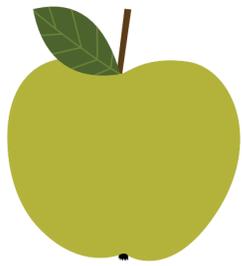


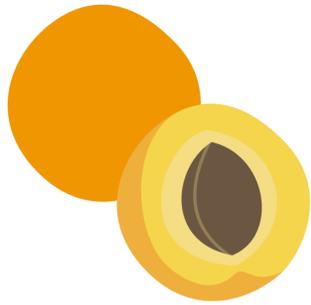
Sommer-Saisonkalender

Obst aus regionalem Anbau



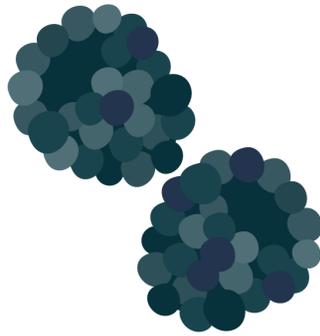
Äpfel

14,4 KH/100 g



Aprikosen

8,6 KH/100 g



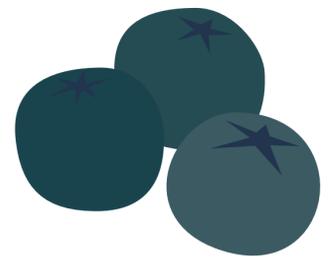
Brombeeren

6,3 KH/100 g



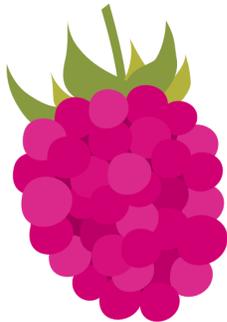
Erdbeeren

5,5 KH/100 g



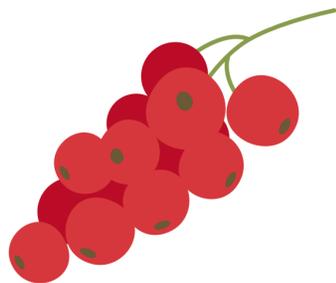
Heidelbeeren

6,0 KH/100 g



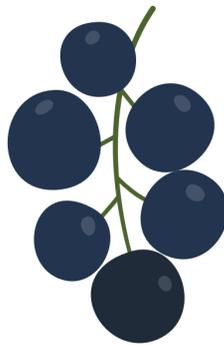
Himbeeren

4,8 KH/100 g



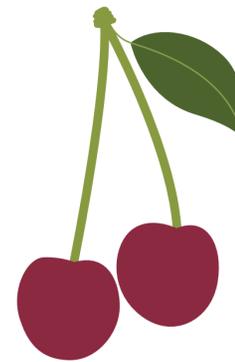
Johannisbeeren, rot

4,8 KH/100 g



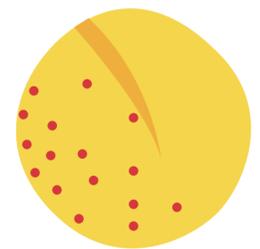
Johannisbeeren, schwarz

6,1 KH/100 g



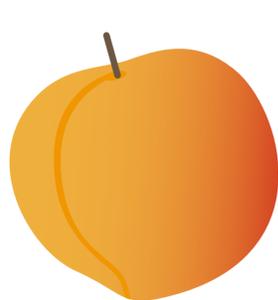
Kirschen

13,3 KH/100 g



Mirabellen, Renekloden

14 KH/100 g



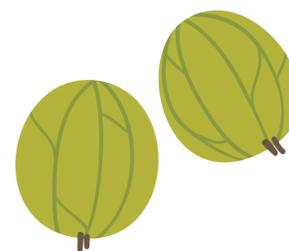
Pfirsiche, Nektarinen

8,9 KH/100 g



Pflaumen, Zwetschen

10,2 KH/100 g



Stachelbeeren

7,1 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 Juni bis August aus heimischem Anbau in Deutschland verfügbar sind.

Quelle: Max Rubner-Institut: Bundeslebensmittelschlüssel. Version 3.02

© diabinform.de

