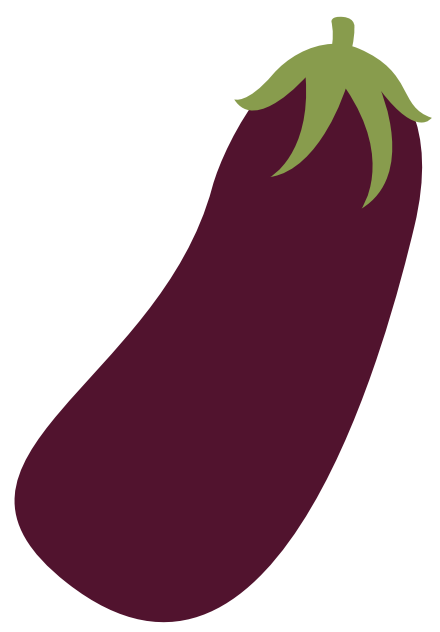


# Herbst-Saisonkalender

Gemüse aus regionalem Anbau



**Auberginen**  
2,5 KH/100 g



**Blumenkohl**  
2,3 KH/100 g



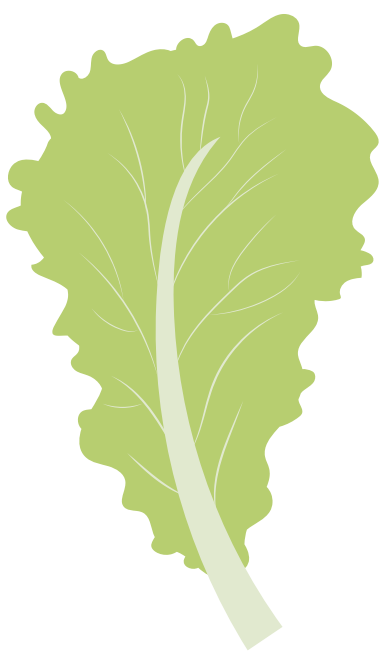
**Bohnen**  
3,2 KH/100 g



**Brokkoli**  
2,5 KH/100 g



**Chinakohl**  
1,3 KH/100 g



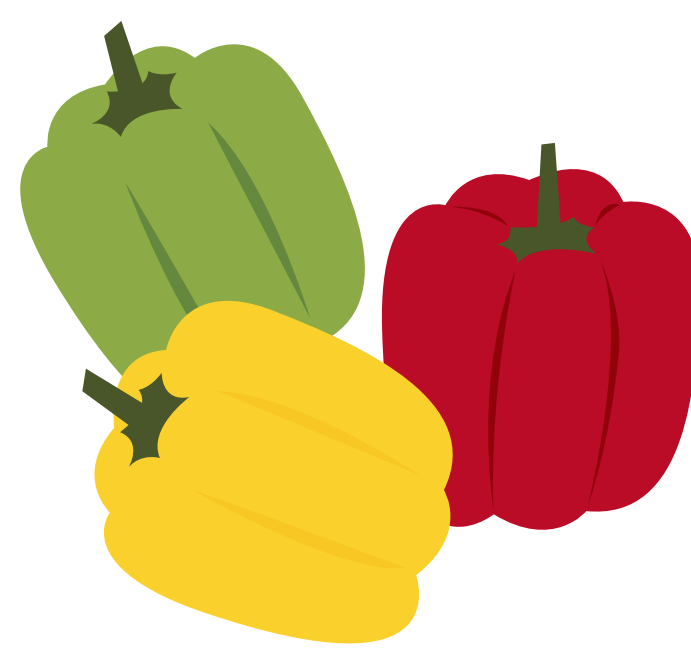
**Eisbergsalat**  
1,6 KH/100 g



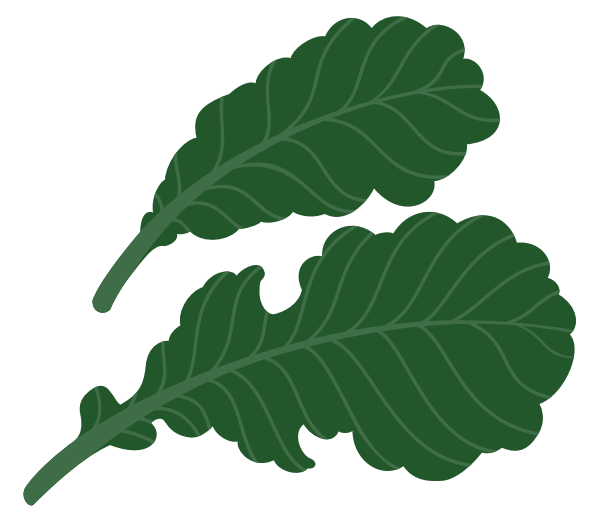
**Feldsalat/  
Rapunzel**  
0,8 KH/100 g



**Gemüsefenchel**  
3 KH/100 g



**Gemüsepaprika  
(grün/gelb/rot)**  
2,9/5,3/6,4 KH/100 g



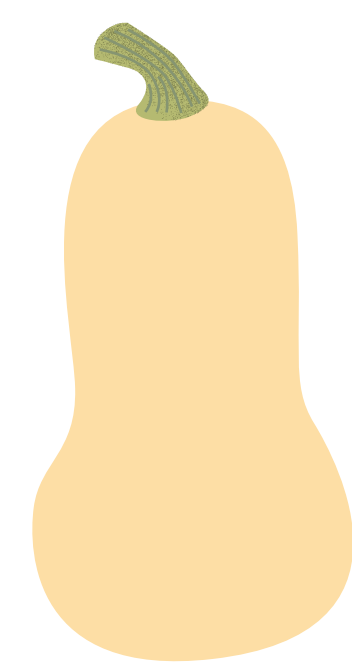
**Grünkohl**  
2,5 KH/100 g



**Kohlrabi**  
3,7 KH/100 g



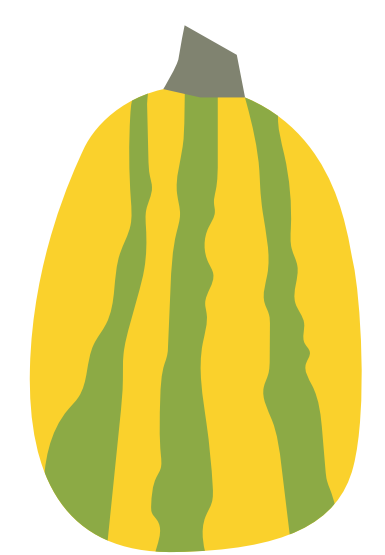
**Kopfsalat**  
1,1 KH/100 g



**Butternuss-  
kürbis**  
8,3 KH/100 g



**Hokkaido-  
kürbis**  
13 KH/100 g



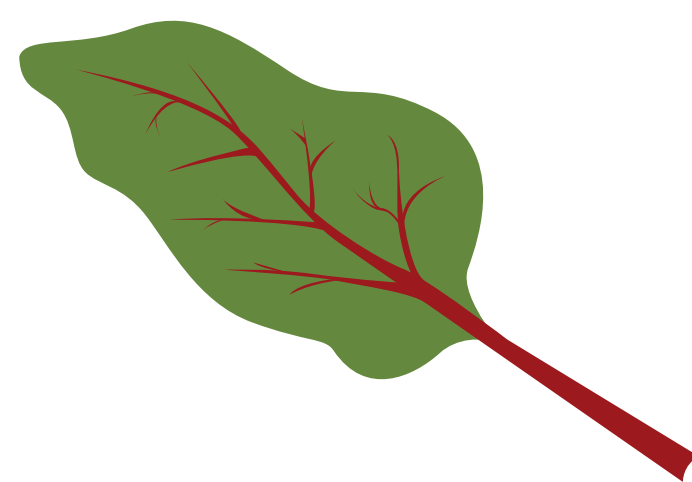
**Spaghetti-  
kürbis**  
6 KH/100g



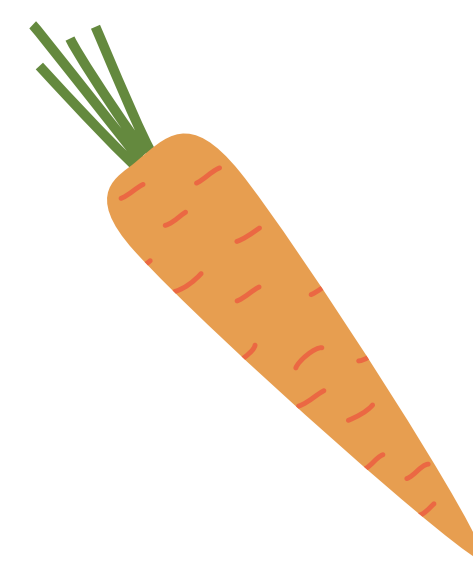
**Lauch/Porree**  
3,3 KH/100 g



**Lollo Rossa,  
L. Bionda**  
2,3 KH/100 g



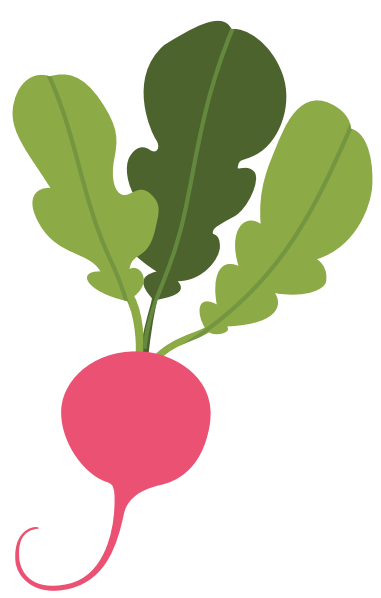
**Mangold**  
0,7 KH/100 g



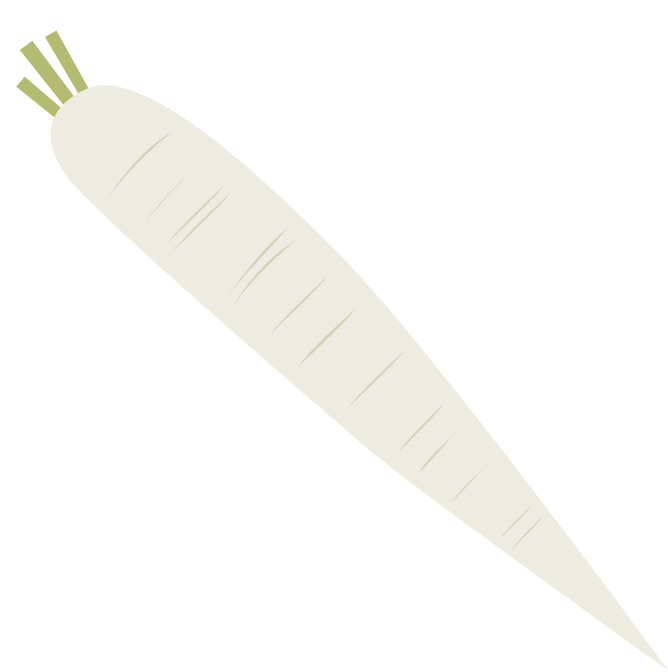
**Möhren**  
6,8 KH/100 g



**Radicchio**  
1,5 KH/100 g



**Radieschen**  
2,1 KH/100 g



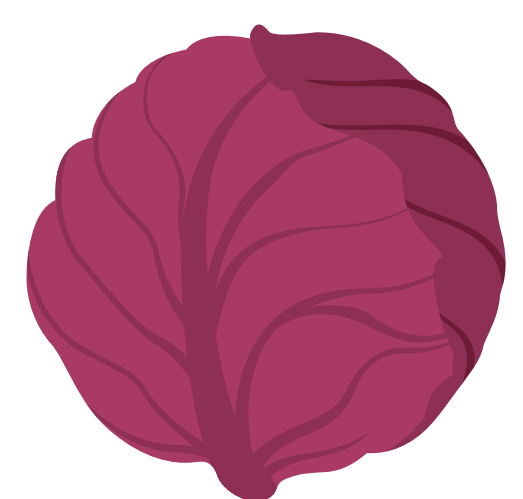
**Rettich**  
2,4 KH/100 g



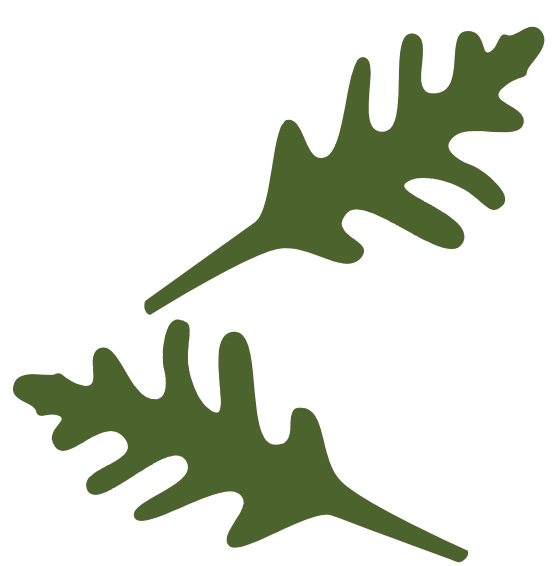
**Rosenkohl**  
3,3 KH/100 g



**Rote Beete**  
8,4 KH/100 g



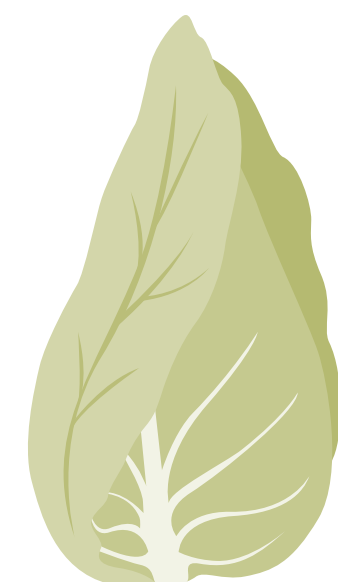
**Rotkohl**  
3,5 KH/100 g



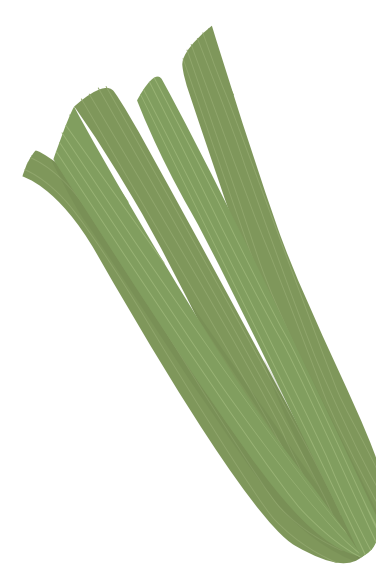
**Rucola**  
2,1 KH/100 g



**Spinat**  
0,6 KH/100 g



**Spitzkohl**  
2,7 KH/100 g



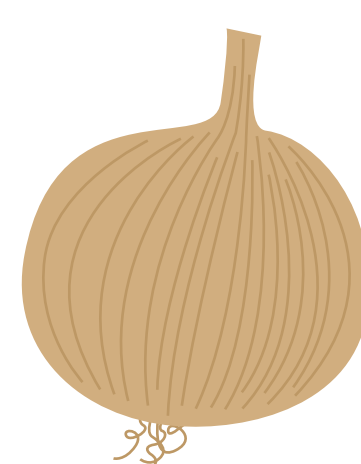
**Stangensellerie**  
2,2 KH/100 g



**Tomaten**  
2,6 KH/100 g



**Weißkohl**  
4,2 KH/100 g



**Zwiebel**  
4,9 KH/100 g

KH/100 g = Kohlenhydrate je 100 Gramm rohe Lebensmittel

Die aufgelisteten Gemüsesorten 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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