



	Energie kcal	Energie kJ	Wasser g	Protein g	Fett, total g	gesättigte Fettsäuren, g	einf. unges. Fettsäuren, g	mehrf. unges. Fettsäuren, g	Cholesterin mg	Kohlenhydrate, verwertbar, g	Stärke g	Zuckerarten g	Nahrungsfasern g
Öle, Fette und Nüsse													
Öle (pro 100 ml)													
Distelöl	810	3320	0.5	0	89.6	8	10.6	67	0	0	0	0	0
Erdnussöl	810	3330	0	0	89.9	16.2	38.7	27.9	0	0	0	0	0
Maiskeimöl	810	3330	0	0	89.9	11.1	23.5	51	0	0	0	0	0
Olivenöl	810	3330	0	0	89.9	11.7	59.9	7.2	0	0	0	0	0
Palmöl - Palmfett	800	3290	1.2	0	88.8	41.3	34.9	8.8	0	0	0	0	0
Rapsöl	810	3330	0	0	89.9	7.2	50.4	25.2	0	0	0	0	0
Rapsöl HOLL (high oleic, low linolenic)	810	3330	0	0	90	6.3	68.4	10.8	0	0	0	0	0
Sojaöl	810	3330	0	0	89.9	12.7	18.5	54.5	0	0	0	0	0
Sonnenblumenöl	810	3330	0	0	89.9	9.9	21.6	50	0	0	0	0	0
Sonnenblumenöl HO (high oleic), raffiniert	810	3330	0	0	90	6.3	67.5	11.7	0	0	0	0	0
Traubenkernöl	810	3330	0	0	89.9	9	16.2	57.6	0	0	0	0	0
Weizenkeimöl	810	3330	0	0	89.9	16.7	15	54.4	0	0	0	0	0
Öle (pro 100 g)													
Distelöl	900	3690	0.5	0	99.6	8.9	11.8	74.4	0	0	0	0	0
Erdnussöl	900	3700	0	0	99.9	18	43	31	0	0	0	0	0
Maiskeimöl	900	3700	0	0	99.9	12.3	26.1	56.7	0	0	0	0	0
Olivenöl	900	3700	0	0	99.9	13	66.6	8	0	0	0	0	0
Palmöl - Palmfett	890	3655	1.3	0	98.7	45.9	38.8	9.7	0	0	0	0	0
Rapsöl	900	3700	0	0	99.9	8	56	28	0	0	0	0	0
Rapsöl HOLL (high oleic, low linolenic)	900	3700	0	0	100	7	76	12	0	0	0	0	0
Sojaöl	900	3700	0	0	99.9	14.1	20.6	60.6	0	0	0	0	0
Sonnenblumenöl	900	3700	0	0	99.9	11	24	55.6	0	0	0	0	0
Sonnenblumenöl HO (high oleic), raffiniert	900	3700	0	0	100	7	75	13	0	0	0	0	0
Traubenkernöl	900	3700	0	0	99.9	10	18	64	0	0	0	0	0
Weizenkeimöl	900	3700	0	0	99.9	18.6	16.7	60.4	0	0	0	0	0



	Alkohol g	Natrium mg	Kalium mg	Chlorid mg	Calcium mg	Magnesium mg	Phosphor mg	Eisen mg	Zink mg	Jod µg	Vitamin A µg-Äquivalent	Beta-carotin µg	Vitamin D µg	Vitamin E mg-Äquivalent	Vitamin B1 mg	Vitamin B2 mg	Niacin mg	Vitamin B6 mg	Vitamin B12 µg	Folat µg	Pantothensäure, mg	Vitamin C mg
	0	0	1	0	0	0	0	0	0	0	0	0	0	45	0	0	0	0	0	0	0	0
	0	0	0	1	0	0	0	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0
	0	0	0	0	0	0	0	0	0	0	0	0	0	27	0	0	0	0	0	0	0	0
	0	1	0	90	1	0	1	0,1	0,1	0	2	23	0	4,6	0	0	0	0	0	0	0	0
	0	1	1	1	1	1	1	0	0	0	0	0	0	8,5	0	0	0	0	0	0	0	0
	0	0	0	1	0	0	0	0	0	0	0	0	0	41	0	0	0	0	0	0	0	0
	0	-	-	-	-	-	-	-	-	-	-	-	-	17	-	-	-	-	-	-	-	-
	0	0	1	0	0	0	0	0	0,2	0	0	0	0	14	0	0	0	0	0	0	0	0
	0	1	1	1	1	1	1	0	0	0	0	0	0	36	0	0	0	0	0	0	0	0
	0	-	-	-	-	-	-	-	-	-	-	-	-	36	-	-	-	-	-	-	-	-
	0	0	1	0	0	0	0	0	0	0	0	0	0	29	0	0	0	0	0	0	0	0
	0	0	0	1	0	0	0	0	0	0	0	0	0	120	0	0	0	0	0	0	0	0
	0	0	1	0	0	0	0	0	0	0	0	0	0	50	0	0	0	0	0	0	0	0
	0	0	0	1	0	0	0	0	0	0	0	0	0	16,67	0	0	0	0	0	0	0	0
	0	0	0	0	0	0	0	0	0	0	0	0	0	30	0	0	0	0	0	0	0	0
	0	1	0	100	1	0	1	0,1	0,1	0	2	25	0	5,11	0	0	0	0	0	0	0	0
	0	1	1	1	1	1	1	0	0	0	0	0	0	9,44	0	0	0	0	0	0	0	0
	0	0	0	1	0	0	0	0	0	0	0	0	0	45,56	0	0	0	0	0	0	0	0
	0	-	-	-	-	-	-	-	-	-	-	-	-	18,89	-	-	-	-	-	-	-	-
	0	0	1	0	0	0	0	0	0,2	0	0	0	0	15,56	0	0	0	0	0	0	0	0
	0	1	1	1	1	1	1	0	0	0	0	0	0	40	0	0	0	0	0	0	0	0
	0	-	-	-	-	-	-	-	-	-	-	-	-	40	-	-	-	-	-	-	-	-
	0	0	1	0	0	0	0	0	0	0	0	0	0	32,22	0	0	0	0	0	0	0	0
	0	0	0	1	0	0	0	0	0	0	0	0	0	133,33	0	0	0	0	0	0	0	0

Öle, Fette und Nüsse