

AAL, GEBACKEN

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Produktbezeichnung	Kalorien pro 100 g	Fett	Cholesterin	Sattfaktor	Fitfaktor
Aal, gebacken	258				
Aal, gekocht, in Dill	272				
Aal, geräuchert	290				
Aal, grün	212				
Acerola	20				
Acerolanektar	46				
Acerolasaft	24				
After Eight	423				
Agar-Agar-Trockenprodukt	340				
Alberto					
Cannelloni Spinaci	180				
Lasagne Bolognese	161				
Lasagne Vegetale	191				
Makkaroni al forno	189				
Microssa 3 Formaggi	222				
Microssa Salami	240				
Microssa Spinaci e Prosciutto	201				
Pizza Diavolo	217				
Pizza Famiglia Quattro Formaggi	247				
Pizza Famiglia Speciale	243				
Pizza Hawaii	198				
Pizza Mozzarella	226				
Pizza Prosciutto	216				
Pizza Quattro Formaggi	252				
Pizza Rucola	240				
Pizza Salami	279				
Pizza Speciale	230				
Pizza Spinaci	191				
Pizza Tonno	239				
Pizza Vegetale	169				
Tortellini-Gratin	204				
Alpro					
Soja Cuisine	170				
Soja Dessert Caramel	82				
Soja Dessert Schoko	88				

APFELKUCHEN, GEDECKT, HEFETEIG

Produktbezeichnung	Kalorien pro 100 g	Fett	Cholesterin	Sattfaktor	Fitfaktor
Soja Dessert Vanille	80				
Soja Drink	36				
Soja Drink Schoko	76				
Soja Drink Vanille	70				
Soja Yofu Bio Natur	59				
Soja Yofu Erdbeer	83				
Altbier	41				
Altbierbowle	80				
Ambrosiacreme	183				
Amerikaner	315				
Amicelli	507				
Ananas	59				
Ananasbowle	108				
Ananascreme	160				
Ananas, gegart	61				
Ananas, kandiert	263				
Ananas, Konserve, netto	87				
Ananaskonfitüre	278				
Ananasnektar	70				
Ananassaft	59				
Anchovis	323				
Anis	357				
Anisplätzchen	385				
Apfel, gedünstet, Baseler Art	124				
Apfel, gedünstet, mit Rosinen und Mandeln	98				
Apfel, gegart	54				
Apfel, getrocknet	278				
Apfel-Zwiebel-Leberwurst, Du darfst	273				
Apfel, roh	52				
Apfelauflauf	161				
Apfelessig	20				
Apfelkompott	63				
Apfelkraut, gesüßt	242				
Apfelkuchen, gedeckt, Hefeteig	171				

APFELKUCHEN, GEDECKT, MÜRBETEIG

Produktbezeichnung	Kalorien pro 100 g	Fett	Cholesterin	Sattfaktor	Fitfaktor
Apfelkuchen, gedeckt, Mürbeteig	229	● ● ●	● ● ●	● ● ●	● ● ●
Apfelkuchen, Rührmasse	214	● ● ●	● ● ●	● ● ●	● ● ●
Apfelmus	66	● ● ●	● ● ●	● ● ●	● ● ●
Apfelpfannkuchen	144	● ● ●	● ● ●	● ● ●	● ● ●
Apfelreis	96	● ● ●	● ● ●	● ● ●	● ● ●
Apfelsaft	49	● ● ●	● ● ●	● ● ●	● ● ●
Apfelschmarrn	212	● ● ●	● ● ●	● ● ●	● ● ●
Apfelstreuselkuchen	232	● ● ●	● ● ●	● ● ●	● ● ●
Apfelstrudel	165	● ● ●	● ● ●	● ● ●	● ● ●
Apfelstrudel Wiener Art	141	● ● ●	● ● ●	● ● ●	● ● ●
Apfeltasche, McDonalds	275	● ● ●	● ● ●	● ● ●	● ● ●
Apfeltorte, gedeckt, Mürbeteig	171	● ● ●	● ● ●	● ● ●	● ● ●
Apfelwein	66	● ● ●	● ● ●	● ● ●	● ● ●
Appenzeller 50 % F.i. Tr.	386	● ● ●	● ● ●	● ● ●	● ● ●
Apricot Brandy	305	● ● ●	● ● ●	● ● ●	● ● ●
Aprikose	42	● ● ●	● ● ●	● ● ●	● ● ●
Aprikose, gegart	44	● ● ●	● ● ●	● ● ●	● ● ●
Aprikose, getrocknet	249	● ● ●	● ● ●	● ● ●	● ● ●
Aprikose, Konserve, netto	78	● ● ●	● ● ●	● ● ●	● ● ●
Aprikosencreme	168	● ● ●	● ● ●	● ● ●	● ● ●
Aprikosenkompott	59	● ● ●	● ● ●	● ● ●	● ● ●
Aprikosenkonfitüre	272	● ● ●	● ● ●	● ● ●	● ● ●
Aprikosensaft	44	● ● ●	● ● ●	● ● ●	● ● ●
Aprikosentorte mit Nussrührteig	240	● ● ●	● ● ●	● ● ●	● ● ●
Arme Ritter	256	● ● ●	● ● ●	● ● ●	● ● ●
Arrak	231	● ● ●	● ● ●	● ● ●	● ● ●
Artischocken, gegart	20	● ● ●	● ● ●	● ● ●	● ● ●
Artischocken, Konserve, gegart	17	● ● ●	● ● ●	● ● ●	● ● ●
Artischocken, Konserve, netto	19	● ● ●	● ● ●	● ● ●	● ● ●
Artischockenboden, Konserve	16	● ● ●	● ● ●	● ● ●	● ● ●
Aspikaufluss, weiß	56	● ● ●	● ● ●	● ● ●	● ● ●
Aubergine	17	● ● ●	● ● ●	● ● ●	● ● ●
Aubergine, gegart	17	● ● ●	● ● ●	● ● ●	● ● ●
Auberginen, gefüllt, überbacken	134	● ● ●	● ● ●	● ● ●	● ● ●
Auberginen und Tomaten, überbacken	127	● ● ●	● ● ●	● ● ●	● ● ●

BAMBUSSPROSSEN, KONSERVE, GEGART

Produktbezeichnung	Kalorien pro 100 g	Fett	Cholesterin	Sattfaktor	Fitfaktor
Auberginensalat mit Zitronenmarinade	77				
Auberginenscheiben, frittiert	81				
Auster	63				
Auster, gegart	65				
Avocado, netto	217				
Avocadocremesuppe	128				
Baby-Pute	151				
Bachsaibling	96				
Bäckerhefe, gepresst	83				
Bäckerhefe, getrocknet	288				
Backfett, pflanzlich	866				
Backobst	74				
Backpulver	155				
Baguette	248				
Baguettebrötchen	248				
Baguettes					
Bolognese, TK	225				
Champignon, TK	215				
Hawaii, TK	227				
Knoblauch-Kräuter, TK	361				
Provence, TK	286				
Salami, TK	245				
Tomaten-Käse, TK	225				
Baiser	364				
Baisertorte	307				
Balisto					
Getreide-Choco	509				
Getreide-Erdnuss	515				
Getreide-Joghurt-Creme	485				
Joghurt-Beeren-Mix	488				
Schoko-Korn-Mix	503				
Schoko-Müsli-Mix	515				
Bambussprossen, Konserve, gegart	11				

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