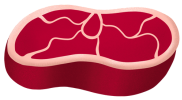
KETO LEBENSMITTEL

- Nährwertangaben pro 100g -

Fleisch & Eier



Rind

0g



Hähnchenbrust

0g



Wild

0g



Kalb

0g



Schwein

0g



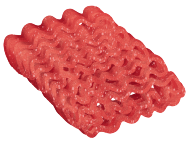
Hähnchenschenkel

0g



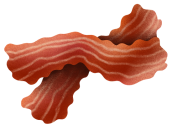
Lamm

0g



Hackfleisch

0g



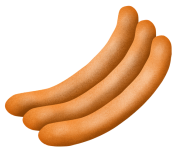
Bacon

0g



Fleischwurst

0,2g



Wiener Würstchen

0,3g



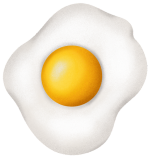
Salami

0,3g



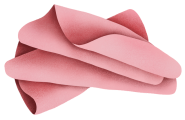
Bratwurst

0,3g



Eier

0,7g



Schinken

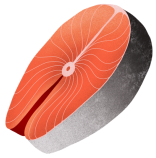
1,1g



Innereien

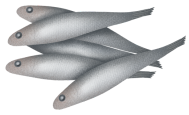
0-5g

Fisch & Meeresfrüchte



Lachs

0g



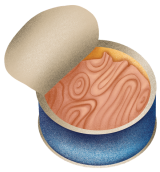
Sardinen

0g



Fischfilet

0g



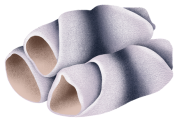
Thunfisch

0g



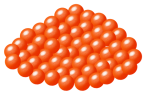
Garnelen

0,9g



Rollmops

0,9g



Kaviar

1,4g



Tintenfischringe

2g



Muscheln

3,9g

KOCH KETO

KETO LEBENSMITTEL

Milchprodukte



Parmesan

0g



Gouda

0g



Edamer

0g



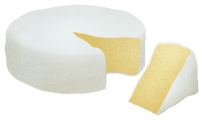
Cheddar

0g



Fetakäse

0,3g



Camembert

0,5g



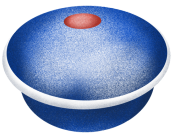
Mozzarella

1,0g



Creme Fraiche

2,4g



Mascarpone

2,5g



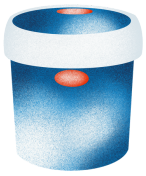
Körniger Frischkäse

2,6g



Sahne

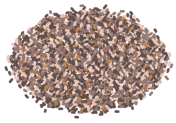
3,2g



Griechischer Joghurt

4,0g

Nüsse, Kerne & Samen



Chia Samen

2,3g



Kürbiskerne

2,7g



Paranüsse

3,6g



Macadamias

4,0g



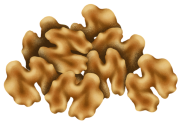
Pekannüsse

4,4g



Mandeln

4,5g



Walnüsse

5,3g



Haselnüsse

5,8g



Pinienkerne

7,3g



Erdnüsse

7,5g



Pistazien

11,6g

Fette & Öle



Avocadoöl

0g



Kokosöl

0g



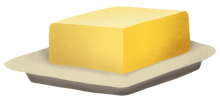
Ghee

0g



Olivenöl

0,2g



Butter

0,6g

KOCH KETO

KETO LEBENSMITTEL

Soßen & Dips



Essig

0,6g

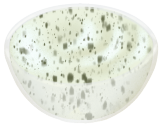
Aioli

1,4g



Tabasco

1,6g



Remoulade

1,9g



Senf

2,0g



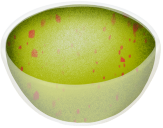
Mayonnaise

2,0g



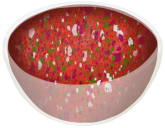
Soja-Sauce

3,2g



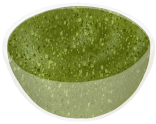
Guacamole

4,0g



Salsa

4,5g



Pesto Verde

6,5g



Light Ketchup

12,0g

Getränke



Wasser

0g



Tee

0g



Kaffee

0g



Zuckerfreie Getränke

0g



Trockener Weißwein

2,6g



Trockener Rotwein

3,0g

Sonstiges



Erythrit

0g



Shirataki-Nudeln

0g



Schweinekrusten

0g



Brühe

0,6g



Backkakao

8,9g



Zartbitter-schokolade

19,8g

KOCH KETO