|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Gemüse** | | | | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Die Angaben beziehen sich auf je 100 Gramm verzehrfertiges Nahrungsmittel | roh oder gekocht | kcal | kJ | % Kohlehydrate | Eiweiß | % Gesamtfett | % Wasser | % Ballaststoffe | mg Vitamin C | mg Calcium | mg Kalium | mg Phosphor | mg Magnesium |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Artischocken | roh | 57 | 239 | **11** | + | 3 | 86 | 3 | 9 | 52 | 410 | 110 | 26 |
| " | gek | 57 | 239 | **11** | + | 3 | 86 | 3 | 6 | 50 | 315 | 90 |  |
| Auberginen | roh | 25 | 105 | **5** | + | 1 | 93 | 3 | 5 | 16 | 210 | 26 | 11 |
| " | gek | 16 | 67 | **3** | + | 1 | 93 | 3 | 5 | 16 | 210 | 26 |  |
| Blattsellerie | roh | 20 | 84 | **4** | + | 1 | 95 | 2 | 9 | 45 | 290 | 40 |  |
| Blumenkohl | roh | 28 | 117 | **8** | + | 2 | 92 | 2 | 76 | 24 | 380 | 60 | 7 |
| " | gek | 20 | 84 | **3** | + | 2 | 94 | 2 | 45 | 18 | 250 | 52 |  |
| Bohnen, grün | gek | 33 | 138 | **6** | + | 2 | 92 | 2 | 13 | 50 | 150 | 40 | 26 |
| Bohnen in Dosen | gek | 24 | 100 | **4** | + | 1 | 93 | 3 | 4 | 35 | 145 | 25 | 20 |
| Bohnenkerne | gek | 137 | 574 | **25** | **-** | 1 | 6 | 67 |  | 2 | 48 | 400 | 130 |
| Broccoli | roh | 32 | 134 | **4** | + | 4 | 91 | 92 | 4 | 110 | 110 | 405 | 78 |
| " | gek | 32 | 134 | **4** | + | 4 | 92 |  | 4 | 50 | 80 | 315 | 54 |
| Champignons | **roh** | 24 | 100 | **3** | + | 3 | 86 | 3 | 9 | 52 | 410 | 110 | 26 |
| Champignons | **gek** | 25 | 105 | **3** | 1 | 2 | 86 | 3 | 6 | 50 | 315 | 90 |  |
| Chicorée | **roh** | 16 | 67 | **2** | + | 1 | 93 | 3 | 5 | 16 | 210 | 26 | 11 |
| Chinakohl | **roh** | 16 | 67 | **2** | + | 1 | 93 | 3 | 5 | 16 | 210 | 26 |  |
| Eierschwämme, frisch | **roh** | 23 | 96 | **3** | 1 | 2 | 95 | 2 | 9 | 45 | 290 | 40 |  |
| Eierschwämme | **gek** | 34 | 142 | **5** | 1 | 1 | 92 | 2 | 76 | 24 | 380 | 60 | 7 |
| Endivien | **roh** | 17 | 71 | **2** | + | 2 | 94 | 2 | 45 | 18 | 250 | 52 |  |
| Erbsen, frisch | **roh** | 93 | 389 | **14** | 1 | 7 | 92 | 2 | 13 | 50 | 150 | 40 | 26 |
| Erbsen, Dose | **gek** | 66 | 276 | **11** | + | 4 | 93 | 3 | 4 | 35 | 145 | 25 | 20 |
| Erbsen, trocken | **roh** | 370 | 1549 | **61** | 1 | 23 | 6 | 67 |  | 2 | 48 | 400 | 130 |
| Erbsen&Rüebli, Dose | **gek** | 65 | 272 | **12** | + | 3 | 91 | 92 | 4 | 110 | 110 | 405 | 78 |
| Fenchel | **roh** | 50 | 209 | **9** | + | 2 | 92 |  | 4 | 50 | 80 | 315 | 54 |
| Gurken/Gewürzgurken | **gek** | 10 | 42 | **1** | + | 1 | 86 | 3 | 9 | 52 | 410 | 110 | 26 |
| Kabis | **roh** | 26 | 109 | **4** | + | 2 | 86 | 3 | 6 | 50 | 315 | 90 |  |
| Karotten | **roh** | 35 | 147 | **7** | + | 1 | 93 | 3 | 5 | 16 | 210 | 26 | 11 |
| Kartoffeln | **roh** | 85 | 356 | **19** | + | 2 | 93 | 3 | 5 | 16 | 210 | 26 |  |
| Kartoffelflocken | **roh** | 360 | 1507 | **79** | + | 6 | 95 | 2 | 9 | 45 | 290 | 40 |  |
| Pommes-Frites | **roh** | 252 | 1054 | **36** | 10 | 4,6 | 92 | 2 | 13 | 50 | 150 | 40 | 26 |
| Kohlrabi | **roh** | 14 | 59 | **2** | + | 2 | 93 | 3 | 4 | 35 | 145 | 25 | 20 |
| Kopfsalat | **roh** | 14 | 59 | **2** | + | 1 | 6 | 67 |  | 2 | 48 | 400 | 130 |
| Kresse | **roh** | 46 | 193 | **8** | + | 2 | 91 | 92 | 4 | 110 | 110 | 405 | 78 |
| Lauch | **roh** | 38 | 159 | **6** | + | 2 | 92 |  | 4 | 50 | 80 | 315 | 54 |
| Linsen | **gek** | 354 | 1482 | **56** | 1 | 24 | 86 | 3 | 9 | 52 | 410 | 110 | 26 |
| Maiskolben | **roh** | 96 | 403 | **23** | 1 | 3 | 86 | 3 | 6 | 50 | 315 | 90 |  |
| Maiskörner | **gek** | 84 | 353 | **21** | 1 | 3 | 93 | 3 | 5 | 16 | 210 | 26 | 11 |
| Peperoni | **roh** | 28 | 117 | **5** | + | 1 | 93 | 3 | 5 | 16 | 210 | 26 |  |
| Petersilie | **roh** | 61 | 255 | **10** | + | 4 | 95 | 2 | 9 | 45 | 290 | 40 |  |
| Radischen, Rettich | **roh** | 19 | 80 | **4** | + | 1 | 92 | 2 | 76 | 24 | 380 | 60 | 7 |
| Randen | **roh** | 37 | 155 | **8** | + | 2 | 94 | 2 | 45 | 18 | 250 | 52 |  |
| Rosenkohl | **roh** | 52 | 218 | **7** | 1 | 4 | 92 | 2 | 13 | 50 | 150 | 40 | 26 |
| Sauerkraut | **roh** | 26 | 109 | **4** | + | 2 | 93 | 3 | 4 | 35 | 145 | 25 | 20 |
| Schwarzwurzeln | **roh** | 74 | 310 | **16** | + | 1 | 6 | 67 |  | 2 | 48 | 400 | 130 |
| Sellerie | **roh** | 38 | 159 | **7** | + | 2 | 91 | 92 | 4 | 110 | 110 | 405 | 78 |
| Senf | **roh** | 104 | 442 | **11,7** | 6,1 | 6,2 | 92 |  | 4 | 50 | 80 | 315 | 54 |
| Spargel, frisch | **roh** | 20 | 84 | **3** | + | 2 | 86 | 3 | 9 | 52 | 410 | 110 | 26 |
| Spargel, Dose | **gek** | 19 | 80 | **2** | + | 2 | 86 | 3 | 6 | 50 | 315 | 90 |  |
| Spinat, frisch | **roh** | 23 | 96 | **2** | + | 2 | 93 | 3 | 5 | 16 | 210 | 26 | 11 |
| Steinpilze, frisch | **roh** | 34 | 142 | **5** | + | 3 | 93 | 3 | 5 | 16 | 210 | 26 |  |
| Steinpilze, trocken | **gek** | 283 | 1185 | **44** | 3 | 20 | 95 | 2 | 9 | 45 | 290 | 40 |  |
| Suppengemüse | **roh** | 29 | 121 | **5** | + | 2 | 92 | 2 | 76 | 24 | 380 | 60 | 7 |
| Tomaten | **roh** | 19 | 80 | **3** | + | 1 | 94 | 2 | 45 | 18 | 250 | 52 |  |
| Tomatenpürée | **roh** | 120 | 511 | **23,7** | 0,2 | 5,9 | 92 | 2 | 13 | 50 | 150 | 40 | 26 |
| Ketchup | **gek** | 102 | 432 | **23,9** | 0,1 | 0,9 | 93 | 3 | 4 | 35 | 145 | 25 | 20 |
| Zuccetti | **roh** | 17 | 71 | **4** | + | 1 | 6 | 67 |  | 2 | 48 | 400 | 130 |
| Zwiebeln | **roh** | 45 | 188 | **10** | + | 1 | 91 | 92 | 4 | 110 | 110 | 405 | 78 |