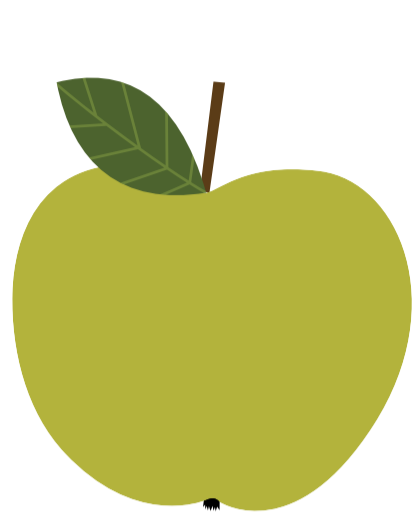


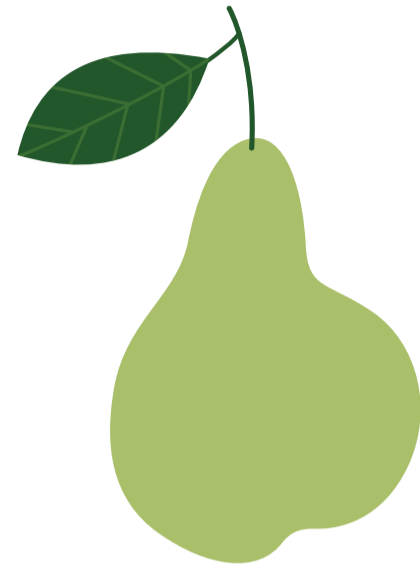
# Herbst-Saisonkalender

Obst aus regionalem Anbau



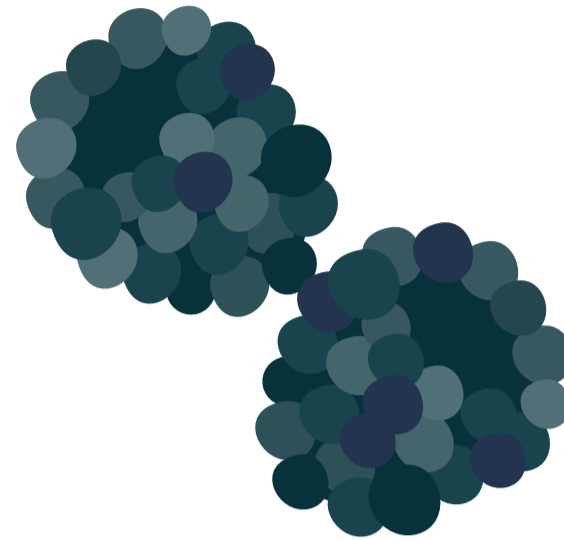
**Äpfel**

14,4 KH/100 g



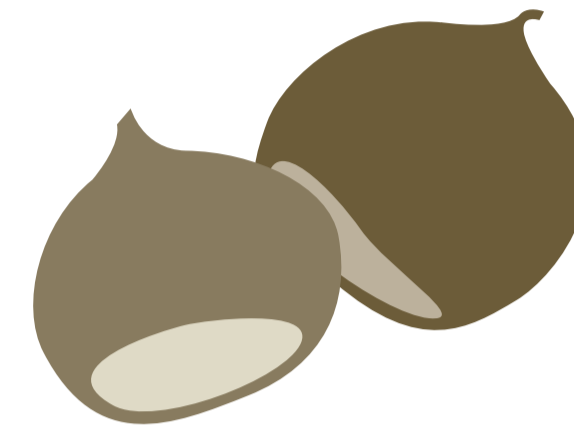
**Birnen**

12,4 KH/100 g



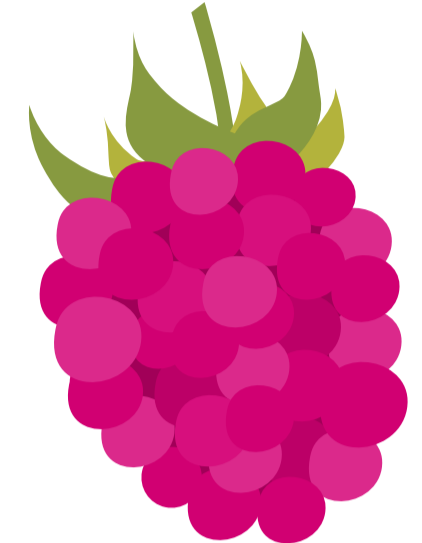
**Brombeeren**

6,3 KH/100 g



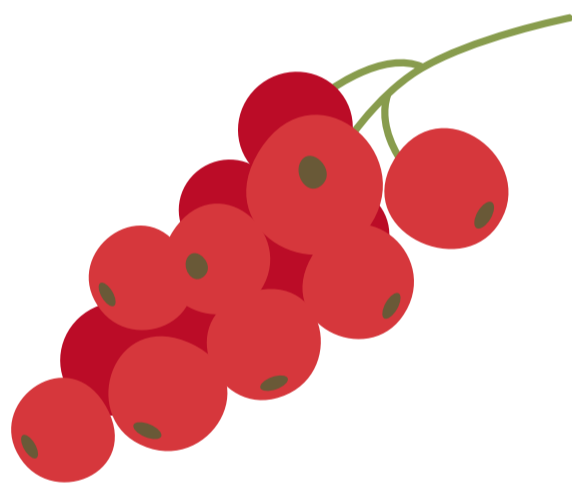
**Esskastanien**

42 KH/100 g



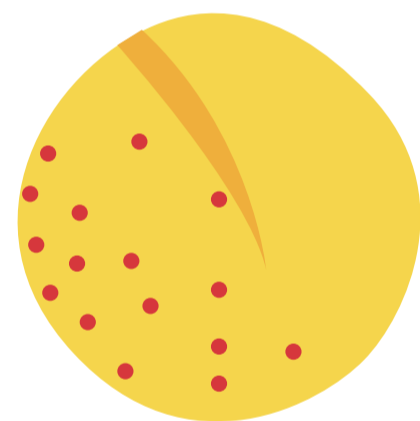
**Himbeeren**

4,8 KH/100 g



**Johannisbeeren,  
rot**

4,8 KH/100 g



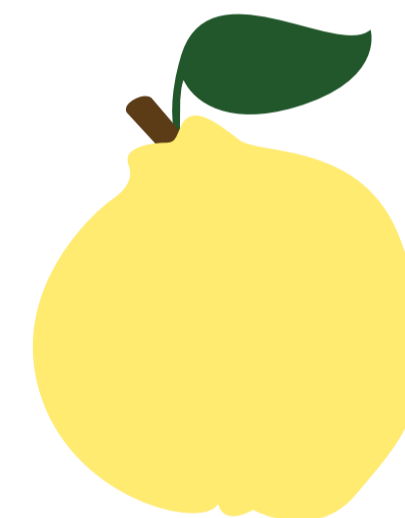
**Mirabellen,  
Renekloden**

14 KH/100 g



**Pflaumen,  
Zwetschen**

10,2 KH/100 g



**Quitten**

7 KH/100 g



**Weintrauben**

15,2 KH/100 g

KH/100 g = Kohlenhydrate je 100 Gramm rohe Lebensmittel

Die aufgelisteten Obstsorten stellen eine Auswahl derjenigen Sorten dar, die laut des Saisonkalenders der Bundesanstalt für Landwirtschaft und Ernährung in den Monaten September bis November aus heimischem Anbau in Deutschland verfügbar sind.

Quelle: Max Rubner-Institut: Bundeslebensmittelschlüssel. Version 3.02

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