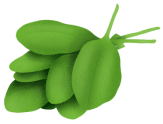
LOW CARB GEMÜSE

- Nährwertangaben pro 100g -

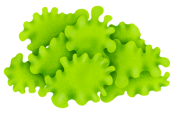


Spinat

0,6g

Champignons

0,6g



Kopfsalat

1,1g

Pak Choi

1,2g

Chinakohl

1,2g

Avocado

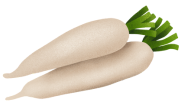
1,8g

Gurke

1,8g

Oliven

1,8g



Rettich

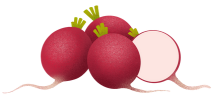
1,9g

Spargel

2,0g

Zucchini

2,1g



Radieschen

2,1g

Sellerie

2,2g

Blumenkohl

2,3g

Chicorée

2,3g

Peperoni

2,4g

Wirsing

2,4g

Aubergine

2,5g

Brokkoli

2,5g

Grünkohl

2,5g

Tomaten

2,6g

Artischoken

2,8g

Fenchel

2,8g

Grüne Bohnen

3,1g

Lauch/Porree

3,2g

Rosenkohl

3,3g

Rotkohl

3,5g

Kohlrabi

3,7g

Weißkohl

4,2g

Hokkaido-Kürbis

4,6g

Karotten

4,8g

Zwiebeln

4,9g

Zuckerschoten

5,0g

Rote Paprika

6,4g

Rote Beete

6,8g

Erbsen

10,2g

KOCH KETO

www.kochketo.de