



## Nährwerte HOLO Müsli

| Lebensmittel<br>(je 100 g) | Energie    |             | Hauptnährstoffe          |                     |                  |                         |                         | Wasser<br>g | Chole-<br>sterin<br>mg | Mineral-<br>stoffe<br>Natrium<br>mg | 1 BE<br>=<br>g |
|----------------------------|------------|-------------|--------------------------|---------------------|------------------|-------------------------|-------------------------|-------------|------------------------|-------------------------------------|----------------|
|                            | kcal       | kJ          | Eiweiß<br>(Protein)<br>g | Fett<br>Gesamt<br>g | Fett<br>MUF<br>g | Kohlen-<br>hydrate<br>g | Ballast-<br>stoffe<br>g |             |                        |                                     |                |
| empfohlene Tagesdosis      |            |             |                          |                     |                  |                         | 30                      |             |                        |                                     |                |
| <b>Ahorn-Müsli</b>         | <b>362</b> | <b>1528</b> | <b>9,7</b>               | <b>8,6</b>          | <b>3,1</b>       | <b>63,0</b>             | <b>5,5</b>              | *           | *                      | <b>22</b>                           | <b>19</b>      |
| % der empf. Tagesdosis     |            |             |                          |                     |                  |                         | 18%                     |             |                        |                                     |                |
| <b>Bircher-Müsli</b>       | <b>300</b> | <b>1270</b> | <b>7,9</b>               | <b>3,8</b>          | <b>1,8</b>       | <b>57,2</b>             | <b>5,9</b>              | *           | *                      | <b>24</b>                           | <b>21</b>      |
| % der empf. Tagesdosis     |            |             |                          |                     |                  |                         | 20%                     |             |                        |                                     |                |
| <b>Meine Schoko-Liebe</b>  | <b>376</b> | <b>1589</b> | <b>11,9</b>              | <b>10,7</b>         | *                | <b>59,2</b>             | *                       | *           | *                      | *                                   | <b>20</b>      |
| % der empf. Tagesdosis     |            |             |                          |                     |                  |                         |                         |             |                        |                                     |                |
| <b>Schoko-Müsli</b>        | <b>387</b> | <b>1632</b> | <b>11,1</b>              | <b>11,6</b>         | <b>3,2</b>       | <b>60,2</b>             | <b>7,8</b>              | *           | *                      | <b>83</b>                           | <b>20</b>      |
| % der empf. Tagesdosis     |            |             |                          |                     |                  |                         | 26%                     |             |                        |                                     |                |
| <b>7-Früchte-Müsli</b>     | <b>343</b> | <b>1447</b> | <b>10,9</b>              | <b>5,6</b>          | <b>2,4</b>       | <b>62,8</b>             | <b>8,6</b>              | *           | *                      | <b>81</b>                           | <b>19</b>      |
| % der empf. Tagesdosis     |            |             |                          |                     |                  |                         | 29%                     |             |                        |                                     |                |

+ = in Spuren, (0) = praktisch nicht vorhanden, \* = keine Daten