

<http://via-alia.at/rN3.pdf>

*Relative Nährwerttabelle - Liste 3
alphabetisch sortiert nach Lebensmittel*

Elfriede Grund

Abkürzungen der Überschrift

<i>Energie:</i>	<i>Vitamine:</i>	<i>Mineralstoffe und Spurenelemente</i>
<i>kc: Kilokalorien</i>	<i>A: Vitamin A (Retinol-Äquivalent)</i>	<i>Na: Natrium</i>
<i>KH: Kohlehydrate</i>	<i>E: Vitamin E (Tocopherol-Äquivalent)</i>	<i>Ka: Kalium</i>
<i>Pr: Protein (Eiweiß)</i>	<i>C: Vitamin C (Ascorbinsäure)</i>	<i>Ca: Kalzium</i>
<i>Ft: Fett</i>	<i>K: Vitamin K (Phyllochinon)</i>	<i>Mg: Magnesium</i>
<i>gFS: gesättigte Fettsäuren</i>	<i>B1: Vitamin B1 (Thiamin)</i>	<i>Fe: Eisen</i>
<i>Ω6: Omega-6-Fettsäuren (Linolsäure)</i>	<i>B2: Vitamin B2 (Riboflavin)</i>	<i>Jod: Jodid</i>
<i>Ω3: Omega-3-Fettsäuren (Linolensäure)</i>	<i>Nia: Niacin (Äquivalent) Vitamin B3</i>	<i>Zn: Zink</i>
<i>muFS: mehrfach ungesättigte Fettsäuren</i>	<i>Pan: Pantothensäure (Vitamin B5)</i>	<i>Cu: Kupfer</i>
<i>euFS: einfach ungesättigte Fettsäuren</i>	<i>B6: Vitamin B6 (Pyridoxin)</i>	<i>Mn: Mangan</i>
<i>Bal: Ballaststoffe</i>	<i>Biot: Biotin (Vitamin B7, Vitamin H)</i>	<i>Se: Selen</i>
	<i>Fol: Folsäure (Äquivalent, Vitamin B9)</i>	
	<i>B12: Vitamin B12 (Cobalamin)</i>	

Erklärung Datenzeilen

Die erste Spalte (rot) ist der Relative Nährwertindex für das Lebensmittel.

Die zweite Spalte enthält die Bezeichnung des Lebensmittels.

Die dritte Spalte enthält die Kilokalorien pro 100g

Die folgenden Spalten enthalten den relativen Nährwert der Nährstoffe lt. Überschrift.

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alphabetisch sortiert nach Lebensmittel

rNI	kc / 100g	Energie									Vitamine											Mineralstoffe und Spurenelemente											
		KH	Pr	Ft	gFs	O6	O3	muFs	euFs	Bal	A	E	C	K	B1	B2	Nia	Pan	B6	Biot	Fol	B12	Na	Ka	Ca	Mg	Fe	Jod	Zn	Cu	Mn	Se	
2	Aal	281	0	1	2	1	1	6	3	10	0	8	4	0	2	1	1	2	0	1	1	0	6	0	0	0	0	0	2	0	0	3	
78	Acerola	18	1	0	0	0	1	1	1	1	7	3	3	1855	17	2	2	3	6	3	7	3	0	0	2	1	3	2	1	5	10	1	0
0	Agavendicksaft	310	2	0	0	0	0	0	0	0	0	0	0	1	2	1	0	0	0	1	0	1	0	0	0	0	0	0	0	0	0	0	
1	Ahornsirup	274	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	4	0	7	0
24	Algen	37	0	4	0	0	1	1	1	0	1	4	0	0	249	11	6	9	3	1	0	32	216	4	2	4	14	10	15	7	9	8	0
2	Amaranth	374	1	1	1	0	3	0	2	1	2	0	0	0	0	4	0	1	1	1	0	1	0	0	1	1	4	4	0	2	5	4	5
1	Ananas	57	2	0	0	0	0	1	0	0	1	0	0	7	0	3	0	1	1	2	0	0	0	0	2	1	2	1	0	1	2	3	0
1	Apfel	57	2	0	0	0	0	0	1	0	2	0	1	4	2	1	0	1	1	2	3	1	0	0	1	0	0	1	0	0	2	0	0
1	Apfelmus	62	2	0	0	0	0	0	0	0	2	0	1	1	0	0	0	0	0	1	0	0	0	0	1	0	1	10	0	0	4	0	0
1	Apfelsaft	51	2	0	0	0	1	1	1	0	0	0	1	1	1	1	0	1	0	2	1	0	0	0	1	0	0	1	0	1	3	1	0
6	Artischocke	33	1	2	0	0	0	1	1	0	22	1	1	5	23	8	0	5	3	4	5	14	0	2	5	3	4	7	1	4	16	7	0
13	Austern	72	1	3	1	0	0	4	2	1	0	3	2	0	0	4	2	6	1	5	6	1	163	4	1	2	3	9	9	72	20	1	11
7	Austernpilz	26	1	3	0	0	1	5	1	0	13	0	0	0	0	12	8	52	4	5	28	12	3	0	6	1	3	8	1	8	9	3	3
2	Avocado	202	0	0	3	1	2	1	3	15	2	0	1	1	3	1	0	1	2	3	2	1	0	0	1	0	1	0	0	1	2	0	0
0	Baguette	266	2	1	0	0	0	0	1	0	1	0	0	0	1	1	0	1	0	0	0	1	0	3	0	0	0	1	0	1	1	1	0
1	Banane	92	2	0	0	0	0	0	0	0	1	0	0	2	0	1	0	1	1	6	3	1	0	0	2	0	2	1	0	0	2	2	0
1	Banane getrocknet	305	2	0	0	0	0	0	0	0	2	0	0	2	1	1	0	1	1	4	2	1	0	0	2	0	2	1	0	0	2	2	0
11	Bärlauch	22	1	1	0	0	2	1	1	0	6	20	2	136	0	11	2	7	2	13	2	5	0	1	8	7	5	21	1	3	6	8	0
2	Barsch	81	0	6	0	0	0	2	1	0	0	0	3	0	0	2	1	6	1	4	2	1	10	1	2	2	2	1	1	2	1	0	11
6	Basilikum	43	1	2	0	0	2	6	2	0	5	34	4	9	0	2	3	4	2	6	2	8	0	0	5	14	5	24	0	4	8	7	0
2	Bierschinken	176	0	2	2	1	1	1	4	5	0	0	0	2	3	7	0	5	1	3	1	0	5	5	1	0	1	1	0	2	1	0	0
10	Birkenpilz	25	0	4	1	0	1	15	3	0	18	0	1	6	18	7	12	30	33	3	27	7	0	0	7	0	2	10	5	5	19	17	10
1	Birne	59	2	0	0	0	1	0	0	0	4	0	1	2	3	1	0	1	0	1	0	2	0	0	1	0	1	1	0	0	2	1	0
11	Blaukraut (Rotkohl)	23	1	2	0	0	1	2	1	0	8	0	12	44	137	6	1	3	5	10	4	12	0	0	6	3	4	4	3	2	3	3	1
1	Blauschimmelkäse 50%	358	0	2	2	3	1	1	1	6	0	2	0	0	1	0	1	2	2	0	0	1	3	4	0	3	0	0	0	3	0	0	0
8	Bleichsellerie (Stangensellerie)	16	1	2	0	0	0	4	2	0	10	38	2	7	49	5	3	5	8	8	2	6	0	10	10	9	4	3	0	2	6	4	1
1	Blutwurst	354	0	1	2	2	3	1	2	10	0	0	0	0	1	0	0	0	0	1	0	0	2	2	0	0	0	6	0	0	1	0	0
2	Bohnen braun Pintobohnen getrocknet	347	1	2	0	0	0	2	0	0	4	0	0	0	0	4	0	0	1	2	1	10	0	0	2	1	3	2	0	2	3	2	0
2	Bohnen getrocknet	290	1	2	0	0	0	3	1	0	4	0	0	0	0	3	0	3	1	2	2	4	0	0	3	1	4	4	0	2	4	3	1
2	Bohnen rot Kidneybohnen getrocknet	313	1	2	0	0	0	2	1	0	5	0	0	0	2	3	0	3	1	2	2	4	0	0	2	1	2	4	0	2	4	2	0
1	Bohnen weiß gegart	124	1	2	0	0	0	3	1	0	2	1	0	0	0	2	0	3	1	2	1	2	0	0	2	1	2	3	0	2	3	3	0
3	Bohnen weiß getrocknet	270	1	2	0	0	0	3	1	0	5	0	1	2	11	3	1	3	2	3	3	5	0	0	3	1	3	4	0	2	4	5	1

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		KH	Pr	Ft	gFs	O6	O3	muFs	euFs	Bal	A	E	C	K	B1	B2	Nia	Pan	B6	Biot	Fol	B12	Na	Ka	Ca	Mg	Fe	Jod	Zn	Cu	Mn	Se	
4	Bohnenkraut frisch	49	1	1	1	0	2	6	3	0	4	4	0	4	0	22	0	3	0	0	0	0	0	2	14	7	20	0	3	5	10	0	
3	Bohnenkraut getrocknet	298	1	1	1	0	2	6	3	0	3	4	0	4	0	2	0	3	0	0	0	0	0	2	14	7	20	0	3	5	10	0	
3	Brasse	109	0	4	1	1	0	9	2	2	0	0	3	0	2	0	8	2	4	2	1	11	1	2	1	2	1	6	1	2	0	13	
12	Brennnessel	44	0	4	0	0	1	5	2	0	5	27	3	146	0	8	2	8	2	5	1	5	0	2	5	32	10	15	1	5	9	16	0
13	Brokkoli	29	1	3	0	0	0	5	1	0	7	9	4	72	116	6	4	7	13	12	5	18	0	1	5	5	4	5	6	4	4	7	3
3	Brombeere	41	1	1	1	0	3	8	4	1	7	2	3	8	11	1	1	1	2	2	0	6	0	0	2	2	4	3	0	1	4	13	0
2	Brotgewürzmischung	355	1	1	1	0	2	0	2	7	3	0	0	0	9	2	1	1	0	1	1	0	0	2	5	4	11	0	3	5	3	0	
1	Brühwürfel	149	1	4	1	1	0	1	0	3	0	0	0	0	2	1	4	0	0	0	0	0	224	2	3	2	2	0	0	8	0	0	
28	Brunnenkresse	18	1	2	1	0	1	6	2	0	4	80	9	63	418	10	5	6	2	12	1	9	0	2	8	18	8	21	1	2	11	14	2
1	Buchweizen Korn geschält	340	2	1	0	0	0	0	0	1	0	0	0	1	1	0	2	1	3	1	1	0	0	1	0	2	2	0	2	4	0	1	
0	Butter	746	0	0	3	4	1	1	1	8	0	2	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Butterkäse 60%	380	0	1	2	3	1	2	1	7	0	2	0	0	3	0	1	1	1	0	0	4	3	0	4	0	0	1	3	0	0	0	
2	Buttermilch	37	1	2	0	0	0	0	0	1	0	1	0	0	0	2	3	2	3	5	2	1	4	2	2	6	2	0	2	3	0	0	1
12	Butterpilz	17	0	3	1	0	1	13	3	0	21	0	1	10	28	11	22	49	25	4	40	10	0	6	3	2	12	7	7	29	2	9	
1	Camembert 45%	286	0	2	2	2	0	1	1	5	0	3	0	0	2	0	1	2	1	1	1	1	7	3	0	4	0	0	3	0	0	0	
2	Cashewkerne / Cashewnuss	577	0	1	2	1	4	0	3	11	0	0	1	0	2	2	0	2	1	1	1	1	0	0	1	0	2	1	0	2	8	1	1
11	Champignon	19	0	4	0	0	1	9	2	0	7	0	1	4	23	9	15	41	36	5	37	9	0	1	10	1	4	10	11	6	30	2	13
2	Chiasamen	474	0	1	2	0	4	54	12	1	5	0	0	0	0	2	0	3	1	1	0	1	0	0	0	2	4	3	0	2	3	3	4
25	Chicorée	17	1	2	0	0	1	2	1	0	6	73	1	9	440	6	1	3	5	4	13	18	0	0	6	3	4	6	1	2	9	9	0
6	Chilischote	40	2	1	0	0	0	0	0	3	3	3	70	11	3	1	5	2	19	0	4	0	0	4	1	3	4	0	2	5	3	0	
14	Chinakohl	14	1	2	0	0	1	9	2	0	9	11	2	36	176	4	2	4	5	13	3	31	0	2	5	6	4	7	0	5	7	7	1
2	Clementine	45	2	0	0	0	1	1	0	0	3	2	1	17	2	3	0	1	1	2	1	2	0	0	2	1	1	1	0	1	3	1	0
2	Cranberry (Moosbeere)	45	1	0	0	0	2	5	1	0	6	0	3	5	2	1	0	0	2	2	2	0	0	0	1	1	1	2	1	2	3	16	0
2	Currypulver	319	1	1	1	0	2	2	2	2	2	3	0	1	2	1	1	3	0	1	0	1	0	8	3	2	3	15	0	3	2	12	0
1	Datteln getrocknet	285	2	0	0	0	0	0	0	2	0	0	0	1	0	0	1	1	1	1	1	0	0	1	0	1	1	0	0	2	0	0	
1	Debreziner (Brühwurst)	331	0	1	2	2	3	1	2	11	0	0	0	1	1	2	0	2	0	1	0	0	5	3	0	0	0	1	0	1	0	0	0
7	Dill	57	1	2	0	0	1	4	2	0	5	39	5	23	0	6	8	8	2	8	2	6	0	1	6	8	3	15	1	7	6	27	0
1	Dinkel Korn	335	1	1	0	0	0	0	1	0	2	0	0	0	0	1	0	3	1	1	1	1	0	0	1	0	2	2	0	2	2	7	1
1	Dinkel Vollkornmehl	341	2	1	0	0	1	0	1	0	2	0	1	0	0	2	0	1	1	1	1	1	0	0	1	0	2	2	0	2	2	5	0
1	Dinkelmehl Typ 630	349	2	1	0	0	0	0	0	1	0	0	0	0	2	0	2	1	1	1	1	0	0	0	0	0	0	1	0	1	0	2	0
1	Distelöl (Safflöröl)	893	0	0	3	1	26	1	21	3	0	0	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2	Dorade (Goldbrasse)	124	0	4	1	1	0	0	3	2	0	0	2	0	0	2	0	9	2	4	2	1	13	1	1	1	1	1	4	1	3	0	0

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rNI	kc / 100g	Energie									Vitamine												Mineralstoffe und Spurenelemente											
		KH	Pr	Ft	gFs	O6	O3	muFs	euFs	Bal	A	E	C	K	B1	B2	Nia	Pan	B6	Biot	Fol	B12	Na	Ka	Ca	Mg	Fe	Jod	Zn	Cu	Mn	Se		
3	Dorschleber in Öl	707	0	0	3	1	1	1	5	15	0	43	2	0	0	0	0	0	0	0	2	7	1	0	0	0	0	10	0	1	0	0		
2	Edamame gekocht (grüne Sojabohne)	141	1	2	1	0	0	0	5	2	2	0	0	2	0	3	1	1	0	1	0	5	0	0	2	2	2	3	0	2	1	2	0	
1	Edamer 30%	253	0	3	2	2	0	1	0	4	0	2	0	0	2	0	1	2	1	0	0	1	6	3	0	7	1	0	1	4	0	0	0	
1	Edamer 45%	355	0	2	2	3	0	1	1	5	0	2	0	0	3	0	1	2	0	0	0	0	5	1	0	4	0	0	1	3	0	0	0	
1	Edelkastanien (Maronen)	203	2	0	0	0	1	0	1	1	3	0	1	3	0	2	1	1	1	1	3	0	1	0	0	2	0	1	1	0	1	2	2	0
1	Edelpilzkäse 60%	355	0	1	2	3	0	1	1	5	0	2	0	0	0	0	1	0	2	1	0	1	1	3	0	3	1	0	0	3	1	0	0	
13	Eisbergsalat	14	1	2	0	0	1	8	2	0	6	62	6	9	154	8	1	3	1	5	3	23	0	1	6	3	3	5	2	3	3	6	0	
1	Emmentaler 45% Tr.	384	0	2	2	3	0	1	1	5	0	2	0	0	1	0	0	2	0	0	0	0	6	1	0	6	1	0	1	3	3	0	0	
26	Endivie	16	1	3	0	0	2	1	2	0	8	33	8	11	441	7	3	6	19	4	2	47	0	3	9	7	4	13	3	7	6	6	2	
1	Ente, Fleisch mit Haut	226	0	2	2	1	3	1	2	10	0	0	0	0	0	2	1	4	1	2	1	0	3	0	1	0	0	2	0	2	2	0	0	
2	Erbsen getrocknet (Spalterbsen)	288	1	2	0	0	0	0	0	0	4	0	1	1	10	5	1	4	2	1	3	3	0	0	2	0	2	3	1	1	0	0	0	
3	Erbsen grün tiefgekühlt	90	1	2	0	0	1	0	1	0	4	2	0	4	11	6	1	6	3	3	3	4	0	0	2	1	2	3	1	2	7	4	1	
4	Erdbeere	33	1	1	0	0	1	4	2	1	4	0	0	37	10	2	1	3	3	3	5	7	0	0	2	1	2	4	1	2	4	5	0	
2	Erdnüsse	577	0	1	2	1	7	1	6	10	1	0	3	0	0	2	0	4	1	1	3	2	0	0	1	0	2	1	0	1	2	2	0	
2	Erdnüsse geröstet und gesalzen	588	0	1	2	1	7	1	6	10	1	0	2	0	0	1	0	5	1	1	3	1	0	1	1	0	2	1	0	1	2	2	0	
1	Erdnussöl	893	0	0	3	1	8	1	7	15	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1	Essig (Apfelessig)	20	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	2	5	4	1	2	3	7	0	
3	Estragon	55	1	1	1	0	2	6	3	0	6	3	3	1	0	5	3	6	1	5	2	6	0	0	4	6	5	16	0	3	3	5	0	
1	Feigen getrocknet	262	2	0	0	0	0	0	1	0	3	0	1	0	2	1	0	1	0	1	0	0	0	0	2	1	1	2	0	1	2	1	0	
14	Fenchel Knolle	24	1	1	0	0	1	2	1	0	7	38	20	43	155	5	3	4	3	4	5	15	0	2	9	5	5	12	1	2	3	4	1	
1	Feta	236	0	2	2	3	1	2	1	5	0	2	0	0	4	0	1	2	1	1	0	1	7	7	0	4	1	0	1	2	1	0	0	
5	Fisolen (grüne Bohnen tiefgefroren)	31	1	2	0	0	1	4	0	0	5	4	1	9	24	4	3	3	6	13	11	7	0	0	4	4	4	4	1	3	4	7	0	
5	Fisolen (grüne Bohnen)	33	1	2	0	0	0	3	1	0	4	4	1	12	33	4	2	3	5	12	9	11	0	0	4	4	4	4	1	2	4	5	1	
1	Fleischwurst (Pariser)	284	0	1	2	2	3	1	3	11	0	0	0	2	2	3	0	3	1	2	0	0	4	5	0	0	0	1	0	1	0	0	0	
11	Flohsamenschalen	20	1	2	1	0	0	0	0	0	284	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
5	Flusskrebs	68	0	5	0	0	0	1	1	0	0	0	0	1	0	4	1	7	2	46	4	2	28	5	2	1	2	5	1	4	10	1	0	
3	Forelle	128	0	4	1	0	1	8	5	4	0	0	2	1	2	1	0	4	4	3	2	0	28	1	2	0	1	1	0	1	2	0	6	
1	Frankfurter Würstchen (Wiener Würstchen)	279	0	1	2	2	3	1	2	10	0	0	0	2	1	2	0	3	0	2	0	0	3	4	0	0	0	1	0	1	0	0	0	
1	Frischkäse 60% mit Kräutern	250	0	1	2	3	1	2	1	7	0	2	0	0	4	0	1	1	1	0	1	0	3	2	0	1	0	0	0	0	0	0	0	
5	Früchtetee Getränk	1	2	0	0	0	0	0	0	0	0	0	0	0	0	18	3	0	4	0	0	7	0	1	5	4	5	13	0	9	24	25	0	
1	Frühstückserealien	351	1	1	1	0	2	0	2	3	2	0	1	0	3	2	0	2	1	1	2	1	0	0	1	0	2	2	0	2	2	5	0	

Relative Nährwerttabelle - Liste 3

alphabetisch sortiert nach Lebensmittel

rNI	kc / 100g	Energie									Vitamine											Mineralstoffe und Spurenelemente												
		KH	Pr	Ft	gFs	O6	O3	muFs	euFs	Bal	A	E	C	K	B1	B2	Nia	Pan	B6	Biot	Fol	B12	Na	Ka	Ca	Mg	Fe	Jod	Zn	Cu	Mn	Se		
4	Garnele (Nordseegarnele)	89	0	5	0	0	0	3	1	1	0	0	5	0	0	1	0	7	0	2	0	1	15	2	1	2	4	2	12	6	20	0	17	
26	Gartenkresse	35	1	3	1	0	1	12	3	1	6	23	3	35	471	7	4	10	2	12	1	19	0	0	8	10	6	11	1	1	7	7	1	
0	Gemüsebrühe Brühwürfel	300	0	0	2	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0	Gemüsebrühe gekörnt	221	1	1	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1	Gerste Graupen	340	2	1	0	0	1	0	0	1	0	0	0	0	0	0	2	0	1	1	0	0	0	0	0	0	1	1	0	1	2	2	3	
10	Gerstengraspulver	349	1	2	0	0	0	0	0	9	24	4	12	88	2	14	3	1	5	15	22	0	0	0	4	2	14	7	2	2	11	9		
2	Getreidesprossen roh	71	1	1	0	0	1	0	1	0	2	0	1	0	2	3	0	6	1	2	1	1	0	0	1	0	4	2	0	3	3	6	0	
3	Gewürzgurken (Sauerkonserve, abgetropft)	19	1	1	0	0	1	3	1	0	3	6	1	2	19	1	1	1	2	1	0	2	0	46	6	3	6	9	2	2	9	6	0	
1	Gewürznelken	414	1	0	1	1	2	0	2	4	2	0	0	0	0	0	1	0	0	0	0	0	1	1	4	3	2	0	1	2	12	0		
1	Gouda 40%	300	0	2	2	3	0	1	1	5	0	2	0	0	0	0	1	1	0	0	0	1	5	4	0	6	1	0	0	3	0	0	1	
1	Grahambrot	209	2	1	0	0	1	0	1	0	2	0	0	0	3	2	0	3	1	1	1	1	0	3	1	0	1	1	0	2	3	6	0	
1	Granatapfel	79	2	0	0	0	1	1	1	0	2	0	1	2	3	1	0	1	2	2	1	1	0	0	1	0	0	1	0	1	3	1	0	
2	Grapefruit	43	1	1	0	0	0	0	0	2	0	1	20	2	2	0	1	2	1	0	2	0	0	2	1	1	1	0	1	1	0	0		
1	Graubrot (Weizenmischbrot)	227	2	1	0	0	0	0	0	1	0	0	0	3	1	0	1	1	1	1	1	1	0	3	0	0	1	1	0	1	2	3	0	
17	Grünkohl (Braunkohl)	41	1	3	1	0	2	10	3	0	7	63	6	51	188	4	4	8	8	9	1	20	0	1	6	10	4	7	3	2	2	8	1	
5	Gurke	13	1	2	0	0	1	4	2	0	3	11	1	13	32	3	2	2	6	5	3	8	0	1	7	2	3	3	3	3	4	4	1	
1	Haferflocken	365	1	1	0	0	2	0	2	2	2	0	0	0	4	3	0	1	1	1	3	1	0	0	1	0	2	2	0	2	2	7	2	
14	Hagebutte	101	1	1	0	0	1	2	1	0	10	13	1	248	16	1	0	2	1	1	1	3	0	1	2	4	4	1	0	2	29	7	0	
1	Hähnchen, Fleisch mit Haut	166	0	3	2	1	4	1	4	5	0	1	1	0	0	1	1	10	2	4	1	0	2	1	1	0	1	1	1	1	0	0	1	
2	Hähnchenbrust	148	0	4	1	1	4	1	4	3	0	0	1	0	0	1	0	11	2	4	1	0	2	1	1	0	1	1	0	2	2	0	2	
1	Hammel / Lamm, Kotelett	282	0	1	2	2	1	2	1	9	0	0	0	0	0	1	0	2	1	1	1	0	8	0	1	0	0	1	0	3	1	0	0	
1	Hanfsamenöl	897	0	0	3	1	20	32	22	3	0	2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1	Hartweizen Korn	339	2	1	0	0	0	0	1	0	1	0	0	0	0	2	0	3	1	2	0	1	0	0	1	0	2	2	0	3	3	0	8	
0	Hartweizengrieß	351	2	1	0	0	0	0	0	1	0	0	0	0	1	0	1	0	0	0	0	0	0	0	0	0	1	1	0	2	0	0	0	
2	Haselnusskerne	655	0	0	3	0	4	0	3	18	1	0	6	0	0	1	0	0	1	1	1	1	0	0	0	1	1	1	0	1	3	5	0	
20	Häuptlsalat (Kopfsalat)	11	1	3	0	0	1	8	2	0	8	38	8	24	305	10	5	4	3	8	8	36	0	1	8	4	4	4	2	8	7	9	2	
1	Haushaltsschokolade	477	1	0	1	2	0	0	0	4	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	1	3	1	0
0	Haushaltsszucker	400	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
2	Hecht	82	0	6	0	0	0	3	1	1	0	0	2	1	0	2	0	5	1	3	1	0	20	1	2	1	2	1	1	2	1	0	8	
11	Hefe Bäckerhefe	81	0	5	0	0	2	0	2	1	6	0	0	0	0	27	18	28	14	13	26	79	0	0	4	1	3	8	0	10	32	2	0	
15	Hefe Bierhefe	284	0	4	0	0	2	0	1	1	2	0	54	0	0	80	9	13	9	23	3	74	56	0	2	0	4	10	0	7	19	1	0	

Relative Nährwerttabelle - Liste 3

alphabetisch sortiert nach Lebensmittel

rNI	kc / 100g	Energie									Vitamine											Mineralstoffe und Spurenelemente											
		KH	Pr	Ft	gFs	O6	O3	muFs	euFs	Bal	A	E	C	K	B1	B2	Nia	Pan	B6	Biot	Fol	B12	Na	Ka	Ca	Mg	Fe	Jod	Zn	Cu	Mn	Se	
10	Hefe Trockenbackhefe	300	1	3	0	0	1	0	1	0	5	0	0	0	0	14	10	21	12	10	30	89	0	0	3	1	4	11	0	6	27	1	0
3	Heidelbeeren	43	1	1	0	0	2	5	2	1	8	0	8	11	8	1	0	1	1	2	1	1	0	0	1	1	0	3	0	1	3	32	0
2	Heilbutt (gefroren)	97	0	5	0	0	0	1	1	1	0	1	1	0	0	1	0	13	1	5	1	1	8	1	1	0	2	1	5	1	2	0	0
1	Heilbutt, schwarzer	152	0	2	2	1	0	4	2	11	0	0	1	0	0	1	0	4	1	4	1	1	5	1	1	0	1	0	2	1	1	0	0
2	Heilbutt, weißer	115	0	4	1	0	0	7	2	7	0	1	1	0	0	1	0	8	1	5	1	1	7	1	2	0	1	1	4	1	1	0	0
3	Hering (Filet)	207	0	2	2	1	0	26	5	11	0	0	1	0	0	1	3	2	2	1	0	33	1	1	0	1	1	3	1	1	0	6	
3	Hering mariniert (Bismarckhering)	195	0	2	2	1	0	13	4	9	0	0	1	0	5	0	1	4	1	1	2	0	33	5	0	1	1	1	3	1	1	0	0
3	Himbeere	37	1	1	0	0	1	3	1	0	10	0	4	14	8	1	1	2	3	3	5	5	0	0	3	2	4	4	1	3	5	6	0
2	Hirschfleisch mager	113	0	5	1	1	0	0	0	3	0	0	0	0	0	4	1	0	2	4	0	0	7	1	1	0	1	3	0	7	2	0	0
1	Hirse ganzes Korn geschält	346	2	1	0	0	1	0	1	1	1	0	0	0	0	2	0	1	1	3	0	0	0	0	0	0	3	4	0	2	2	1	0
0	Honig	306	2	0	0	0	0	0	0	0	0	0	0	0	3	0	0	0	0	1	0	0	0	0	0	0	0	1	2	0	0	0	1
3	Honigmelone	55	2	0	0	0	0	0	0	0	1	31	0	9	0	2	0	2	1	2	3	4	0	0	3	0	1	1	0	1	1	0	1
2	Hühnerei	148	0	2	2	1	3	2	3	7	0	4	2	0	5	1	2	2	4	1	8	3	10	1	0	1	0	2	1	2	1	0	2
3	Hühnerei Eigelb	351	0	1	2	2	3	3	3	9	0	6	2	0	13	2	1	2	4	1	6	3	5	0	0	1	0	3	0	3	2	0	2
2	Hühnerei Eiklar	50	0	6	0	0	0	0	0	0	0	0	0	0	1	1	4	9	1	0	6	2	2	5	2	0	1	1	2	0	4	0	3
26	Hühnerleber	135	0	4	1	1	1	1	2	2	0	326	0	4	18	4	12	15	11	9	34	19	146	1	1	0	1	8	0	6	4	1	13
6	Hummer	82	0	5	1	0	0	6	2	1	0	0	3	1	0	3	1	7	10	21	3	1	10	4	1	1	2	2	14	5	14	0	49
1	Hummus	177	1	1	1	0	0	0	3	7	2	0	1	1	1	1	0	0	1	3	0	2	0	2	0	1	1	1	0	1	2	2	0
1	Hüttenkäse Halbfettstufe	103	0	3	1	1	0	1	0	3	0	1	0	0	1	1	2	4	2	1	3	1	13	4	0	2	0	0	2	1	0	0	0
1	Hüttenkäse Magerstufe	81	0	4	0	1	0	0	0	2	0	1	0	0	0	1	2	6	1	1	1	1	11	6	0	2	0	0	1	1	0	0	0
1	Hüttenkäse Viertelfettstufe	90	0	4	1	1	0	1	0	2	0	1	0	0	1	1	2	5	2	1	3	1	9	6	0	2	1	0	1	1	0	0	0
2	Ingwer Pulver	320	2	1	0	0	0	1	1	0	2	0	1	0	0	0	0	3	1	4	0	0	0	0	2	1	3	5	0	3	2	12	5
2	Ingwer Wurzel	61	2	1	0	0	1	1	1	1	2	0	1	2	0	1	0	2	1	4	0	1	0	0	4	1	6	12	1	3	5	10	0
7	Jakobsmuschel	77	1	4	0	0	0	0	1	0	0	1	1	0	0	2	2	7	2	1	1	1	21	4	2	2	3	16	18	6	75	1	0
2	Joghurt 1,5%	48	1	2	1	1	0	0	0	2	0	1	0	1	1	4	2	2	2	1	3	2	7	1	2	5	1	0	1	2	0	0	0
1	Joghurt 1,5% mit Früchten	82	1	1	0	1	0	0	0	1	1	0	0	0	1	1	1	1	1	1	1	2	1	3	1	1	3	1	0	1	1	0	0
1	Joghurt 3,5%	67	0	1	1	2	0	1	1	4	0	1	0	0	1	1	2	1	2	1	3	1	5	1	1	4	1	0	1	2	0	0	1
1	Joghurt 3,5% mit Früchten	100	1	1	1	1	0	1	0	2	1	1	0	0	1	1	1	1	1	1	1	1	2	1	1	2	1	0	1	1	0	0	0
1	Joghurt Schafsmilch 3.8%	68	1	1	1	2	0	1	0	4	0	1	0	0	0	1	2	2	2	1	3	1	5	1	1	4	1	0	1	1	0	0	0
3	Johannisbeere rot	39	1	1	0	0	0	1	1	0	8	0	3	18	8	2	1	1	1	2	3	2	0	0	3	2	2	4	0	1	5	4	1
5	Johannisbeere schwarz	50	1	1	0	0	0	1	1	0	9	1	6	73	12	2	1	1	3	2	2	1	0	0	3	2	2	4	0	1	4	4	1
2	Johannisbeersaft schwarz	114	2	0	0	0	0	0	0	0	0	0	2	18	2	6	2	1	1	1	1	0	0	0	1	1	1	2	0	1	2	2	0

Relative Nährwerttabelle - Liste 3

alphabetisch sortiert nach Lebensmittel

rNI	kc / 100g	Energie									Vitamine											Mineralstoffe und Spurenelemente											
		KH	Pr	Ft	gFs	O6	O3	muFs	euFs	Bal	A	E	C	K	B1	B2	Nia	Pan	B6	Biot	Fol	B12	Na	Ka	Ca	Mg	Fe	Jod	Zn	Cu	Mn	Se	
3	Kabeljau (Dorsch)	76	0	6	0	0	0	5	1	0	0	2	1	1	1	0	4	1	4	1	1	13	1	2	1	2	1	35	1	1	0	11	
4	Kaffe trocken	173	0	1	2	2	8	3	7	1	25	0	2	0	0	1	1	12	0	0	0	1	0	0	5	2	6	16	1	1	28	0	0
9	Kaffee Getränk schwarz	2	1	3	0	0	0	0	0	1	0	0	1	0	1	4	10	45	12	0	1	3	0	1	18	2	16	14	7	2	71	21	0
2	Kakaopulver	340	0	1	2	0	0	0	0	0	6	0	0	0	0	1	1	1	1	0	3	1	0	0	3	1	6	6	0	6	18	4	1
1	Kaki	74	2	0	0	0	0	0	0	0	2	8	1	4	0	0	0	1	1	1	0	1	0	0	1	0	1	0	0	0	0	0	
3	Kalb Kotelett	106	0	5	1	1	0	0	0	2	0	0	0	0	4	2	2	18	5	6	0	1	10	1	2	0	1	3	0	6	2	0	0
3	Kalb mager	96	0	5	0	0	1	0	1	1	0	0	0	0	0	3	2	12	3	7	0	0	17	1	2	0	1	4	0	9	3	0	1
3	Kalb Schulter	107	0	5	1	1	0	0	1	2	0	0	0	0	4	2	2	14	5	6	0	1	15	1	1	0	1	2	0	9	2	0	0
51	Kalbsleber	106	0	4	1	0	1	0	1	1	0	539	0	6	26	5	16	25	25	6	32	15	454	1	1	0	1	12	0	14	84	1	6
4	Kalbsleberwurst	331	0	3	2	2	3	1	3	10	0	40	0	1	4	2	2	4	3	2	1	1	22	3	0	0	0	3	0	2	3	0	0
3	Kardamom	357	1	1	1	0	1	0	0	4	2	0	0	0	0	1	0	1	0	1	1	0	0	0	2	1	3	45	0	2	6	14	0
13	Karfiol (Blumenkohl)	25	1	3	0	0	0	6	1	0	8	0	1	54	185	7	3	4	13	12	3	18	0	1	6	2	3	4	0	3	3	4	1
7	Karotten (Möhre)	33	2	1	0	0	1	0	1	0	7	99	2	3	21	5	1	3	3	8	6	3	0	2	5	2	2	3	2	2	3	3	0
9	Karottensaft	23	2	1	0	0	1	1	1	0	3	77	3	3	67	3	1	3	3	4	8	2	0	7	5	3	3	8	4	4	3	4	1
2	Karpfen	115	0	4	1	1	2	4	2	4	0	1	1	0	0	1	0	4	2	2	3	1	12	0	2	1	2	1	0	2	1	0	8
2	Kartoffel	71	2	1	0	0	0	0	0	0	2	0	0	5	5	2	0	3	2	5	0	2	0	0	3	0	2	1	1	1	2	1	1
3	Kaviar	254	0	3	2	1	0	1	5	3	0	5	6	1	0	0	1	2	2	2	0	0	50	10	0	0	0	1	1	1	1	0	0
5	Kerbel	64	1	2	0	0	1	6	2	0	4	32	7	11	0	3	3	6	1	1	1	1	0	0	5	13	3	4	1	4	2	15	0
3	Kichererbsen gegart	114	1	2	0	0	2	0	1	1	5	0	2	0	34	2	0	2	1	2	1	5	0	0	1	1	3	4	1	3	4	5	1
3	Kichererbsen getrocknet	317	1	1	0	0	2	0	2	1	3	0	1	0	26	3	0	1	1	3	0	7	0	0	1	1	2	3	0	2	2	5	0
1	Kirsche	63	2	0	0	0	0	1	0	0	2	0	0	5	1	1	0	1	1	1	0	5	0	0	2	1	1	1	0	0	3	1	0
2	Kiwi	55	1	0	0	0	1	1	1	0	3	1	1	20	12	1	1	1	1	1	1	3	0	0	3	1	2	2	0	1	3	1	0
1	Knäckebrot	336	2	1	0	0	1	1	0	0	3	0	1	0	4	2	0	1	1	1	1	1	0	2	1	0	1	2	0	2	7	4	1
1	Knacker	298	0	1	3	2	3	1	3	11	0	0	0	1	1	3	0	1	0	1	0	0	3	3	0	0	0	0	0	1	0	0	0
3	Knoblauch	141	2	1	0	0	0	0	0	0	1	0	0	2	37	3	0	1	2	4	0	5	0	0	2	1	1	2	0	1	2	2	3
6	Kohlrabi	26	1	2	0	0	0	2	1	0	5	2	2	49	6	3	1	9	1	5	5	14	0	1	7	4	8	3	0	2	5	3	1
16	Kohlsprossen (Rosenkohl)	36	1	3	0	0	0	5	1	0	8	5	3	62	235	7	2	4	6	12	0	17	0	0	6	2	3	5	0	4	3	4	1
0	Kokosfett	890	0	0	3	6	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
6	Kokosmilch	10	1	1	1	2	0	0	0	1	0	0	0	4	0	0	0	2	2	4	2	7	0	6	14	5	16	2	0	2	64	23	0
4	Kokosnuss (Kopra)	372	0	0	3	5	1	0	0	1	2	0	0	0	0	0	0	0	0	0	0	1	0	0	1	0	1	0	1	15	2	67	
0	Kokosöl	892	0	0	3	5	1	0	0	2	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	Kokosraspel (getrocknet)	639	0	0	3	6	0	0	0	1	2	0	0	0	0	0	0	0	0	0	0	1	0	0	1	0	1	0	1	2	2	1	

Relative Nährwerttabelle - Liste 3

alphabetisch sortiert nach Lebensmittel

rNI	kc / 100g	Energie									Vitamine											Mineralstoffe und Spurenelemente											
		KH	Pr	Ft	gFs	O6	O3	muFs	euFs	Bal	A	E	C	K	B1	B2	Nia	Pan	B6	Biot	Fol	B12	Na	Ka	Ca	Mg	Fe	Jod	Zn	Cu	Mn	Se	
2	Koriander getrocknet	369	1	1	1	0	1	0	1	9	5	0	0	0	1	1	2	0	1	1	0	0	0	2	4	5	7	0	3	4	3	0	
3	Krabben	91	0	5	0	0	0	0	1	1	0	0	6	0	0	1	0	5	1	1	0	0	8	2	1	2	4	3	16	6	5	0	0
5	Kräutertee Getränk	1	2	0	0	0	0	0	0	0	0	0	0	0	18	3	0	4	0	0	7	0	1	5	4	5	13	0	9	24	25	0	
3	Kren (Meerrettich)	63	1	1	0	0	0	3	1	0	6	0	0	27	1	3	1	1	0	4	0	5	0	3	4	3	3	0	5	3	3	1	
7	Kresse	38	0	3	1	0	1	10	3	0	6	21	3	31	0	7	3	10	2	12	1	19	0	0	7	11	6	12	1	1	5	5	0
3	Kreuzkümmel	408	1	1	1	0	4	1	3	7	2	1	0	0	0	3	1	3	0	1	1	0	0	0	2	5	5	27	0	2	5	4	0
2	Kümmel	362	1	1	1	0	3	1	2	5	2	0	0	0	0	2	1	1	0	1	0	0	0	0	2	5	4	7	0	3	5	4	1
1	Kumquat	70	2	0	0	0	0	1	0	0	4	1	1	11	1	2	1	1	1	1	0	1	0	2	1	1	1	1	0	0	2	1	0
3	Kürbis	27	1	1	0	0	0	2	0	0	5	9	6	8	0	3	2	3	5	6	1	9	0	0	6	2	2	5	0	2	5	1	0
2	Kürbiskerne	579	0	1	2	1	10	1	9	7	1	0	1	6	0	1	0	2	0	1	1	1	0	0	1	0	3	2	0	3	2	3	0
1	Kürbiskernöl	893	0	0	3	1	18	1	14	7	0	0	1	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
3	Kurkuma Pulver	345	1	1	1	0	1	1	1	1	2	0	2	1	1	1	0	2	1	0	0	0	0	0	3	1	3	21	0	3	2	21	1
3	Kurkuma Wurzel	69	1	1	1	0	1	1	1	1	2	0	2	1	1	0	0	2	1	0	0	3	0	0	3	1	3	21	0	3	2	21	1
2	Lachs	195	0	3	2	1	1	24	4	7	0	0	1	0	1	2	1	5	2	8	2	0	12	0	1	0	1	1	2	1	1	0	5
2	Lachs geräuchert	206	0	3	2	1	0	0	2	4	0	1	1	0	0	1	1	6	1	4	2	1	13	0	1	0	1	1	2	1	2	0	4
1	Lamm Kotelett	259	0	2	2	2	1	1	1	8	0	0	0	0	0	1	1	3	1	1	0	1	9	0	1	0	0	1	0	3	1	0	0
2	Languste (Scampi)	84	0	5	0	0	0	3	2	0	0	1	0	0	0	0	1	8	6	4	3	1	5	3	3	2	1	2	7	6	7	0	0
0	Laugengebäck	291	2	1	0	0	1	0	1	1	1	0	0	0	1	1	0	1	0	0	0	0	0	6	0	0	0	1	0	1	1	2	0
1	Leberkäse (Fleischkäse)	302	0	1	2	2	3	1	3	10	0	0	0	2	1	3	0	1	0	1	0	0	3	2	0	0	0	0	0	1	0	0	0
5	Leberpastete	307	0	1	2	2	3	1	2	10	0	52	0	0	5	2	2	4	3	2	1	1	21	3	0	0	0	4	0	3	3	0	2
1	Leinöl	893	0	0	3	1	5	80	19	5	0	0	1	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2	Leinsamen	445	0	1	2	0	3	58	13	4	5	0	4	0	0	2	0	3	1	2	1	1	0	0	1	1	4	3	0	2	4	3	2
14	Liebstockl	42	1	2	1	0	2	6	3	0	5	36	4	22	222	4	2	5	2	2	1	2	0	1	5	7	4	8	1	7	5	7	0
2	Limabohnen getrocknet	293	1	2	0	0	0	1	1	0	3	1	1	0	8	5	1	2	2	3	2	5	0	0	1	1	3	3	1	2	5	4	0
2	Linsen getrocknet	304	1	2	0	0	1	1	1	0	3	0	1	0	7	3	1	2	2	3	1	3	0	0	1	0	2	4	0	3	4	3	0
1	Litschi	76	2	0	0	0	0	0	0	0	1	0	1	10	4	1	0	1	1	0	1	2	0	0	1	0	1	1	0	0	4	1	0
3	Lorbeerblatt Gewürz	303	1	1	1	0	1	5	2	1	6	5	0	0	0	0	1	2	0	0	0	0	0	0	1	5	2	23	0	3	2	15	0
11	Löwenzahnblätter	31	1	2	1	0	1	12	2	0	7	95	13	44	0	12	4	9	0	10	1	5	0	3	8	11	6	17	1	6	14	17	1
1	Macadamanuss geröstet und gesalzen	704	0	0	3	1	1	1	1	21	1	0	0	0	0	1	0	1	0	0	0	0	0	1	0	0	1	0	0	0	1	1	1
1	Mais Popkorn	368	1	1	0	0	0	0	1	1	2	0	1	0	0	1	0	0	0	1	0	0	0	0	0	0	1	1	0	1	1	0	0
0	Maisgries	346	2	1	0	0	1	0	0	0	1	0	0	0	4	1	0	0	1	1	1	0	0	0	0	0	0	0	0	0	0	0	1
1	Maiskeimöl	894	0	0	3	1	19	1	16	7	0	0	5	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Relative Nährwerttabelle - Liste 3

alphabetisch sortiert nach Lebensmittel

rNI	kc / 100g	Energie									Vitamine											Mineralstoffe und Spurenelemente											
		KH	Pr	Ft	gFs	O6	O3	muFs	euFs	Bal	A	E	C	K	B1	B2	Nia	Pan	B6	Biot	Fol	B12	Na	Ka	Ca	Mg	Fe	Jod	Zn	Cu	Mn	Se	
1	Maiskorn	323	2	1	0	0	2	0	1	1	2	1	1	0	4	2	0	1	1	2	1	1	0	0	0	0	2	1	0	0	1	1	1
0	Maisstärke	347	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	0	
4	Majoran	49	1	1	1	0	2	7	3	0	4	6	0	2	0	2	1	3	0	0	0	0	0	0	3	14	6	39	0	3	6	10	0
4	Makrele	165	0	3	2	1	1	19	4	6	0	1	1	0	1	1	1	7	1	6	1	0	44	1	1	0	1	1	3	1	1	0	7
3	Makrele geräuchert	215	0	2	2	1	0	13	5	7	0	1	1	0	0	1	1	7	1	3	0	1	28	1	1	0	1	1	3	1	1	0	0
2	Malzkaffee Getränk	2	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	16	0	0	0	0	0	3	6	3	11	5	0	4	7	4	0
1	Malzkaffee Pulver	314	2	0	0	0	2	1	1	0	4	0	0	0	0	0	0	8	1	0	0	0	0	0	3	0	4	2	0	0	1	2	0
1	Mandarine	50	2	0	0	0	1	1	0	0	3	2	1	12	1	2	0	1	1	1	1	1	0	0	2	1	1	1	0	0	2	0	0
2	Mandeldrink (Mandelmilch)	15	0	1	2	0	0	0	4	12	0	6	0	0	0	7	2	1	1	1	0	0	6	2	0	2	4	0	1	3	2	0	
2	Mandeln	588	0	1	2	0	6	0	5	13	1	0	7	0	0	1	0	1	0	0	0	1	0	0	1	1	2	1	0	1	2	2	0
2	Mango	59	2	0	0	0	0	1	0	1	2	11	3	13	5	1	1	2	1	3	2	4	0	0	1	0	2	1	0	0	2	1	0
49	Mangold	20	1	3	0	0	1	8	2	0	9	66	12	40	962	9	5	7	3	7	2	10	0	6	10	10	22	22	1	4	6	9	1
2	Marillen (Aprikosen)	45	1	1	0	0	0	1	0	0	2	14	2	4	2	2	1	2	2	2	0	1	0	0	3	1	1	2	0	1	5	2	0
3	Marillen (Aprikosen) getrocknet	251	2	0	0	0	0	0	0	0	5	51	2	1	1	0	0	2	1	1	1	0	0	0	3	1	1	3	0	0	5	3	0
1	Mark vom Rind	837	0	0	3	3	1	2	1	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
23	Mateteer Getränk	1	0	0	0	0	0	0	0	0	0	0	0	0	0	2	7	15	0	1	0	33	0	1	9	16	16	3	11	9	48	394	0
2	Matjeshering	254	0	2	2	1	0	0	6	7	0	0	1	0	0	0	1	2	0	2	0	0	15	19	1	0	1	1	0	1	0	0	0
14	Meeresalgenmix getrocknet	296	1	2	0	0	0	0	0	0	2	4	1	8	108	3	4	6	2	4	0	28	9	4	2	5	7	7	129	6	7	6	0
	Meersalz																																
3	Melanzani (Aubergine)	20	1	1	0	0	0	0	1	0	9	1	0	5	1	4	2	4	4	6	0	10	0	0	5	1	3	3	1	2	7	3	0
1	Melassesirup dunkel	278	2	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	3	4	3	5	0	1	2	0	0
9	Miesmuschel	70	0	4	1	1	0	4	2	2	0	2	2	1	0	4	2	6	1	2	1	3	92	6	2	1	2	10	25	6	4	19	25
1	Milch H-Milch 1,5%	47	1	2	1	1	0	0	1	2	0	1	0	1	0	2	3	0	2	2	3	1	7	1	2	5	1	0	1	2	0	0	0
2	Milch Kuhmilch 0,1%	35	1	2	0	0	0	0	0	0	0	0	0	1	0	2	3	0	3	2	2	1	7	2	2	7	2	0	1	3	0	0	2
1	Milch Kuhmilch 1,5%	48	1	2	1	1	0	0	1	2	0	1	0	1	0	2	3	0	2	2	3	1	7	1	2	5	1	0	1	2	0	0	0
1	Milch Kuhmilch 3,5%	65	1	1	1	2	0	1	0	4	0	1	0	0	1	1	2	2	2	1	3	1	5	1	1	4	1	0	2	1	0	0	0
1	Milch Muttermilch	68	1	0	2	1	2	0	1	5	0	2	1	1	0	1	0	0	1	1	0	1	1	0	0	1	0	0	0	0	0	0	0
2	Milch Stutenmilch	48	1	1	1	1	0	1	1	2	0	1	0	6	1	1	0	2	2	1	7	0	5	1	1	5	1	0	0	1	1	0	0
2	Mohn	489	0	1	2	1	19	1	16	2	3	0	1	0	0	3	0	1	2	1	1	1	0	0	1	6	4	3	0	4	1	7	1
11	Morchel	21	0	3	0	0	1	9	3	0	20	0	1	5	22	11	3	35	27	5	32	6	0	0	10	2	4	23	6	9	30	13	2
1	Mozzarella Büffelmilch 52%	283	0	1	2	3	0	1	1	5	0	2	0	0	0	0	1	0	0	0	0	0	3	1	0	2	0	0	7	2	0	0	0
1	Mozzarella Kuhmilch 45%	253	0	2	2	4	0	1	1	5	0	2	0	0	0	0	1	0	0	1	0	0	5	1	0	4	0	0	7	3	0	0	0

Relative Nährwerttabelle - Liste 3

alphabetisch sortiert nach Lebensmittel

rNI	kc / 100g	Energie									Vitamine											Mineralstoffe und Spurenelemente											
		KH	Pr	Ft	gFs	O6	O3	muFs	euFs	Bal	A	E	C	K	B1	B2	Nia	Pan	B6	Biot	Fol	B12	Na	Ka	Ca	Mg	Fe	Jod	Zn	Cu	Mn	Se	
2	Mungbohnen	291	1	2	0	0	0	3	1	0	4	0	1	0	16	3	1	4	3	2	1	6	0	0	0	1	4	5	0	2	4	2	1
1	Muskat	526	1	0	2	3	0	0	0	2	2	0	0	0	0	1	0	1	0	1	1	1	0	0	0	1	2	1	0	1	3	2	0
4	Noriblatt (getrocknet)	310	1	1	0	0	0	0	0	1	2	3	3	3	0	2	2	3	1	3	0	27	0	6	1	3	13	9	11	6	4	2	0
1	Oliven grün frisch	135	0	0	3	1	2	1	2	17	2	0	1	0	0	0	0	1	0	1	1	2	0	0	0	1	1	2	0	0	3	0	0
1	Oliven grün mariniert	142	0	0	3	1	3	1	2	18	1	1	3	0	0	0	0	0	1	0	1	1	0	13	0	1	1	1	0	0	2	0	0
1	Oliven schwarz mariniert	229	0	0	3	1	4	2	2	21	1	0	1	0	0	1	1	0	0	0	0	1	0	16	0	1	0	1	0	0	2	0	0
1	Olivenöl	894	0	0	3	1	3	1	3	20	0	0	2	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2	Orange (Apfelsine)	44	1	1	0	0	0	1	1	0	2	1	1	22	3	4	1	1	2	3	2	5	0	0	2	2	2	1	0	1	2	0	0
2	Orangensaft frisch gepresst	45	2	1	0	0	0	0	0	0	0	0	1	19	2	3	0	1	2	2	2	4	0	0	2	1	1	1	0	0	3	0	2
2	Orangensaft Handelsware	44	2	0	0	0	0	0	1	0	0	0	2	19	0	2	0	1	1	4	1	3	0	0	2	1	1	1	0	1	2	0	0
9	Oregano	67	1	1	1	0	1	16	4	0	3	4	2	13	138	2	1	3	1	4	1	5	0	0	2	9	4	18	0	3	4	3	0
31	Pak Choi	13	1	3	0	0	1	10	2	1	5	12	3	40	592	4	2	5	5	13	0	26	0	7	10	17	8	7	0	6	2	12	1
1	Palmöl	891	0	0	3	3	3	0	3	11	0	10	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
3	Papaya	33	2	1	0	0	0	1	0	0	4	4	2	48	0	1	1	1	2	1	3	0	0	0	2	1	7	1	1	2	2	0	1
5	Paprikapulver	305	1	1	1	0	8	3	7	1	6	31	19	0	8	3	3	7	3	10	0	1	0	0	4	1	3	12	0	3	3	2	1
10	Paprikaschoten	22	1	1	0	0	0	0	2	0	11	14	18	108	16	4	1	2	4	16	6	17	0	0	4	1	3	3	1	1	5	3	0
5	Paranüsse	671	0	1	3	1	13	0	10	7	1	0	2	0	0	3	0	0	0	0	0	0	0	0	0	0	1	1	0	1	3	1	88
1	Pariserwurst (Extrawurst, Fleischwurst)	267	0	1	2	2	3	1	3	11	0	0	0	2	2	5	0	1	1	2	0	0	3	5	1	0	1	1	0	2	0	0	0
1	Parmesan	418	0	2	2	3	1	1	1	5	0	2	0	0	3	0	1	3	1	0	0	0	4	3	0	6	1	0	1	3	1	0	0
3	Pastinake	55	2	1	0	0	1	0	1	0	4	0	3	7	14	3	1	2	3	3	1	7	0	0	4	2	2	2	0	3	3	5	1
2	Pekannuss	702	0	0	3	0	8	1	6	16	1	0	1	0	0	2	0	1	1	0	2	0	0	0	0	0	1	1	0	2	3	3	0
20	Petersilienblatt	55	1	2	0	0	0	3	1	0	5	36	10	58	293	5	4	6	2	9	0	18	0	1	7	7	4	11	1	3	4	8	1
5	Petersilienwurzel	40	1	2	1	0	2	1	2	1	6	0	6	31	23	4	2	7	3	7	0	10	0	1	5	2	4	9	1	3	7	2	0
2	Pfeffer schwarz	311	1	1	0	0	1	1	1	1	3	0	0	0	0	1	1	1	1	1	1	0	0	0	2	3	3	6	0	1	6	12	0
1	Pfeffer weiß	331	2	1	0	0	1	0	0	0	1	0	0	0	0	0	0	1	1	1	1	0	0	0	0	2	1	7	0	1	5	8	0
5	Pfefferminztee Getränk	1	2	0	0	0	0	0	0	0	0	0	0	0	0	18	3	0	4	0	0	7	0	1	5	4	5	13	0	9	24	25	0
12	Pfifferling	21	1	2	1	0	1	14	3	0	15	23	1	6	22	2	11	41	32	3	31	5	0	0	11	1	3	41	2	7	34	6	2
2	Pfirsich	43	2	1	0	0	0	0	0	0	3	2	3	5	4	1	1	3	1	1	2	0	0	0	2	0	1	2	1	1	2	1	0
2	Physalis (Kapstachelbeere)	66	2	1	0	0	2	2	1	1	2	4	1	7	5	3	0	6	1	1	0	1	0	0	2	0	1	3	0	0	3	3	0
2	Pinienkerne	611	0	1	2	1	13	1	10	8	1	0	4	0	3	2	0	1	0	1	1	1	0	0	0	0	2	2	0	2	3	5	0
1	Pistazien geröstet	608	0	1	2	1	4	1	3	15	1	0	1	0	2	2	0	1	1	1	1	1	0	0	1	0	1	2	0	1	3	1	0
1	Pistazien geröstet und gesalzen	628	0	1	2	1	0	0	3	15	1	0	1	0	3	2	0	0	0	0	1	0	1	1	1	0	1	0	0	0	0	0	0

Relative Nährwerttabelle - Liste 3

alphabetisch sortiert nach Lebensmittel

rNI	kc / 100g	Energie									Vitamine											Mineralstoffe und Spurenelemente											
		KH	Pr	Ft	gFs	O6	O3	muFs	euFs	Bal	A	E	C	K	B1	B2	Nia	Pan	B6	Biot	Fol	B12	Na	Ka	Ca	Mg	Fe	Jod	Zn	Cu	Mn	Se	
3	Pollack (Alaska Seelachs)	75	0	6	0	0	0	1	1	0	1	0	0	4	2	8	1	5	4	1	13	2	2	0	2	0	22	2	3	0	8		
6	Porree (Lauch)	27	1	2	0	0	2	2	0	6	6	3	19	34	5	2	3	2	14	2	25	0	0	5	5	3	5	4	3	3	4	1	
34	Portulak	17	1	2	1	0	2	4	2	10	23	4	63	569	3	4	6	3	12	4	6	0	1	12	10	42	31	3	4	22	10	1	
1	Pumpnickel	191	2	1	0	0	1	0	1	0	3	0	1	0	5	1	0	1	1	1	1	0	3	1	0	2	2	0	3	3	7	4	
2	Putenbrust (ohne Haut)	105	0	6	0	0	1	0	0	1	0	1	0	0	1	1	16	2	6	0	0	4	1	2	0	1	2	0	4	2	0	1	
1	Quinoa	349	1	1	0	0	2	1	2	1	0	0	0	0	2	0	1	1	1	0	1	0	0	1	0	4	3	0	2	2	3	1	
23	Radicchio	15	1	2	0	0	1	8	2	0	7	20	5	39	410	7	1	3	4	7	3	12	0	1	8	5	4	16	2	3	5	13	2
4	Radieschen	16	1	2	0	0	0	4	2	0	7	1	0	37	3	4	2	2	4	6	2	11	0	2	8	3	3	4	1	3	3	2	1
1	Rapsöl	892	0	0	3	0	8	14	9	16	0	1	4	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
3	Reinanke (Felchen, Renke)	101	0	4	1	0	0	5	2	3	0	0	4	0	0	2	1	9	2	5	4	1	19	1	2	1	2	1	0	2	2	0	6
1	Reis natur	352	2	1	0	0	1	0	1	0	0	0	0	0	2	0	2	2	2	1	0	0	0	0	0	2	1	0	1	1	5	1	
0	Reis poliert	351	2	0	0	0	0	0	0	0	0	0	0	0	1	0	1	1	1	0	2	0	0	0	0	0	1	0	0	1	2	1	
0	Reisstärke	346	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
10	Reizker	20	0	3	1	0	1	20	5	0	20	0	1	6	23	11	2	37	42	4	33	8	0	0	8	1	3	10	6	6	24	9	0
4	Rettich	18	1	2	0	0	0	5	1	0	10	0	0	22	1	3	1	3	3	5	1	9	0	1	13	5	6	7	0	3	3	3	4
5	Rhabarber	16	1	1	0	0	1	2	1	0	11	1	3	12	30	3	1	3	2	3	3	2	0	0	9	8	4	4	1	2	4	6	2
2	Rind Brustkern	187	0	3	2	2	0	1	1	8	0	0	0	2	1	1	6	1	1	1	0	21	0	1	0	1	2	0	6	1	0	0	
2	Rind Faschiertes (Hackfleisch)	202	0	2	2	2	0	1	1	8	0	0	0	2	2	1	7	1	1	1	0	16	0	1	0	1	2	0	4	1	0	0	
3	Rind Gulasch mager	129	0	4	1	1	0	0	1	4	0	0	1	0	3	1	1	10	2	2	1	0	31	1	1	0	1	3	0	10	0	0	1
3	Rind Roulade	121	0	4	1	1	0	0	0	4	0	0	1	0	3	3	1	14	2	2	1	0	33	1	1	0	1	3	0	8	1	0	1
3	Rind Steak mager	130	0	4	1	1	0	0	0	4	0	0	1	0	3	1	1	10	1	2	1	0	31	1	1	0	1	2	0	7	1	0	0
2	Rind/Schwein Faschiertes (Hackfleisch)	221	0	2	2	2	1	1	1	9	0	0	0	2	3	1	6	1	2	1	0	11	0	1	0	0	1	0	3	1	0	1	
3	Rindfleisch mager	121	0	4	1	1	0	0	0	3	0	0	1	0	3	3	1	14	2	2	1	0	33	1	1	0	1	3	0	8	1	0	1
1	Roggen Korn	312	2	1	0	0	1	0	1	0	3	0	1	0	1	2	0	2	2	1	1	2	0	0	1	0	2	2	0	2	2	6	1
1	Roggenbrot	225	2	1	0	0	0	0	1	0	2	0	1	0	0	1	0	1	1	1	0	0	3	1	0	1	2	0	1	0	2	0	
1	Roggenmehl 997	314	2	1	0	0	0	0	0	2	0	1	0	5	1	0	0	1	1	0	1	0	0	0	0	0	1	1	0	1	1	3	0
1	Roggenmehl Type 1150	323	2	1	0	0	1	0	0	2	0	0	0	5	1	0	1	1	2	0	1	0	0	0	0	0	1	1	0	2	2	4	0
1	Roggenmehl Type 815	327	2	1	0	0	0	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	1	0	1	1	4	2	
1	Roggenmischbrot	228	2	1	0	0	1	0	1	0	2	0	0	0	1	2	0	1	0	1	1	0	2	0	0	1	1	1	1	1	3	4	
1	Roggenvollkornbrot	197	2	1	0	0	1	0	1	0	3	0	1	0	5	1	0	1	1	2	1	1	0	3	1	0	1	2	0	2	2	7	0
1	Roggenvollkornmehl 1800	301	2	1	0	0	1	0	1	0	3	0	1	0	3	2	0	1	1	1	1	2	0	0	1	0	2	2	0	2	2	6	1

Relative Nährwerttabelle - Liste 3

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rNI	kc / 100g	Energie									Vitamine											Mineralstoffe und Spurenelemente													
		KH	Pr	Ft	gFs	O6	O3	muFs	euFs	Bal	A	E	C	K	B1	B2	Nia	Pan	B6	Biot	Fol	B12	Na	Ka	Ca	Mg	Fe	Jod	Zn	Cu	Mn	Se			
0	Rohrzucker	396	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	Rosinen	301	2	0	0	0	0	0	0	1	0	0	2	1	0	0	0	1	0	0	0	0	0	1	0	1	1	0	0	2	1	0	0	0	
3	Rosmarin	81	1	0	1	1	3	10	5	1	4	2	0	6	0	2	1	3	6	0	9	0	2	7	3	12	0	2	3	2	0	0	0	0	
1	Rostbratwurst	329	0	1	2	2	3	1	3	11	0	0	0	1	4	0	1	0	2	0	0	2	3	0	0	0	0	1	0	0	0	0	0	0	
13	Rotalgen (Dulse) getrocknet	320	1	3	0	0	0	1	1	0	0	4	0	9	203	3	6	9	2	5	0	26	6	1	3	3	0	5	11	5	8	11	0	0	
3	Rotbarsch	107	0	4	1	0	1	4	2	3	0	0	2	0	2	1	6	1	4	5	1	23	1	1	0	1	1	7	1	0	0	0	0	0	
2	Rote Rüben (Rote Bete)	44	2	1	0	0	0	0	0	0	4	0	0	5	0	1	1	1	2	0	12	0	2	5	1	3	3	0	2	3	3	0	0	0	
10	Rotkappe	20	0	2	1	1	1	23	3	0	16	0	1	5	11	9	13	39	41	4	33	8	0	0	8	3	2	8	6	6	24	4	0	0	
17	Rucola	26	1	2	1	0	1	9	3	1	4	20	5	39	282	3	2	4	1	4	0	10	0	1	7	12	5	8	1	4	8	10	0	0	
3	Saibling	96	0	5	1	0	1	5	2	2	0	0	0	1	0	2	0	6	3	15	1	2	25	1	2	0	2	0	2	3	0	0	0	0	
1	Salami	360	0	1	2	2	3	1	2	10	0	0	0	1	3	0	3	0	1	0	0	4	5	1	0	0	1	0	2	1	0	0	0	0	
	Salz jodiert																																		
3	Salzhering	218	0	2	2	1	0	21	4	9	0	0	0	0	0	1	2	1	1	0	0	46	36	1	1	1	1	0	0	0	0	0	0	0	
6	Sanddornbeere	92	0	0	2	0	9	26	12	2	2	6	3	98	3	1	2	1	1	2	1	0	0	1	1	2	1	0	0	3	4	0	0	0	
3	Sardelle (Anchovis)	103	0	5	2	1	0	4	8	4	0	0	1	0	0	1	2	34	3	2	3	0	5	1	1	2	2	8	3	2	3	0	0	0	0
4	Sardine	128	0	4	1	1	0	8	4	3	0	0	1	0	0	0	1	14	2	11	2	0	23	1	2	1	1	3	3	3	2	1	14	0	0
11	Sauerampfer / Blutampfer	24	1	3	1	0	1	8	2	0	6	59	12	89	0	5	4	7	3	10	1	9	0	0	6	5	10	14	1	5	7	19	1	0	
7	Sauerkraut	18	1	2	0	0	1	7	2	0	10	0	1	21	57	3	2	1	4	16	0	10	0	26	7	5	4	7	1	4	11	5	2	0	0
1	Sauerrahm 10% (sauere Sahne)	118	0	1	2	3	1	1	1	6	0	2	0	0	1	1	1	0	1	0	1	0	4	1	1	2	1	0	1	1	0	0	0	0	0
0	Sauerteig Trockensauerteig	387	2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Schafskäse	236	0	2	2	3	1	2	1	5	0	2	0	0	4	0	1	2	1	1	0	1	7	7	0	4	1	0	1	2	1	0	0	0	0
3	Schellfisch	77	0	6	0	0	0	4	1	0	0	0	1	1	0	1	1	6	1	6	1	1	7	2	2	0	2	1	20	1	1	0	12	0	0
1	Schlagobers 30% (Sahne)	300	0	0	3	4	1	1	1	8	0	2	0	0	2	0	0	0	0	0	0	0	1	0	0	1	0	5	0	0	0	0	0	0	0
27	Schnittlauch	27	1	4	1	0	1	13	4	0	15	4	9	35	496	9	4	5	2	23	2	20	0	0	8	10	9	10	2	4	5	6	0	0	
3	Scholle	82	0	5	0	0	1	5	2	1	0	0	2	0	0	5	2	7	3	4	6	0	15	2	2	1	1	2	16	1	1	0	12	0	0
8	Schwarzwurzel	30	1	1	0	0	1	4	2	0	31	0	31	3	41	7	1	2	2	3	1	12	0	0	5	4	4	18	1	2	16	8	0	0	0
1	Schwein Bauchspeck geräuchert	320	0	1	2	2	2	1	2	10	0	0	0	1	4	0	3	1	2	0	0	5	0	0	0	0	1	0	0	0	0	0	0	0	0
1	Schwein Bratwurst grob	313	0	1	2	2	3	1	2	10	0	0	0	1	4	0	3	1	2	0	0	3	3	0	0	0	1	0	1	0	0	1	0	0	1
3	Schwein Filet	107	0	5	0	1	1	1	2	5	0	2	1	0	21	12	1	3	2	6	1	0	7	2	2	1	1	2	0	4	1	1	3	0	0
2	Schwein Haxe (Eisbein)	178	0	3	2	1	1	1	2	7	0	0	0	0	3	8	1	7	1	4	1	0	9	0	1	0	1	1	0	3	1	0	1	0	1
3	Schwein Kotelett/Rücken mager	133	0	4	1	1	1	0	4	4	0	0	0	4	11	1	9	1	6	2	0	12	1	1	0	2	2	0	2	1	0	3	0	3	0
2	Schwein Schinken gekocht	113	0	4	1	1	1	2	1	4	0	0	0	4	5	1	6	1	3	1	0	7	6	1	0	1	1	0	3	1	0	0	0	0	0

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rNI	kc / 100g	Energie									Vitamine											Mineralstoffe und Spurenelemente												
		KH	Pr	Ft	gFs	O6	O3	muFs	euFs	Bal	A	E	C	K	B1	B2	Nia	Pan	B6	Biot	Fol	B12	Na	Ka	Ca	Mg	Fe	Jod	Zn	Cu	Mn	Se		
2	Schwein Schinkenspeck	152	0	3	1	1	1	1	1	6	0	0	0	0	4	11	1	7	1	5	1	0	11	1	1	0	1	1	0	3	1	0	0	
1	Schwein Schopf (Kamm)	191	0	2	2	2	1	2	1	8	0	0	0	0	9	1	3	0	0	0	0	0	0	1	1	0	0	2	0	3	1	0	2	
2	Schwein Schulter mager	161	0	3	1	1	1	1	1	6	0	0	0	0	3	10	1	8	1	5	1	0	5	1	1	0	1	2	0	5	1	0	2	
1	Schweineschmalz	882	0	0	3	3	4	2	3	12	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
4	Seelachs (Köhler)	81	0	6	0	0	0	8	2	0	0	0	1	0	1	2	3	7	1	4	0	0	35	1	2	0	2	2	15	1	1	0	8	
2	Seeteufel	66	0	6	0	0	0	3	1	1	0	0	2	0	0	1	1	3	1	3	1	1	24	2	2	1	2	1	5	2	0	0	0	
2	Seezunge	83	0	5	1	0	0	2	1	1	0	0	1	0	0	1	1	7	1	4	2	1	10	2	2	1	3	2	3	1	1	0	9	
7	Sellerieknolle	25	1	2	0	0	1	1	2	0	10	0	3	6	68	3	2	6	6	11	1	13	0	4	7	4	4	3	1	4	7	3	1	
1	Semmel (Weizenbrötchen)	267	2	1	0	0	0	0	0	0	1	0	0	0	1	1	0	1	0	0	0	1	0	2	0	0	1	1	0	1	1	2	1	
0	Semmelbrösel (Paniermehl)	359	2	1	0	0	1	0	0	0	1	0	0	0	0	1	0	0	1	0	1	1	0	1	0	0	0	0	1	1	1	0	0	
2	Senf	102	0	1	2	0	0	0	0	0	1	0	0	0	0	0	1	7	0	1	0	0	0	17	1	2	3	3	0	1	7	1	10	
1	Sesamöl	895	0	0	3	1	15	1	12	11	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2	Sesamsamen	576	0	1	2	1	10	2	8	9	1	0	0	0	0	3	0	1	0	2	0	1	0	0	0	3	3	3	0	1	4	2	2	
4	Shiitakepilze	38	1	1	0	0	0	1	1	0	4	0	0	1	12	1	3	12	18	7	18	3	0	0	3	0	2	2	3	5	9	3	2	
3	Shrimps	92	0	5	0	0	0	0	1	1	0	0	7	0	0	1	0	10	1	2	0	0	3	2	1	2	4	3	16	6	5	0	0	
2	Sojabohnen getrocknet	374	0	2	1	0	7	3	7	3	3	0	1	1	9	5	1	1	1	3	4	3	0	0	2	1	2	3	0	2	1	1	2	
2	Sonnenblumenkerne	587	0	1	2	1	15	0	12	6	1	0	8	0	0	6	0	1	0	2	0	1	0	0	1	0	4	2	0	2	5	2	3	
1	Sonnenblumenöl	895	0	0	3	1	19	1	17	6	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
10	Spargel	19	1	3	0	0	1	1	1	0	5	9	15	18	65	11	4	10	9	5	6	33	0	0	5	3	5	8	4	5	13	3	4	
38	Spinat	19	1	4	0	0	0	10	2	0	8	83	12	48	571	9	7	6	5	17	14	48	0	5	15	12	18	30	7	8	9	19	2	
2	Stachelbeere	41	1	1	0	0	1	1	1	0	5	1	2	17	7	1	0	1	2	1	1	3	0	0	2	1	2	2	0	1	5	1	1	
0	Staubzucker (Puderzucker)	405	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
3	Steckrübe	30	2	1	0	0	0	2	1	1	4	1	1	23	5	3	1	5	1	10	0	8	0	0	4	3	2	3	2	1	4	1	0	
8	Steinpilz	29	0	4	0	0	0	8	2	0	14	0	1	2	8	2	9	45	31	2	23	6	0	0	6	1	2	6	2	11	15	2	2	
	Steinsalz																																	
0	Suppennudeln	352	2	1	0	0	1	2	1	0	1	0	0	0	0	1	0	2	0	0	0	0	0	0	0	0	0	1	1	0	1	1	0	
2	Süßkartoffel	111	2	0	0	0	0	0	0	0	2	26	3	5	0	1	0	1	2	2	2	2	1	0	0	2	0	1	1	0	1	2	1	1
23	Tee grün Getränk	1	0	3	0	0	0	0	0	0	0	0	0	0	0	2	7	17	0	1	4	33	0	1	9	16	16	3	11	9	48	394	0	
23	Tee schwarz Getränk	1	0	0	0	0	0	0	0	0	0	0	0	0	0	2	7	17	0	1	0	33	0	1	9	16	16	3	11	9	48	394	0	
5	Tee schwarz trocken	156	0	4	1	0	2	14	4	0	24	0	2	0	0	0	4	11	3	3	0	1	0	0	6	4	6	18	1	5	29	0	0	
1	Teigwaren aus Vollkorn ohne Ei	323	2	1	0	0	1	0	1	0	2	0	0	0	0	4	0	1	1	1	0	0	0	0	1	0	2	2	0	2	3	0	7	
0	Teigwaren mit Ei	357	2	1	0	0	1	0	1	0	1	0	0	0	0	1	0	1	0	0	0	0	0	0	0	0	1	1	0	1	1	1	2	

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rNI	kc / 100g	Energie									Vitamine											Mineralstoffe und Spurenelemente											
		KH	Pr	Ft	gFs	O6	O3	muFs	euFs	Bal	A	E	C	K	B1	B2	Nia	Pan	B6	Biot	Fol	B12	Na	Ka	Ca	Mg	Fe	Jod	Zn	Cu	Mn	Se	
1	Teigwaren ohne Ei	353	2	1	0	0	0	0	0	1	0	0	0	0	0	2	0	1	0	1	0	0	0	0	0	1	1	0	1	1	1	2	
3	Thunfisch	170	0	3	1	1	1	17	4	5	0	7	1	0	2	1	10	1	4	0	1	20	0	1	0	2	1	3	0	0	0	15	
6	Thymian	68	1	1	1	0	0	3	2	0	10	4	0	24	0	2	1	3	2	8	0	4	0	0	2	11	5	39	0	3	6	11	0
1	Tilsiter 45%	356	0	2	2	3	1	1	1	5	0	1	0	0	2	0	1	2	0	0	0	1	4	2	0	4	1	0	1	3	0	0	0
4	Tintenfisch	76	0	5	0	0	0	0	2	1	0	0	5	1	0	1	1	9	2	7	6	1	33	7	2	1	2	3	3	3	18	0	0
2	Tofu gebraten	139	0	3	1	0	8	5	8	3	1	0	4	0	6	1	0	3	1	1	1	2	0	1	1	2	3	3	0	2	2	4	4
2	Tofu roh	82	0	3	2	1	10	6	8	3	0	0	1	0	1	2	0	2	1	1	1	2	0	0	1	3	7	7	0	1	2	3	2
5	Tomaten	18	1	1	0	0	1	1	1	0	4	11	7	23	12	6	1	5	5	8	9	11	0	0	7	1	4	3	1	2	5	4	1
4	Tomaten getrocknet	72	1	1	0	0	2	1	1	0	5	6	6	9	10	4	1	5	5	7	9	6	0	0	6	1	3	2	1	1	5	3	1
1	Tomaten-Ketchup	109	2	0	0	0	0	0	0	1	1	1	0	1	2	1	3	1	1	3	0	0	14	2	1	1	2	0	0	6	1	0	
5	Tomatenmark	57	1	2	0	0	0	0	0	2	8	21	8	11	5	1	7	6	8	5	6	0	10	10	2	4	4	1	3	15	3	0	
5	Tomatensaft	17	1	1	0	0	1	0	1	0	1	11	8	17	12	5	1	5	4	8	7	6	0	6	7	2	3	5	1	2	6	5	1
1	Topfen 20% (Speisequark)	106	0	3	1	2	0	1	0	3	0	1	0	0	7	1	2	2	2	1	3	1	7	0	0	2	1	0	1	1	0	0	1
1	Topfen 40% (Speisequark)	159	0	2	2	3	1	1	1	6	0	2	0	0	12	0	1	1	1	1	2	1	4	0	0	1	0	0	0	1	0	0	0
1	Topfen mager (Speisequark)	73	0	5	0	0	0	0	0	0	0	0	0	0	1	3	0	3	2	4	2	10	1	1	3	1	1	1	2	0	0	1	
5	Topinambur	31	1	2	0	0	2	2	2	0	27	0	1	3	23	12	1	7	1	4	3	8	0	0	8	1	3	19	0	0	8	1	0
2	Traubenkernöl	893	0	0	3	1	23	1	19	5	0	0	6	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Traubensaft	70	2	0	0	0	0	0	0	0	0	0	1	1	2	1	0	0	0	1	1	1	0	0	1	0	1	1	0	0	2	1	2
0	Traubenzucker	405	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2	Vanilleschote	272	2	0	0	0	1	0	1	1	6	0	0	0	0	1	0	1	0	0	0	0	0	0	1	9	1	22	0	2	3	12	0
28	Vogersalat (Feldsalat)	16	1	3	1	0	1	12	3	0	7	81	6	43	375	7	3	5	3	23	3	39	0	0	13	4	4	20	24	6	11	8	2
1	Vollkorntoast	235	1	1	0	0	1	1	2	1	2	0	1	0	4	1	1	3	1	1	2	1	0	2	1	0	2	2	0	2	2	6	0
1	Walnusskerne	669	0	1	2	1	16	16	16	4	1	0	1	0	0	1	0	0	0	2	1	1	0	0	0	0	1	1	0	1	2	2	0
1	Walnussöl	893	0	0	3	1	19	17	18	5	0	0	1	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Wasabi	292	1	0	1	0	4	1	3	4	1	0	2	0	0	0	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0	0	0
	Wasser																																
2	Wassermelone	37	2	0	0	0	0	1	1	0	0	2	0	3	0	2	1	1	14	3	0	1	0	0	2	0	1	1	3	1	1	0	0
1	Weintrauben	70	2	0	0	0	0	1	0	0	1	0	1	1	5	1	0	1	0	1	1	4	0	0	1	0	1	1	0	0	2	1	1
1	Weißbrot Weizen	251	2	1	0	0	0	0	0	0	1	0	0	0	1	1	0	1	0	0	0	1	0	3	0	0	0	1	0	1	1	1	2
3	Weißer Rübchen (Herbstrübe)	26	1	1	0	0	0	5	1	0	9	1	0	14	4	3	1	4	2	4	3	4	0	3	4	4	2	2	4	2	4	1	0
9	Weißkraut (Weißkohl)	28	1	1	0	0	0	4	1	0	7	1	9	35	115	3	1	2	3	10	5	7	0	1	5	3	3	3	1	2	2	4	0
1	Weißwurst	270	0	1	2	2	3	1	3	10	0	0	0	0	2	3	0	3	0	2	0	0	3	4	0	0	0	1	0	1	0	0	0

Relative Nährwerttabelle - Liste 3

alphabetisch sortiert nach Lebensmittel

rNI	kc / 100g	Energie									Vitamine												Mineralstoffe und Spurenelemente										
		KH	Pr	Ft	gFs	O6	O3	muFs	euFs	Bal	A	E	C	K	B1	B2	Nia	Pan	B6	Biot	Fol	B12	Na	Ka	Ca	Mg	Fe	Jod	Zn	Cu	Mn	Se	
1	Weißwurst Münchner	289	0	1	2	2	3	1	3	10	0	0	0	0	2	2	0	2	0	1	0	0	3	3	0	0	0	1	0	1	0	0	0
1	Weizen Korn	316	2	1	0	0	1	0	1	0	3	0	1	0	1	3	0	3	1	1	1	2	0	0	1	0	2	2	0	2	2	6	3
0	Weizengluten (Seitan)	386	0	5	0	0	1	0	1	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3	
1	Weizengries	334	2	1	0	0	0	0	0	0	1	0	0	0	3	1	0	1	0	0	0	0	0	0	0	0	0	0	2	1	1	1	
5	Weizenkeime	335	1	2	1	0	3	1	3	1	3	0	11	0	12	11	1	4	1	3	2	10	0	0	1	0	4	4	0	10	5	21	6
2	Weizenkeimöl	893	0	0	3	1	19	11	18	4	0	0	31	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	
5	Weizenkleie	217	1	2	1	0	3	0	3	1	14	0	2	0	12	5	2	12	4	5	9	8	0	0	3	1	12	12	0	5	10	10	0
1	Weizenmehl Type 1050	333	2	1	0	0	1	0	1	0	1	0	0	0	3	2	0	1	1	1	0	0	0	0	0	0	1	1	0	1	1	3	0
0	Weizenmehl Type 405	338	2	1	0	0	0	0	0	0	1	0	0	0	1	0	0	1	0	1	0	0	0	0	0	0	0	1	0	0	1	1	0
1	Weizenmischbrot	226	2	1	0	0	0	0	1	0	1	0	0	0	3	1	0	1	1	1	1	1	0	3	0	0	1	1	0	1	2	3	0
0	Weizenstärke	348	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	Weizenvollkornbrot	209	2	1	0	0	1	0	1	0	2	0	1	0	2	2	0	3	1	1	1	1	0	3	1	0	2	2	0	2	3	6	4
1	Weizenvollkornmehl 1700	321	2	1	0	0	1	0	1	0	2	0	1	0	2	3	0	3	1	2	1	1	0	0	1	0	2	2	0	2	2	6	3
1	Wildreis	380	2	1	0	0	0	0	0	0	1	0	0	0	0	1	0	4	1	2	0	2	0	0	1	0	2	1	0	4	2	2	0
8	Wirsing	28	1	3	0	0	1	6	1	1	6	1	14	36	77	4	2	3	3	10	0	15	0	0	4	5	2	3	1	2	2	3	1
2	Zander	83	0	6	0	0	0	4	1	1	0	0	2	0	1	4	2	4	0	4	0	1	17	0	2	1	3	1	3	2	1	1	9
1	Ziegenmilch	68	1	1	2	2	0	1	0	3	0	2	0	1	1	1	1	2	1	3	0	1	1	1	1	4	1	0	1	1	0	0	0
2	Zimt	272	2	0	0	0	1	0	1	1	6	0	0	0	0	1	0	1	0	0	0	0	0	0	1	9	1	22	0	2	3	12	0
2	Zitrone	45	1	1	0	0	2	3	2	0	2	0	1	23	1	2	0	1	2	2	1	1	0	0	2	0	3	2	0	0	12	0	1
13	Zitronenmelisse	44	1	2	0	0	2	6	3	0	5	34	3	20	210	3	2	5	1	2	2	5	0	1	5	7	4	7	1	6	4	6	0
3	Zitronensaft	27	1	0	0	0	3	5	1	0	0	0	2	35	0	3	0	1	1	3	1	1	0	0	3	1	2	1	1	1	8	1	1
7	Zitronenschale	89	1	1	0	0	0	1	0	0	0	0	0	29	0	1	1	1	1	3	2	1	0	0	1	3	1	1	0	0	1	128	0
5	Zucchini	20	1	2	0	0	1	6	2	0	4	4	3	18	12	14	3	5	2	9	4	9	0	0	5	3	5	9	1	3	4	4	1
3	Zuckererbsen	71	1	2	0	0	1	0	0	0	4	2	1	7	13	6	1	7	3	3	2	3	0	0	2	1	2	4	1	4	5	3	1
14	Zuckerhutsalat	15	1	2	0	0	1	8	2	0	7	20	5	19	205	8	4	4	3	7	4	15	0	1	8	5	4	11	3	3	5	13	0
1	Zuckermais	92	1	1	0	0	2	0	1	1	2	0	0	2	1	3	1	3	3	3	2	3	0	0	2	0	2	1	0	2	1	1	0
3	Zuckermelone	55	2	0	0	0	0	0	0	0	1	32	0	12	1	2	0	2	1	2	3	4	0	0	3	0	1	1	0	0	1	0	0
0	Zuckerrübensirup	299	2	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	7	0	0	0	0	0
1	Zwetschgen / Pflaumen	49	2	0	0	0	0	1	1	0	2	3	3	2	6	3	1	1	1	2	0	0	0	0	2	0	1	1	0	0	2	1	1
1	Zwetschke (Pflaume) getrocknet	268	2	0	0	0	0	1	0	0	3	2	2	1	5	1	0	1	1	2	0	0	0	0	2	1	1	2	0	1	3	1	0
0	Zwieback	365	2	1	0	0	2	0	1	0	1	0	0	0	0	1	0	1	0	0	0	0	0	1	0	0	0	1	0	0	2	1	0
1	Zwieback Vollkorn	367	1	1	1	0	0	0	1	1	2	0	2	0	2	3	1	3	0	1	2	2	0	1	1	0	2	3	0	3	4	3	0

Relative Nährwerttabelle - Liste 3

alphabetisch sortiert nach Lebensmittel

rNI	kc / 100g	Energie										Vitamine											Mineralstoffe und Spurenelemente										
		KH	Pr	Ft	gFs	O6	O3	muFs	euFs	Bal	A	E	C	K	B1	B2	Nia	Pan	B6	Biot	Fol	B12	Na	Ka	Ca	Mg	Fe	Jod	Zn	Cu	Mn	Se	
2	Zwiebel	30	1	1	0	0	1	0	1	0	4	0	1	6	1	2	1	1	2	7	5	2	0	0	3	2	2	1	1	2	2	2	1