



Nährwerte neufarm Kürbiskern-Produkte

| Lebensmittel (je 100 g) | Energie | | Hauptnährstoffe | | | | | Wasser g | Chole- sterin mg | Mineralstoffe | | Vitamine E (Toc.-Ä.) mg | 1 BE = |
|---|------------|-------------|--------------------------|---------------------|------------------|-------------------------|-------------------------|-------------|------------------------|---------------|----------------------|----------------------------------|------------|
| | kcal | kJ | Eiweiß (Protein) g | Fett Gesamt g | Fett MUF g | Kohlen- hydrate g | Ballast- stoffe g | | | Natrium mg | Magne- sium mg | | |
| empfohlene Tagesdosis | | | | | | | 30 | | | | 300 | 10 | |
| Kürbiskerne | 561 | 2328 | 33,3 | 46,1 | 20,3 | 3,3 | 6,2 | * | * | < 1 | 483 | 4,0 | 364 |
| % der empf. Tagesdosis | | | | | | | 21% | | | | 161% | 40% | |
| KürbiskernGranulat | 532 | 2223 | 21,7 | 32,0 | 14,2 | 39,4 | 4,7 | * | * | < 1 | 314 | 3,3 | 30 |
| % der empf. Tagesdosis | | | | | | | 16% | | | | 105% | 33% | |
| KürbiskernGranulat & Cranberries | 474 | 1981 | 18,9 | 27,4 | 12,1 | 38,0 | 9,1 | * | * | < 1 | 273 | 2,8 | 32 |
| % der empf. Tagesdosis | | | | | | | 30% | | | | 91% | 28% | |

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

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