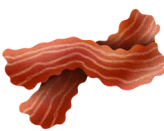
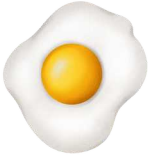
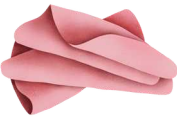
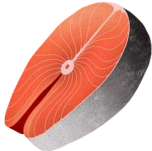
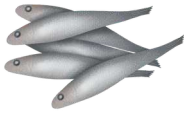
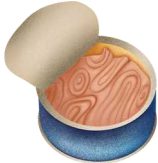
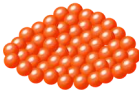


KETO LEBENSMITTEL

- Nährwertangaben pro 100g -

					
Rind	Hähnchen	Wild	Kalb	Schwein	Ente
0g	0g	0g	0g	0g	0g
					
Lamm	Hackfleisch	Bacon	Eier	Wiener Würstchen	Salami
0g	0g	0,5g	0,7g	1g	1g
					
Bratwurst	Fleischwurst	Schinken	Innereien		
1g	1g	1g	0-4g		
					
Lachs	Sardinen	Forelle	Thunfisch	Garnelen	Hering
0g	0g	0g	0g	0g	0g
					
Tintenfischringe	Kaviar	Miesmuscheln			
0,5g	0,7g	3,5g			

Fleisch & Eier

Fisch & Meeresfrüchte



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Parmesan

0g



Gouda

0g



Edamer

0g



Cheddar

0g



Feta

0,5g



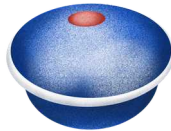
Camembert

0,5g



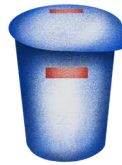
Mozzarella

1,0g



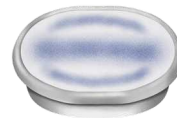
Mascarpone

2,1g



Crème fraîche

3,0g



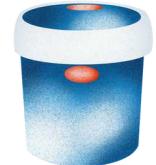
Frischkäse

3,0g



Schlagsahne

3,2g



Natur-Joghurt

4,0g

Milchprodukte



Leinsamen

0g



Hanfsamen

1,0g



Kürbiskerne

2,7g



Paranüsse

3,6g



Macadamias

4,0g



Pekannüsse

4,4g



Mandeln

4,5g



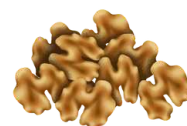
Kokosnuss

4,8g



Chia-Samen

5,2g



Walnüsse

5,3g



Haselnüsse

5,8g



Pinienkerne

7,3g

Nüsse, Kerne & Samen



Avocadoöl

0g



Kokosöl

0g



Butterschmalz

0g



Olivenöl

0g



Butter

0,6g

Fette & Öle



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Essig

0,6g



Aioli

1,4g



Tabasco

1,6g



Remoulade

1,9g



Senf

2,0g



Mayonnaise

2,0g



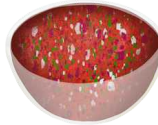
Soja-Sauce

3,2g



Guacamole

4,0g



Salsa

4,5g



Light Ketchup

5,8g



Pesto Verde

6,5g

Saucen & Dips



Wasser

0g



Tee

0g



Kaffee

0g



**Zuckerfreie
Getränke**

0g



**Trockener
Weißwein**

2,6g



**Trockener
Rotwein**

3,0g

Getränke



Erythrit

0g



**Shirataki-
Nudeln**

0g



Schweinekrusten

0g



Brühe

0,6g



Backkakao

8,9g



**Zartbitter-
schokolade (85%+)**

19,6g

Sonstiges



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