

Kalorientabelle

| Obst | |
|--------------|-------------|
| | pro 100 gr. |
| Apfel | 52 kcal |
| Ananas | 55 kcal |
| Aprikose | 43 kcal |
| Birne | 55 kcal |
| Banane | 88 kcal |
| Blaubeeren | 35 kcal |
| Blutorange | 45 kcal |
| Brombeeren | 43 kcal |
| Cranberries | 46 kcal |
| Erdbeeren | 32 kcal |
| Feige | 107 kcal |
| Grapefruit | 50 kcal |
| Granatapfel | 74 kcal |
| Hagebutte | 162 kcal |
| Honigmelone | 54 kcal |
| Himbeeren | 36 kcal |
| Ingwer | 80 kcal |
| Kiwi | 51 kcal |
| Kirschen | 50 kcal |
| Litschi | 66 kcal |
| Mandarine | 50 kcal |
| Mango | 62 kcal |
| Maracuja | 97 kcal |
| Pflaume | 47 kcal |
| Pfirsich | 41 kcal |
| Quitte | 38 kcal |
| Rhabarber | 21 kcal |
| Wassermelone | 30 kcal |
| Weintraube | 70 kcal |
| Zitrone | 35 kcal |

| Fleisch | |
|------------------------|-------------|
| | pro 100 gr. |
| Bratwurst | 375 kcal |
| Ente | 375 kcal |
| Hirsch | 375 kcal |
| Hähnchenbrust | 75 kcal |
| Kalbfleisch | 94 kcal |
| Lamm | 178 kcal |
| Putenbrust | 111 kcal |
| Salami | 507 kcal |
| Schinken | 335 kcal |
| Speck | 645 kcal |
| Rinderfilet | 115 kcal |
| Rinderhack | 212 kcal |
| Rumpsteak | 162 kcal |
| Schweinefilet | 171 kcal |
| Schweinefleisch, fett | 311 kcal |
| Schweinefleisch, mager | 143 kcal |
| Schweineschnitzel | 105 kcal |
| Wiener Würstchen | 375 kcal |

| Gemüse | |
|---------------|-------------|
| | pro 100 gr. |
| Aubergine | 24 kcal |
| Artischocke | 47 kcal |
| Avocado | 160 kcal |
| Blumenkohl | 25 kcal |
| Brokkoli | 35 kcal |
| Bohnen | 25 kcal |
| Brunnenkresse | 19 kcal |
| Champignons | 22 kcal |
| Chinakohl | 13 kcal |
| Chili | 40 kcal |
| Erbsen | 82 kcal |
| Eisbergsalat | 14 kcal |
| Fenchel | 31 kcal |
| Gurke | 15 kcal |
| Grünkohl | 49 kcal |
| Karotte | 36 kcal |
| Kartoffel | 86 kcal |
| Kohlrabi | 27 kcal |
| Kürbis | 19 kcal |
| Lauch | 31 kcal |
| Mais | 108 kcal |
| Mangold | 19 kcal |
| Paprika | 21 kcal |
| Radieschen | 16 kcal |
| Rote Bete | 43 kcal |
| Rotkohl | 29 kcal |
| Rosenkohl | 43 kcal |
| Rucola | 25 kcal |
| Spargel | 18 kcal |
| Spinat | 23 kcal |
| Süßkartoffel | 86 kcal |
| Zucchini | 20 kcal |
| Zwiebel | 40 kcal |

| Fisch | |
|----------------|-------------|
| | pro 100 gr. |
| Forelle | 50 kcal |
| Hecht | 50 kcal |
| Hering | 146 kcal |
| Lachs | 137 kcal |
| Rotbarschfilet | 111 kcal |
| Seelachsfilet | 83 kcal |
| Thunfisch | 144 kcal |

| Milchprodukte | |
|---------------|-------------|
| | pro 100 gr. |
| Buttermilch | 38 kcal |
| Crème fraîche | 292 kcal |
| Cheddar | 403 kcal |
| Emmentaler | 382 kcal |
| Edamer | 251 kcal |
| Ei | 155 kcal |
| Hüttenkäse | 104 kcal |
| Kokosmilch | 136 kcal |
| Milch | 47 kcal |
| Magerquark | 67 kcal |
| Naturjoghurt | 62 kcal |
| Sahne | 204 kcal |
| Sauerrahm | 162 kcal |
| Saure Sahne | 115 kcal |
| Schmand | 240 kcal |

| Nudeln | |
|-----------------------|-------------|
| | pro 100 gr. |
| Bandnudeln, gekocht | 142 kcal |
| Dinkelnudeln, gekocht | 128 kcal |
| Farfalle, gekocht | 147 kcal |
| Tagliatelle, gekocht | 159 kcal |
| Glasnudeln | 124 kcal |
| Vollkornspaghetti | 152 kcal |

| Backwaren | |
|---------------|-------------|
| | pro 100 gr. |
| Baguette | 248 kcal |
| Brezel | 217 kcal |
| Ciabatta | 333 kcal |
| Croissant | 393 kcal |
| Naan Brot | 290 kcal |
| Pide | 290 kcal |
| Vollkorntoast | 244 kcal |
| Vollkornwrap | 170 kcal |
| Zimtschnecke | 384 kcal |

| Alkohol | |
|-----------|------------|
| | pro 100 ml |
| Bier | 43 kcal |
| Gin Tonic | 377 kcal |
| Vodka | 215 kcal |
| Wein | 83 kcal |

| Fast Food | |
|----------------------|-------------|
| | pro 100 gr. |
| Cheeseburger | 250 kcal |
| Chips | 539 kcal |
| Currywurst | 288 kcal |
| Döner | 215 kcal |
| Kekse mit Schokolade | 512 kcal |
| Vegetarischer Döner | 107 kcal |
| Pizza Margherita | 199 kcal |
| Pizza Salami | 245 kcal |
| Pommes | 291 kcal |
| Hamburger | 291 kcal |
| Nutella | 547 kcal |