|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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&Möhren, 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 |  |
| Mais | 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 |
| Rote Beete | 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 |