

## Gemüse

**Kalorienangabe bezieht sich auf geputzte Rohware !!**

1 Stück	( ca. 100 g )	Artischocke	45,00 kcal
1 Portion	( ca. 200 g )	Aubergine	35,00 kcal
1 Portion	( ca. 200 g )	Blumenkohl	45,00 kcal
1 Portion	( ca. 200 g )	Bohnen	65,00 kcal
1 Portion	( ca. 200 g )	Broccoli	50,00 kcal
1 Portion	( ca. 200 g )	Chicorée	30,00 kcal
1 Portion	( ca. 200 g )	Chinakohl	25,00 kcal
1 Portion	( ca. 200 g )	Erbsen	140,00 kcal
1 Portion	( ca. 200 g )	Fenchel	47,00 kcal
1 Portion	( ca. 200 g )	Grünkohl	75,00 kcal
1 Portion	( ca. 200 g )	Gurke	25,00 kcal
1 Portion	( ca. 200 g )	Kohlrabi	50,00 kcal
1 Portion	( ca. 200 g )	Kürbis	50,00 kcal
1 Portion	( ca. 200 g )	Lauch	50,00 kcal
1 Portion	( ca. 200 g )	Mais	175,00 kcal
1 Portion	( ca. 200 g )	Mangold	30,00 kcal
1 Portion	( ca. 200 g )	Karotten	50,00 kcal
1 Portion	( ca. 200 g )	Paprikaschoten	40,00 kcal
1 Portion	( ca. 200 g )	Rettich	25,00 kcal
1 Portion	( ca. 200 g )	Rosenkohl	70,00 kcal
1 Portion	( ca. 200 g )	Rote Beete	80,00 kcal
1 Portion	( ca. 200 g )	Rotkohl	45,00 kcal
1 Portion	( ca. 200 g )	Schwarzwurzel	30,00 kcal
1 Portion	( ca. 200 g )	Sellerie	30,00 kcal
1 Portion	( ca. 200 g )	Spargel	35,00 kcal
1 Portion	( ca. 200 g )	Spinat	30,00 kcal
1 Stück	( ca. 50 g )	Tomate	10,00 kcal
1 Portion	( ca. 200 g )	Weißkohl	50,00 kcal
1 Portion	( ca. 200 g )	Wirsing	50,00 kcal
1 Portion	( ca. 200 g )	Zucchini	40,00 kcal
1 Portion	( ca. 200 g )	Zuckererbsen	130,00 kcal