

	Butterbrot mit Konfitüre			
	Vollkorn- brot	Butter	Konfitüre	
	1 Scheibe	1/2 EL	1 EL	Total
Kohlenhydrate	75%	0%	99%	
Eiweiss	13%	1%	1%	
Fett	12%	99%	0%	
Total	100%	100%	100%	

Vitamin A	IU	0.0	175.0	0.0	175.0
Vitamin C	mg	0.0	0.0	1.8	1.8
Vitamin E	mg	0.1	0.3	0.0	0.4
Vitamin K	mcg	0.5	1.0	0.0	1.5
Thiamin	mg	0.1	0.0	0.0	0.1
Riboflavin	mg	0.1	0.0	0.0	0.1
Niacin	mg	1.6	0.0	0.0	1.6
Vitamin B6	mg	0.1	0.0	0.0	0.1
Folsäure	mcg	37.8	0.4	2.2	40.4
Kalzium	mg	26.6	3.4	4.0	34.0
Eisen	mg	1.1	0.0	0.1	1.2
Magnesium	mg	29.2	0.3	0.8	30.3
Phosphor	mg	66.6	3.4	3.8	73.8
Kalium	mg	81.7	3.4	15.4	100.5
Natrium	mg	175.0	1.5	6.4	182.9
Zink	mg	0.5	0.0	0.0	0.5
Kupfer	mg	0.1	0.0	0.0	0.1
Mangan	mg	0.6	0.0	0.0	0.6
Selen	mcg	11.2	0.1	0.4	11.7

Beeren Smoothie					
Heidel- beeren	Chia-Samen	Avocado	Kokos- milch	Nuss-milch	
75 g	14 g	1/2	125 ml	100 ml	Total
86%	36%	19%	5%	14%	
3%	11%	4%	4%	8%	
11%	53%	77%	91%	78%	
100%	100%	100%	100%	100%	

36.0	0.0	146.0	0.0	0.0	182.0
2.0	0.0	10.5	1.1	0.1	13.7
0.3	0.0	2.1	0.0	0.0	2.4
13.0	0.0	21.1	0.0	0.0	34.1
0.0	0.0	0.1	0.0	0.0	0.1
0.1	0.0	0.2	0.0	0.1	0.3
0.4	0.0	1.8	0.7	0.5	3.4
0.1	0.0	0.3	0.1	0.0	0.4
6.0	0.0	82.0	16.0	10.4	114.4
6.2	58.0	12.0	20.3	43.2	139.7
0.2	0.0	0.6	3.7	0.6	5.1
4.0	0.0	29.0	52.0	48.5	133.5
8.5	132.0	52.0	108.0	83.7	384.2
42.0	22.4	487.2	248.5	121.0	921.1
0.8	2.7	7.0	15.0	1.8	27.3
0.1	0.5	0.6	0.7	0.5	2.4
0.1	0.1	0.2	0.3	0.1	0.7
0.1	0.3	0.2	0.8	0.4	1.8
0.1	0.0	0.4	0.0	0.0	0.5