4	22.3	0.0	4.9	Mohn
Mohnbrötchen	1.0	49.0	280	10.0	4.0	3.8	0.0	2.8	Mohnbrötchen
Molke	4.4	4.4	26	1.5	0.3	0.0	0.0	0.3	Molke
Morcheln	0.0	0.0	21	2.0	0.0	6.4	0.0	0.2	Morcheln
Moringa Pulver	4.0	39.0	372	28.0	6.2	24.0	0.0	3.7	Moringa Pulver
Mortadella	0.0	0.0	250	13.0	22.0	0.0	0.0	2.5	Mortadella
Mozzarella Käse	0.0	0.0	254	14.0	22.0	0.0	0.0	2.5	Mozzarella Käse
Multivitaminsaft	11.7	12.0	51	0.3	0.1	0.5	0.0	0.5	Multivitaminsaft
Mungobohnen	7.0	47.0	327	24.0	1.2	16.0	0.0	3.3	Mungobohnen
Muskat gemahlen	0.0	45.0	526	5.7	35.0	4.1	0.0	5.3	Muskat gemahlen
Möhren / Karotten	4.6	4.7	31	0.9	0.1	4.0	0.0	0.3	Möhren / Karotten
Mönchsfrucht	31.0	35.0	140	0.0	0.0	0.0	0.0	1.4	Mönchsfrucht
Mönchsfrucht Zucker	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Mönchsfrucht Zucker
Mürbeteig	22.0	45.0	437	5.7	25.9	0.4	0.0	4.4	Mürbeteig
Müsli	3.0	56.0	365	8.0	11.0	4.9	0.0	3.6	Müsli
Müsliriegel	30.0	44.0	406	6.0	22.0	4.0	0.0	4.1	Müsliriegel
Nachos mit Käse	1.4	32.0	315	8.0	17.0	0.8	0.0	3.1	Nachos mit Käse
Nackensteak Schwein	0.0	0.0	193	19.5	12.8	0.0	0.0	1.9	Nackensteak Schwein
Natron	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Natron
Nektarine	12.0	12.0	61	1.0	0.4	2.5	0.0	0.6	Nektarine
Nelken getrocknet	3.0	50.1	435	5.8	21.2	10.1	0.0	4.3	Nelken getrocknet
Nougat	65.0	65.0	485	7.0	21.0	4.0	0.0	4.8	Nougat
Nudeln gekocht	0.3	28.7	144	4.0	1.0	2.0	0.0	1.4	Nudeln gekocht
Nudeln, Eierteigware roh	0.4	72.0	375	12.0	3.7	3.0	0.0	3.8	Nudeln, Eierteigware roh
Nudeln, Hartweizengrieß roh	0.4	69.0	340	11.0	1.4	3.8	0.0	3.4	Nudeln, Hartweizengrieß roh
Nudeln, Vollkorn roh	1.0	60.0	343	13.0	2.8	13.0	0.0	3.4	Nudeln, Vollkorn roh
Nudelsalat mit Mayonnaise	0.8	6.4	192	5.8	15.8	0.4	0.0	1.9	Nudelsalat mit Mayonnaise
Nuss Nougat Creme	58.0	58.0	548	3.0	33.0	3.5	0.0	5.5	Nuss Nougat Creme
Nussschokolade	49.0	49.0	533	8.0	33.0	4.1	0.0	5.3	Nussschokolade
Nutella	55.0	57.0	536	6.7	30.5	3.5	0.0	5.4	Nutella
Obst, getrocknet	68.0	70.0	280	0.0	0.0	0.0	0.0	2.8	Obst, getrocknet
Obstbrand/Obstler (45%)	0.0	0.0	256	0.0	0.0	0.0	36.0	2.6	Obstbrand/Obstler (45%)
Obstsalat	9.0	10.0	46	0.4	0.2	1.3	0.0	0.5	Obstsalat
Ofenkäse	1.0	1.0	352	15.0	32.0	0.0	0.0	3.5	Ofenkäse
Oliven, grün	0.0	3.0	137	1.0	13.0	1.9	0.0	1.4	Oliven, grün
Oliven, schwarz	1.5	4.9	340	2.0	34.0	3.0	0.0	3.4	Oliven, schwarz
Olivenöl	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Olivenöl
Omelett	0.3	0.6	154	11.0	12.0	0.0	0.0	1.5	Omelett
Orange	10.0	10.0	50	1.0	0.4	1.4	0.0	0.5	Orange
Orangensaft	10.0	10.0	40	0.0	0.0	0.0	0.0	0.4	Orangensaft
Oregano getrocknet	3.9	27.0	262	9.1	4.0	41.0	0.0	2.6	Oregano getrocknet
Ouzo (38% Vol.)	0.0	0.0	178	0.0	0.0	0.0	25.0	1.8	Ouzo (38% Vol.)
Pak Choi	1.2	1.2	15	1.6	0.2	1.1	0.0	0.2	Pak Choi
Pangasius	0.0	0.0	73	16.0	1.0	0.0	0.0	0.7	Pangasius
Paniermehl	2.0	52.0	251	5.0	1.9	3.0	0.0	2.5	Paniermehl
Panko	2.0	65.0	360	11.0	5.2	4.4	0.0	3.6	Panko

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Papaya	8.0	8.0	39	1.0	0.0	1.4	0.0	0.4	Papaya
Paprika, gelb	5.0	5.0	36	1.0	0.5	3.6	0.0	0.4	Paprika, gelb
Paprika, grün	2.8	2.8	20	1.0	0.2	1.4	0.0	0.2	Paprika, grün
Paprika, rot	6.2	6.2	33	1.0	0.2	1.4	0.0	0.3	Paprika, rot
Paprikapulver edelsüß	5.0	35.0	350	13.0	13.0	20.4	0.0	3.5	Paprikapulver edelsüß
Paprikapulver Rosenscharf	3.0	36.0	355	13.0	13.0	21.0	0.0	3.5	Paprikapulver Rosenscharf
Paranüsse	3.0	4.2	674	13.0	66.0	5.4	0.0	6.7	Paranüsse
Parmaschinken fettarm	0.0	0.0	123	26.0	2.1	0.0	0.0	1.2	Parmaschinken fettarm
Parmesan Käse	0.0	0.0	390	30.0	30.0	0.0	0.0	3.9	Parmesan Käse
Passionsfrucht	13.0	14.0	72	2.0	0.5	1.9	0.0	0.7	Passionsfrucht
Pastinaken	1.8	12.0	66	1.3	0.4	4.7	0.0	0.7	Pastinaken
Pecorino	0.0	0.0	418	28.0	34.0	0.0	0.0	4.2	Pecorino
Pekanüsse	2.2	5.0	739	8.0	74.0	10.3	0.0	7.4	Pekanüsse
Peperoni	5.0	7.5	43	2.0	0.2	1.5	0.0	0.4	Peperoni
Petersilienwurzel	4.4	5.5	50	3.0	0.8	4.5	0.0	0.5	Petersilienwurzel
Pfeffer	1.0	60.0	362	10.0	3.5	25.0	0.0	3.6	Pfeffer
Pfefferbeißer	0.0	0.0	379	16.0	35.0	0.0	0.0	3.8	Pfefferbeißer
Pfefferminze	0.0	15.0	98	3.6	0.9	8.0	0.0	1.0	Pfefferminze
Pfefferminztee	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Pfefferminztee
Pferdefleisch	0.0	0.0	103	19.0	3.0	0.0	0.0	1.0	Pferdefleisch
Pfifferlinge	0.0	0.0	18	2.0	0.4	3.0	0.0	0.2	Pfifferlinge
Pfirsich	9.0	9.0	48	1.0	0.4	2.4	0.0	0.5	Pfirsich
Pflanzenöl	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Pflanzenöl
Pflaumen	11.0	12.0	57	1.0	0.2	1.4	0.0	0.6	Pflaumen
Pflaumen, getrocknet	46.0	55.0	258	3.0	1.0	8.5	0.0	2.6	Pflaumen, getrocknet
Pflaumenmus	50.0	50.0	207	0.7	0.0	2.0	0.0	2.1	Pflaumenmus
Physalis	12.4	13.0	73	2.5	1.0	1.0	0.0	0.7	Physalis
Pilsner Bier	0.2	2.8	40	0.4	0.0	0.1	3.8	0.4	Pilsner Bier
Pinienkerne	1.0	6.0	570	23.0	49.0	6.5	0.0	5.7	Pinienkerne
Pistazien	2.2	10.0	615	15.0	55.0	10.0	0.0	6.2	Pistazien
Pita	2.0	47.0	233	7.0	1.0	4.0	0.0	2.3	Pita
Pizza	4.6	30.0	265	10.0	11.0	3.0	0.0	2.6	Pizza
Pizzateig	1.0	41.0	199	5.8	1.2	0.7	0.0	2.0	Pizzateig
Polenta	0.8	71.0	336	8.4	1.0	4.8	0.0	3.4	Polenta
Pomelo	8.0	10.0	48	1.0	0.0	2.0	0.0	0.5	Pomelo
Pommes	0.3	38.0	306	3.0	15.0	3.4	0.0	3.1	Pommes
Popcorn	6.0	66.0	356	10.0	4.0	8.0	0.0	3.6	Popcorn
Porree / Lauch	3.0	3.0	26	1.9	0.2	2.2	0.0	0.3	Porree / Lauch
Porridge	0.8	12.0	74	2.5	1.4	1.9	0.0	0.7	Porridge
Pralinen gemischt	48.0	52.0	519	5.7	32.0	0.0	0.0	5.2	Pralinen gemischt
Preiselbeeren	5.0	5.0	25	0.0	0.0	2.4	0.0	0.2	Preiselbeeren
Prosecco	2.0	2.0	72	0.0	0.0	0.0	9.0	0.7	Prosecco
Puddingpulver Vanille	0.1	85.0	343	0.4	0.2	0.0	0.0	3.4	Puddingpulver Vanille
Puderzucker	100.0	100.0	400	0.0	0.0	0.0	0.0	4.0	Puderzucker
Pumpernickel	4.0	30.0	170	6.0	0.4	11.0	0.0	1.7	Pumpernickel
Putenbrust	0.0	0.0	97	22.0	1.0	0.0	0.0	1.0	Putenbrust
Putenfleisch	0.0	0.0	133	22.0	5.0	0.0	0.0	1.3	Putenfleisch
Putenhackfleisch	0.0	0.0	119	23.0	3.0	0.0	0.0	1.2	Putenhackfleisch
Putenleber	0.0	0.0	134	20.0	6.0	0.0	0.0	1.3	Putenleber
Putensalami	0.0	0.0	286	22.0	22.0	0.0	0.0	2.9	Putensalami
Putenschnitzel	0.0	0.0	97	22.0	1.0	0.0	0.0	1.0	Putenschnitzel
Putensteak	0.0	0.0	97	22.0	1.0	0.0	0.0	1.0	Putensteak

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Quark, 20%	3.0	3.0	108	12.4	5.1	0.0	0.0	1.1	Quark, 20%
Quark, 40%	4.0	4.0	176	13.0	12.0	0.0	0.0	1.8	Quark, 40%
Quark, Magerquark 0,5%	4.0	4.0	72	14.0	0.0	0.0	0.0	0.7	Quark, Magerquark 0,5%
Quinoa	1.0	62.0	355	14.7	4.0	5.9	0.0	3.5	Quinoa
Quitte	9.0	9.0	50	0.3	0.4	4.4	0.0	0.5	Quitte
Radicchio	2.0	2.1	15	1.0	0.0	1.4	0.0	0.2	Radicchio
Radieschen	2.0	2.0	16	1.0	0.0	2.0	0.0	0.2	Radieschen
Radler	4.0	5.0	36	0.0	0.0	1.0	2.0	0.4	Radler
Ramazotti Kräuterlikör	25.0	25.0	282	0.0	0.0	0.0	25.6	2.8	Ramazotti Kräuterlikör
Rapsöl	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Rapsöl
Ratatouille	2.5	3.0	28	1.0	1.0	1.7	0.0	0.3	Ratatouille
Red Bull	10.9	11.3	45	0.0	0.0	0.0	0.0	0.5	Red Bull
Red Bull sugarfree	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Red Bull sugarfree
Rehkeule	0.0	0.0	89	20.0	1.0	0.0	0.0	0.9	Rehkeule
Rehrücken	0.0	0.0	125	20.0	5.0	0.0	0.0	1.2	Rehrücken
Reis gekocht parboiled	0.0	38.0	170	3.5	0.4	0.4	0.0	1.7	Reis gekocht parboiled
Reis roh parboiled	1.0	74.0	311	3.0	0.1	1.2	0.0	3.1	Reis roh parboiled
Reismehl	0.0	79.1	354	6.5	1.0	1.4	0.0	3.5	Reismehl
Reismilch ungesüßt	0.0	3.0	20	0.1	0.8	0.0	0.0	0.2	Reismilch ungesüßt
Reisnudeln roh	0.0	25.0	107	0.9	0.2	1.0	0.0	1.1	Reisnudeln roh
Reiswaffel	0.0	85.0	394	7.0	2.0	4.0	0.0	3.9	Reiswaffel
Remoulade	0.0	0.0	540	0.0	60.0	0.0	0.0	5.4	Remoulade
Rettich	2.2	2.2	19	0.8	0.2	2.6	0.0	0.2	Rettich
Rhabarber	1.0	1.0	17	1.1	0.3	3.0	0.0	0.2	Rhabarber
Ricotta	1.0	1.0	192	11.0	16.0	0.0	0.0	1.9	Ricotta
Rinderbraten	0.0	0.0	125	20.0	5.0	0.0	0.0	1.2	Rinderbraten
Rinderbrühe	1.7	3.0	35	3.0	1.0	1.0	0.0	0.3	Rinderbrühe
Rinderfilet	0.0	0.0	107	20.0	3.0	0.0	0.0	1.1	Rinderfilet
Rindergulasch	0.0	0.0	116	20.0	4.0	0.0	0.0	1.2	Rindergulasch
Rinderhackfleisch	0.0	0.0	188	20.0	12.0	0.0	0.0	1.9	Rinderhackfleisch
Rinderhüfte	0.0	0.0	111	21.0	3.0	0.0	0.0	1.1	Rinderhüfte
Rinderleber	0.0	0.0	125	20.0	5.0	0.0	0.0	1.2	Rinderleber
Rinderroulade	2.1	9.4	133	11.4	5.5	0.0	0.0	1.3	Rinderroulade
Rindersteak	0.0	0.0	157	28.0	5.0	0.0	0.0	1.6	Rindersteak
Rindertalg	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Rindertalg
Rindertatar	0.0	0.0	107	20.0	3.0	0.0	0.0	1.1	Rindertatar
Rinderzunge	0.0	0.0	146	14.0	10.0	0.0	0.0	1.5	Rinderzunge
Rindswurst	0.0	0.0	261	18.0	21.0	0.0	0.0	2.6	Rindswurst
Rippchen	0.0	0.0	118	15.0	6.5	0.0	0.0	1.2	Rippchen
Risotto	0.7	16.4	121	3.5	4.5	0.4	0.0	1.2	Risotto
Roastbeef	0.0	0.0	107	20.0	3.0	0.0	0.0	1.1	Roastbeef
Roggenbrot	2.0	46.0	228	6.0	1.0	5.4	0.0	2.3	Roggenbrot
Roggenbrötchen	3.0	55.2	316	12.2	4.1	4.9	0.0	3.2	Roggenbrötchen
Roggenknäckebrot	2.0	66.0	328	8.4	0.4	13.6	0.0	3.3	Roggenknäckebrot
Roggenmehl	6.6	68.0	324	7.0	1.3	6.0	0.0	3.2	Roggenmehl
Roggenmischbrot	4.4	48.0	241	6.3	1.4	5.4	0.0	2.4	Roggenmischbrot
Roggenvollkornbrot	3.0	36.0	199	6.0	1.0	11.0	0.0	2.0	Roggenvollkornbrot
Roggenvollkornmehl	6.0	65.0	348	10.2	2.0	14.8	0.0	3.5	Roggenvollkornmehl
Rohrzucker	100.0	100.0	400	0.0	0.0	0.0	0.0	4.0	Rohrzucker
Rollmops	1.0	1.0	161	14.4	11.0	0.0	0.0	1.6	Rollmops
Romadur Käse	0.0	0.0	290	23.0	22.0	0.0	0.0	2.9	Romadur Käse
Romanasalat	1.1	3.3	22	1.2	0.0	2.2	0.0	0.2	Romanasalat

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Romanesco	3.0	5.0	41	3.0	0.3	3.2	0.0	0.4	Romanesco
Roquefort Käse	0.0	0.0	350	20.0	30.0	0.0	0.0	3.5	Roquefort Käse
Rosenkohl	3.4	4.4	43	3.4	0.4	4.0	0.0	0.4	Rosenkohl
Rosinen	75.0	75.0	322	1.0	1.0	4.4	0.0	3.2	Rosinen
Rosinenbrötchen	7.0	49.0	243	7.0	1.0	4.8	0.0	2.4	Rosinenbrötchen
Rosmarin	0.0	5.0	115	3.3	6.0	14.0	0.0	1.2	Rosmarin
RosÃ©wein	3.0	3.0	73	0.0	0.0	0.0	8.6	0.7	RosÃ©wein
Rotbarsch	0.0	0.0	120	20.0	4.4	0.0	0.0	1.2	Rotbarsch
Rote Bete	7.9	8.8	49	1.9	0.2	2.4	0.0	0.5	Rote Bete
Rote Johannisbeeren	5.0	5.4	36	1.0	0.5	2.7	0.0	0.4	Rote Johannisbeeren
rote Linsen roh	1.0	47.0	335	25.4	1.8	14.4	0.0	3.3	rote Linsen roh
Rote Zwiebeln	4.7	4.7	25	1.2	0.2	0.0	0.0	0.3	Rote Zwiebeln
Rotwein	3.0	3.0	81	0.0	0.0	0.0	9.7	0.8	Rotwein
Rucola	1.9	1.9	28	1.7	1.2	1.6	0.0	0.3	Rucola
Rum (37% Vol.)	0.0	0.0	210	0.0	0.0	0.0	29.6	2.1	Rum (37% Vol.)
Rum (65% Vol.)	0.0	0.0	369	0.0	0.0	0.0	52.0	3.7	Rum (65% Vol.)
Rumkugel	22.0	68.8	376	1.4	10.4	1.0	0.0	3.8	Rumkugel
Rumpsteak	0.0	0.0	201	30.0	9.0	0.0	0.0	2.0	Rumpsteak
Räucherlachs	0.0	0.0	146	20.7	7.0	0.0	0.0	1.5	Räucherlachs
Räuchertofu	0.7	1.0	162	18.0	9.0	2.6	0.0	1.6	Räuchertofu
Röstzwiebeln	5.0	39.0	558	6.0	42.0	0.0	0.0	5.6	Röstzwiebeln
Rübensaft	69.0	69.0	282	0.0	0.0	3.0	0.0	2.8	Rübensaft
Rührei	1.0	1.0	178	12.0	14.0	0.0	0.0	1.8	Rührei
Rührkuchenteig	15.0	57.0	416	6.4	17.9	0.4	0.0	4.2	Rührkuchenteig
Sahne 10%	3.0	3.0	112	2.5	10.0	0.0	0.0	1.1	Sahne 10%
Sahne 20%	3.0	3.0	202	2.5	20.0	0.0	0.0	2.0	Sahne 20%
Sahne 30%	3.0	3.0	292	2.5	30.0	0.0	0.0	2.9	Sahne 30%
Sahneies	22.0	22.0	186	2.0	10.0	0.0	0.0	1.9	Sahneies
Sahnetorte	8.4	24.0	279	4.0	18.5	0.4	0.0	2.8	Sahnetorte
Saibling	0.0	0.0	93	18.8	2.0	0.0	0.0	0.9	Saibling
Salami	0.0	0.0	332	20.0	28.0	0.0	0.0	3.3	Salami
Salamipizza	4.6	30.0	300	12.0	14.0	3.0	0.0	3.0	Salamipizza
Salbei getrocknet	1.0	43.4	360	10.0	12.0	19.1	0.0	3.6	Salbei getrocknet
Salz	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Salz
Salzstangen	3.5	70.0	368	10.7	5.0	0.2	0.0	3.7	Salzstangen
Sanddorn	4.7	5.1	92	1.4	6.7	2.7	0.0	0.9	Sanddorn
Sandkuchen	16.0	42.0	445	6.0	28.0	0.7	0.0	4.5	Sandkuchen
Sardinen	0.0	0.0	196	22.0	12.0	0.0	0.0	2.0	Sardinen
Sauce Bolognese	4.0	6.0	125	6.9	8.1	0.2	0.0	1.2	Sauce Bolognese
Sauce Hollandaise	0.9	0.9	501	2.8	54.0	0.0	0.0	5.0	Sauce Hollandaise
Sauerkirschen	8.0	9.0	40	0.8	0.0	0.4	0.0	0.4	Sauerkirschen
Sauerkirschsaft	12.0	12.0	48	0.0	0.0	0.0	0.0	0.5	Sauerkirschsaft
Sauerkraut	0.8	0.8	15	2.0	0.0	1.7	0.0	0.1	Sauerkraut
Sauerrahm	3.0	4.0	114	2.0	10.0	0.0	0.0	1.1	Sauerrahm
Schafskäse	0.0	0.0	305	20.0	25.0	0.0	0.0	3.0	Schafskäse
Schalotten	2.0	2.0	18	2.0	0.0	1.0	0.0	0.2	Schalotten
Schellfisch	0.0	0.0	91	20.0	1.2	0.0	0.0	0.9	Schellfisch
Schinken roh geräuchert	0.0	0.0	112	19.0	4.0	0.0	0.0	1.1	Schinken roh geräuchert
Schinkenspeck	0.0	0.0	332	29.0	24.0	0.0	0.0	3.3	Schinkenspeck
Schinkenwurst	0.0	0.0	246	12.0	22.0	0.0	0.0	2.5	Schinkenwurst
Schlagsahne	2.0	2.0	286	2.0	30.0	0.0	0.0	2.9	Schlagsahne
Schmand	4.0	4.0	294	2.0	30.0	0.0	0.0	2.9	Schmand
Schmelzkäse	5.0	5.0	275	12.0	23.0	0.0	0.0	2.8	Schmelzkäse
Schnaps (40% Vol.)	0.0	0.0	227	0.0	0.0	0.0	32.0	2.3	Schnaps (40% Vol.)

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Schnittlauch	1.9	1.9	32	3.3	0.7	2.4	0.0	0.3	Schnittlauch
Schokokuss	52.0	55.0	368	5.0	14.0	1.0	0.0	3.7	Schokokuss
Schokoladeneis	22.0	22.0	174	3.0	8.0	1.0	0.0	1.7	Schokoladeneis
Schokoladenpudding gekocht	10.0	19.0	113	3.3	2.5	0.7	0.0	1.1	Schokoladenpudding gekocht
Schokolierte Apfelringe	51.7	57.9	376	3.2	13.9	3.4	0.0	3.8	Schokolierte Apfelringe
Schokolierte Früchte gemischt	48.4	55.7	377	3.1	15.2	2.4	0.0	3.8	Schokolierte Früchte gemischt
Schokomüsli	23.0	62.0	412	10.0	12.0	8.0	0.0	4.1	Schokomüsli
Schokoriegel	47.0	60.0	498	9.0	24.0	3.0	0.0	5.0	Schokoriegel
Scholle	0.0	0.0	73	16.0	1.0	0.0	0.0	0.7	Scholle
Schupfnudeln	2.2	31.2	154	3.0	1.4	2.1	0.0	1.5	Schupfnudeln
Schwarzbrot	3.8	39.2	231	10.0	2.4	6.4	0.0	2.3	Schwarzbrot
Schwarze Bohnen	1.0	44.0	316	25.4	0.7	16.0	0.0	3.2	Schwarze Bohnen
Schwarze Johannisbeeren	4.4	6.3	40	1.3	0.2	3.8	0.0	0.4	Schwarze Johannisbeeren
Schwarzer Johannisbeersaft	3.0	3.0	13	0.1	0.1	0.0	0.0	0.1	Schwarzer Johannisbeersaft
Schwarzwurzel	0.8	1.8	23	1.2	0.3	4.1	0.0	0.2	Schwarzwurzel
Schweinebauch	0.0	0.0	400	19.0	36.0	0.0	0.0	4.0	Schweinebauch
Schweinebraten	0.0	0.0	111	21.0	3.0	0.0	0.0	1.1	Schweinebraten
Schweinefilet	0.0	0.0	116	20.0	4.0	0.0	0.0	1.2	Schweinefilet
Schweinegulasch	0.0	0.0	111	21.0	3.0	0.0	0.0	1.1	Schweinegulasch
Schweinehackfleisch	0.0	0.0	305	20.0	25.0	0.0	0.0	3.0	Schweinehackfleisch
Schweinehaxe	0.0	0.0	250	22.0	18.0	0.0	0.0	2.5	Schweinehaxe
Schweinekotelett	0.0	0.0	111	21.0	3.0	0.0	0.0	1.1	Schweinekotelett
Schweineleber	0.0	0.0	125	20.0	5.0	0.0	0.0	1.2	Schweineleber
Schweinerücken	0.0	0.0	63	11.0	2.1	0.0	0.0	0.6	Schweinerücken
Schweineschmalz	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Schweineschmalz
Schweineschnitzel paniert und gebraten	0.2	11.0	209	20.0	9.3	0.8	0.0	2.1	Schweineschnitzel paniert und gebraten
Schweineschnitzel, roh	0.0	0.0	111	21.0	3.0	0.0	0.0	1.1	Schweineschnitzel, roh
Schweineschulter	0.0	0.0	153	18.0	9.0	0.0	0.0	1.5	Schweineschulter
Schweinezunge	0.0	0.0	111	21.0	3.0	0.0	0.0	1.1	Schweinezunge
Schwertfisch	0.0	0.0	164	23.0	8.0	0.0	0.0	1.6	Schwertfisch
Seehecht	0.0	0.0	93	17.0	2.8	0.0	0.0	0.9	Seehecht
Seelachs	0.0	0.0	79	18.0	0.8	0.0	0.0	0.8	Seelachs
Seeteufel	0.0	0.0	69	15.0	1.0	0.0	0.0	0.7	Seeteufel
Seezunge	0.0	0.0	77	17.0	1.0	0.0	0.0	0.8	Seezunge
Seitan	0.0	12.0	368	75.0	2.0	1.0	0.0	3.7	Seitan
Sekt, halbtrocken	4.0	4.0	87	0.0	0.0	0.0	10.0	0.9	Sekt, halbtrocken
Sekt, trocken	2.0	2.0	79	0.0	0.0	0.0	10.0	0.8	Sekt, trocken
Semmelknödel	1.4	45.6	284	12.0	5.4	2.3	0.0	2.8	Semmelknödel
Senf	1.0	6.0	76	4.3	3.0	4.0	0.0	0.8	Senf
Serrano Schinken	0.0	0.4	203	30.0	9.0	0.0	0.0	2.0	Serrano Schinken
Sesam	1.0	9.0	559	15.0	49.0	10.9	0.0	5.6	Sesam
Sesammehl	2.0	17.0	344	29.0	14.0	17.0	0.0	3.4	Sesammehl
Sesamöl	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Sesamöl
Shiitake Pilze frisch	0.4	19.4	94	3.2	0.2	1.0	0.0	0.9	Shiitake Pilze frisch
Skyr 0.2%	4.0	4.0	62	11.0	0.2	0.0	0.0	0.6	Skyr 0.2%
Softeis	20.0	20.0	106	2.0	2.0	0.0	0.0	1.1	Softeis
Sojabohne	2.0	10.1	170	15.5	7.1	1.9	0.0	1.7	Sojabohne
Sojaflocken	0.0	3.0	340	37.0	20.0	0.0	0.0	3.4	Sojaflocken
Sojajoghurt	12.0	17.0	88	2.4	1.1	0.5	0.0	0.9	Sojajoghurt

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Sojamehl	5.0	22.4	348	50.0	3.0	15.5	0.0	3.5	Sojamehl
Sojamilch	4.0	6.0	55	3.3	1.9	0.5	0.0	0.6	Sojamilch
Sojasauce	0.8	4.9	57	8.0	0.5	0.4	0.0	0.6	Sojasauce
Sojasprossen	2.1	4.9	55	5.0	1.1	2.5	0.0	0.5	Sojasprossen
Sonnenblumenbrot	2.1	32.5	216	6.0	5.1	7.9	0.0	2.2	Sonnenblumenbrot
Sonnenblumenkerne	2.9	11.4	557	19.0	47.0	6.0	0.0	5.6	Sonnenblumenkerne
Sonnenblumenöl	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Sonnenblumenöl
Sorbit	0.0	100.0	260	0.0	0.0	0.0	0.0	2.6	Sorbit
Spaghetti Bolognese	1.4	21.0	171	9.0	5.4	1.1	0.0	1.7	Spaghetti Bolognese
Spaghetti gekocht	0.5	30.0	157	6.0	1.0	1.8	0.0	1.6	Spaghetti gekocht
Spaghetti roh	1.0	33.0	171	7.0	1.0	1.0	0.0	1.7	Spaghetti roh
Spare Ribs mariniert	1.0	2.0	221	17.5	15.9	0.0	0.0	2.2	Spare Ribs mariniert
Spargel	2.0	2.0	20	1.9	0.2	1.2	0.0	0.2	Spargel
Speck	0.0	0.0	785	5.0	85.0	0.0	0.0	7.8	Speck
Spezi Mezzo Mix	10.0	10.0	40	0.0	0.0	0.0	0.0	0.4	Spezi Mezzo Mix
Spiegelei	1.0	1.0	178	12.0	14.0	0.0	0.0	1.8	Spiegelei
Spinat	2.0	2.0	27	2.0	0.8	1.7	0.0	0.3	Spinat
Spinat mit Rahm	4.0	4.0	90	2.0	7.0	1.7	0.0	0.9	Spinat mit Rahm
Spitzkohl	2.7	2.8	26	1.7	0.3	2.6	0.0	0.3	Spitzkohl
Sprite	9.1	9.1	36	0.0	0.0	0.0	0.0	0.4	Sprite
Spätzle	0.0	25.6	138	3.8	1.8	1.9	0.0	1.4	Spätzle
Stachelbeeren	8.0	8.0	48	1.4	0.5	3.0	0.0	0.5	Stachelbeeren
Stangensellerie	0.7	2.0	19	1.0	0.2	2.7	0.0	0.2	Stangensellerie
Staudensellerie	0.0	2.0	18	1.0	0.2	2.3	0.0	0.2	Staudensellerie
Steckrüben	5.1	6.0	34	1.0	0.4	1.4	0.0	0.3	Steckrüben
Steinpilze	0.0	1.0	31	4.0	0.0	5.5	0.0	0.3	Steinpilze
Stevia Pulver	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Stevia Pulver
Stollen	25.0	44.0	421	4.0	25.0	2.0	0.0	4.2	Stollen
Stremellachs	0.1	0.1	208	25.0	12.0	0.0	0.0	2.1	Stremellachs
Stroh 80	0.0	0.0	454	0.0	0.0	0.0	64.0	4.5	Stroh 80
Studentenfutter	38.0	45.0	485	13.0	26.8	5.9	0.0	4.9	Studentenfutter
Suppenfleisch Rind	0.0	0.0	162	18.0	10.0	0.0	0.0	1.6	Suppenfleisch Rind
Suppenhuhn	0.0	0.0	240	15.0	20.0	0.0	0.0	2.4	Suppenhuhn
Surimi	0.0	7.0	96	15.0	0.9	0.0	0.0	1.0	Surimi
Sushi	0.0	23.5	126	6.5	0.7	0.0	0.0	1.3	Sushi
Sülze Hausmacher Art	1.3	1.4	167	11.0	13.0	0.0	0.0	1.7	Sülze Hausmacher Art
Süßkartoffeln	6.0	26.3	127	1.6	1.2	2.1	0.0	1.3	Süßkartoffeln
Süßkirschen	13.4	14.0	65	1.0	0.2	1.4	0.0	0.6	Süßkirschen
Süßlupinenmehl	2.0	10.0	324	43.0	12.0	2.0	0.0	3.2	Süßlupinenmehl
Süßstoff	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Süßstoff
Tabasco	3.0	7.0	69	2.4	3.5	0.0	0.0	0.7	Tabasco
Tafelspitz mager roh	1.0	1.0	102	20.0	2.0	0.0	0.0	1.0	Tafelspitz mager roh
Tahina Sesampaste	0.5	21.0	656	17.0	54.0	9.0	0.0	6.6	Tahina Sesampaste
Tamarillo	8.0	10.0	60	1.5	1.2	1.5	0.0	0.6	Tamarillo
Tamarinde	57.0	65.0	272	2.0	0.5	0.0	0.0	2.7	Tamarinde
Tee schwarz	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Tee schwarz
Teewurst	0.0	0.0	489	12.0	49.0	0.0	0.0	4.9	Teewurst
Thunfisch	0.0	0.0	114	24.0	2.0	0.0	0.0	1.1	Thunfisch
Tilsiter Käse	1.0	1.0	326	22.0	26.0	0.0	0.0	3.3	Tilsiter Käse
Tintenfisch	0.0	0.0	69	15.0	1.0	0.0	0.0	0.7	Tintenfisch
Tiramisu	18.0	30.4	248	5.4	11.7	0.0	0.0	2.5	Tiramisu
Toastbrot	3.0	49.4	248	7.0	1.6	4.0	0.0	2.5	Toastbrot
Tofu	0.0	2.0	76	8.0	4.0	0.2	0.0	0.8	Tofu
Tomate	3.4	4.0	24	1.0	0.3	0.4	0.0	0.2	Tomate

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Tomaten, getrocknet	6.0	15.9	163	5.9	5.4	13.5	0.0	1.6	Tomaten, getrocknet
Tomaten, passiert	4.0	4.0	26	1.0	0.1	2.4	0.0	0.3	Tomaten, passiert
Tomatenmark	6.0	7.0	41	1.6	0.2	2.4	0.0	0.4	Tomatenmark
Tomatensaft	3.6	3.8	20	0.8	0.1	0.4	0.0	0.2	Tomatensaft
Tomatensauce	4.0	7.1	40	1.2	0.4	1.6	0.0	0.4	Tomatensauce
Tomatensuppe	3.5	7.0	34	0.7	0.3	0.5	0.0	0.3	Tomatensuppe
Tonic Water	9.0	9.0	36	0.0	0.0	0.0	0.0	0.4	Tonic Water
Topinambur	10.0	17.0	79	2.0	0.0	1.6	0.0	0.8	Topinambur
Tortellini	1.0	45.0	305	14.0	7.2	2.0	0.0	3.0	Tortellini
Tortenguss	0.0	77.0	311	0.2	0.2	0.0	0.0	3.1	Tortenguss
Tortilla	0.0	46.0	226	7.0	1.0	2.4	0.0	2.3	Tortilla
Traubenkernöl	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Traubenkernöl
Traubensaft	17.0	17.0	68	0.0	0.0	0.0	0.0	0.7	Traubensaft
Traubenzucker	100.0	100.0	400	0.0	0.0	0.0	0.0	4.0	Traubenzucker
Trinkschokolade	13.4	14.7	100	2.5	3.5	0.0	0.0	1.0	Trinkschokolade
Trinkwasser	0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	Trinkwasser
Trockenhefe	0.0	31.0	313	35.0	1.0	20.0	0.0	3.1	Trockenhefe
Trüffel	1.0	8.0	68	8.0	0.5	0.0	0.0	0.7	Trüffel
Tzatziki	1.0	6.0	101	3.5	7.0	0.0	0.0	1.0	Tzatziki
Vanillepudding gekocht	14.0	20.0	106	3.0	1.5	0.0	0.0	1.1	Vanillepudding gekocht
Vanilleschote	13.0	13.0	53	0.1	0.1	0.0	0.0	0.5	Vanilleschote
Vanillezucker	100.0	100.0	400	0.0	0.0	0.0	0.0	4.0	Vanillezucker
Vollkornbrot	2.0	36.0	208	7.0	2.4	7.0	0.0	2.1	Vollkornbrot
Vollkornbrötchen	2.0	44.0	246	7.0	3.0	7.3	0.0	2.5	Vollkornbrötchen
Vollkornhaferflocken	1.0	55.0	360	13.8	6.8	11.7	0.0	3.6	Vollkornhaferflocken
Vollkornknäckebrot	1.7	65.0	341	9.0	1.6	15.1	0.0	3.4	Vollkornknäckebrot
Vollkornreis roh	2.0	72.0	324	3.0	2.0	3.0	0.0	3.2	Vollkornreis roh
Vollkorntoastbrot	3.0	36.0	221	7.0	3.4	9.0	0.0	2.2	Vollkorntoastbrot
Vollmilchschokolade	53.0	53.0	534	8.0	32.0	1.0	0.0	5.3	Vollmilchschokolade
Wacholderbeeren	1.0	33.0	353	19.0	13.4	12.0	0.0	3.5	Wacholderbeeren
Walnussmehl entölt	7.0	15.0	478	30.0	30.0	14.0	0.0	4.8	Walnussmehl entölt
Walnussöl	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Walnussöl
Walnüsse	5.0	12.4	678	10.3	64.0	5.4	0.0	6.8	Walnüsse
Wassereis	25.0	25.0	100	0.0	0.0	0.0	0.0	1.0	Wassereis
Wassermelone	6.0	6.0	28	0.8	0.0	0.4	0.0	0.3	Wassermelone
Weinbrand/Cognac (40%)	0.0	0.0	227	0.0	0.0	0.0	32.0	2.3	Weinbrand/Cognac (40%)
Weingeist/Sprit (95%)	0.0	0.0	540	0.0	0.0	0.0	76.0	5.4	Weingeist/Sprit (95%)
Weinsauerkraut	1.7	1.9	22	1.5	0.5	2.0	0.0	0.2	Weinsauerkraut
Weinschorle	2.0	2.0	45	0.0	0.0	0.0	5.2	0.4	Weinschorle
Weintrauben	14.0	14.0	71	1.0	1.0	1.0	0.0	0.7	Weintrauben
Weizenbier alkoholfrei	3.6	5.3	24	0.4	0.1	0.0	0.0	0.2	Weizenbier alkoholfrei
Weizengras Pulver	0.0	2.3	171	14.7	1.4	45.0	0.0	1.7	Weizengras Pulver
Weizengrieß	0.8	66.0	322	9.0	1.0	6.4	0.0	3.2	Weizengrieß
Weizenkeimöl	0.0	0.0	900	0.0	100.0	0.0	0.0	9.0	Weizenkeimöl
Weizenkleie	2.0	12.0	256	18.3	4.0	49.4	0.0	2.6	Weizenkleie
Weizenknäckebrot	3.0	74.0	367	11.0	1.7	5.8	0.0	3.7	Weizenknäckebrot
Weizenkorn	0.0	0.0	216	0.0	0.0	0.0	30.4	2.2	Weizenkorn
Weizenmehl 405	1.0	70.9	343	10.8	1.0	3.5	0.0	3.4	Weizenmehl 405
Weizenstärke	0.0	88.0	366	0.8	1.0	0.8	0.0	3.7	Weizenstärke
Weizenvollkornmehl	0.7	63.4	322	8.8	1.6	9.5	0.0	3.2	Weizenvollkornmehl
Weißbier Weizenbier	3.0	5.0	47	0.0	0.0	0.0	3.8	0.5	Weißbier Weizenbier
Weißbrot	2.0	52.0	251	5.0	1.9	3.0	0.0	2.5	Weißbrot

Lebensmittel 100g/ml	Zucker	Kohlenhydrate\ incl.Zucker	Kalorien\ in kcal	Eiweiß	Fett	Ballast-\ stoffe	Alkohol	Energie-\ dichte	Details
Weiße Bohnen roh	4.0	16.0	96	5.5	0.3	3.5	0.0	1.0	Weiße Bohnen roh
Weiße Schokolade	65.0	65.0	546	4.0	30.0	0.0	0.0	5.5	Weiße Schokolade
Weißkohl	5.0	5.0	30	1.0	0.0	3.0	0.0	0.3	Weißkohl
Weißwein	4.0	4.0	88	0.0	0.0	0.0	10.2	0.9	Weißwein
Weißweinessig	0.1	1.0	5	0.2	0.0	0.0	0.0	0.0	Weißweinessig
Weißweinschorle	2.0	2.0	44	0.0	0.0	0.0	5.1	0.4	Weißweinschorle
Weißwurst	0.0	0.0	265	10.0	25.0	0.0	0.0	2.6	Weißwurst
Welsfilet	0.0	0.0	183	18.7	12.0	0.0	0.0	1.8	Welsfilet
Weltmeisterbrot	3.0	36.0	232	8.0	5.0	5.5	0.0	2.3	Weltmeisterbrot
Whey Protein natur	0.0	0.0	364	85.0	2.7	0.0	0.0	3.6	Whey Protein natur
Whisky (40% Vol.)	0.0	0.0	227	0.0	0.0	0.0	32.0	2.3	Whisky (40% Vol.)
Wiener Schnitzel gebr.	0.0	13.0	233	20.0	11.0	1.2	0.0	2.3	Wiener Schnitzel gebr.
Wiener Würstchen	0.0	0.2	243	11.1	22.0	0.0	0.0	2.4	Wiener Würstchen
Wildente	0.0	0.0	122	11.0	8.7	0.0	0.0	1.2	Wildente
Wildlachs	0.0	0.0	99	18.0	3.0	0.0	0.0	1.0	Wildlachs
Wildreis gekocht	0.6	27.0	138	5.4	0.5	2.1	0.0	1.4	Wildreis gekocht
Wildreis gemischt roh	0.0	77.0	370	9.0	2.0	4.0	0.0	3.7	Wildreis gemischt roh
Wildreis roh	2.0	73.0	369	14.0	1.0	6.0	0.0	3.7	Wildreis roh
Wildschwein	0.0	0.0	147	21.0	7.0	0.0	0.0	1.5	Wildschwein
Windbeutel	4.2	27.0	294	5.0	18.4	0.4	0.0	2.9	Windbeutel
Wirsing	2.0	2.0	23	2.0	0.1	3.0	0.0	0.2	Wirsing
Wodka (40% Vol.)	0.0	0.0	227	0.0	0.0	0.0	32.0	2.3	Wodka (40% Vol.)
Wurstsalat	0.8	3.4	298	2.6	30.4	0.0	0.0	3.0	Wurstsalat
Xylit	0.0	100.0	240	0.0	0.0	0.0	0.0	2.4	Xylit
Zander	0.0	0.0	89	20.0	1.0	0.0	0.0	0.9	Zander
Zartbitterschokolade 50%	45.0	45.0	498	7.0	30.0	10.0	0.0	5.0	Zartbitterschokolade 50%
Zartbitterschokolade 75%	28.0	28.0	523	8.5	41.0	4.0	0.0	5.2	Zartbitterschokolade 75%
Zartbitterschokolade 85%	13.0	19.0	574	10.0	50.0	4.0	0.0	5.7	Zartbitterschokolade 85%
Zartbitterschokolade 90%	7.0	14.0	601	10.0	55.0	5.0	0.0	6.0	Zartbitterschokolade 90%
Ziegenfrischkäse	3.5	3.5	164	9.0	12.7	0.0	0.0	1.6	Ziegenfrischkäse
Ziegenkäse	0.0	0.0	324	22.4	26.0	0.0	0.0	3.2	Ziegenkäse
Zimt	2.2	30.0	253	4.0	1.2	53.0	0.0	2.5	Zimt
Zitrone	3.0	3.0	33	1.4	0.6	5.0	0.0	0.3	Zitrone
Zitronengras	3.0	25.3	116	1.5	0.5	1.9	0.0	1.2	Zitronengras
Zitronensaft	1.7	2.4	13	0.3	0.2	0.4	0.0	0.1	Zitronensaft
Zucchini	2.0	2.0	22	3.0	0.0	1.0	0.0	0.2	Zucchini
Zucker	100.0	100.0	400	0.0	0.0	0.0	0.0	4.0	Zucker
Zuckerrübensirup	79.0	81.0	329	1.0	0.1	0.0	0.0	3.3	Zuckerrübensirup
Zuckerschoten	8.0	9.0	63	4.0	1.0	1.0	0.0	0.6	Zuckerschoten
Zwieback	12.0	72.0	423	10.0	10.0	2.4	0.0	4.2	Zwieback
Zwiebel	4.0	6.0	33	1.0	0.0	2.3	0.0	0.3	Zwiebel
Zwiebelkuchen	1.0	12.0	199	6.9	13.4	1.4	0.0	2.0	Zwiebelkuchen
Zwiebelmettwurst	0.0	0.0	285	15.0	25.0	0.0	0.0	2.9	Zwiebelmettwurst

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Last update: **2026/08/12 19:23**