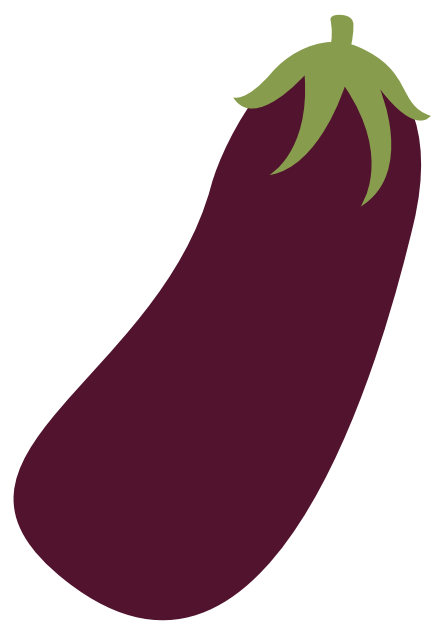


Sommer-Saisonkalender

Gemüse aus regionalem Anbau



Auberginen
2,5 KH/100 g



Blumenkohl
2,3 KH/100 g



Bohnen
3,2 KH/100 g



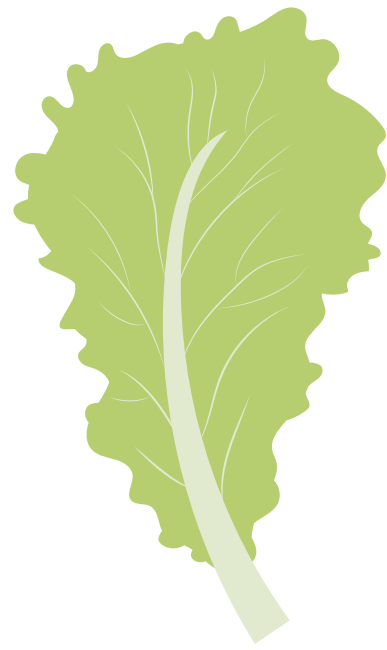
Brokkoli
2,5 KH/100 g



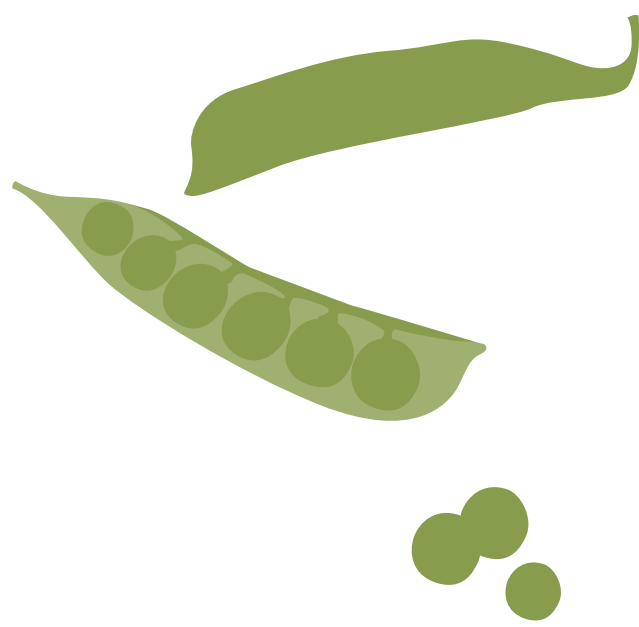
Chinakohl
1,3 KH/100 g



**Dicke Bohnen
(Saubohnen)**
27,3 KH/100 g



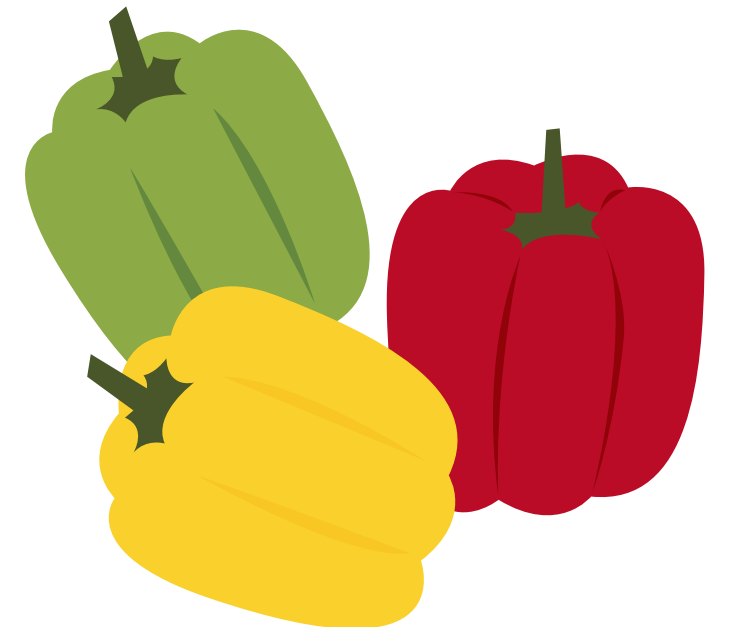
Eisbergsalat
1,6 KH/100 g



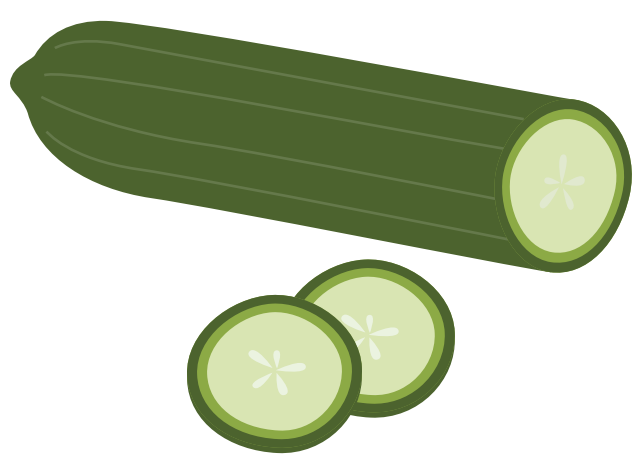
**Erbsen,
Zuckererbsen**
10 KH/100 g



Gemüsefenchel
3 KH/100 g



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



Salatgurke
1,8 KH/100 g



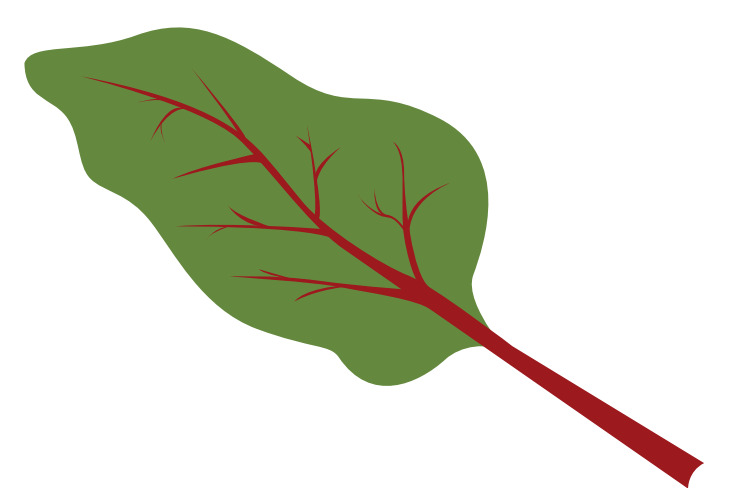
Kohlrabi
3,7 KH/100 g



Kopfsalat
1,1 KH/100 g



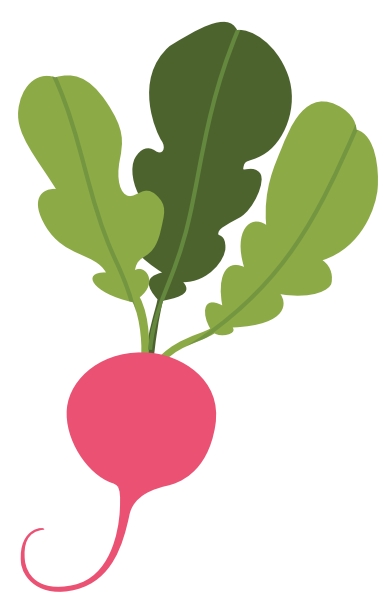
**Lollo Rossa,
L. Bionda**
2,3 KH/100 g



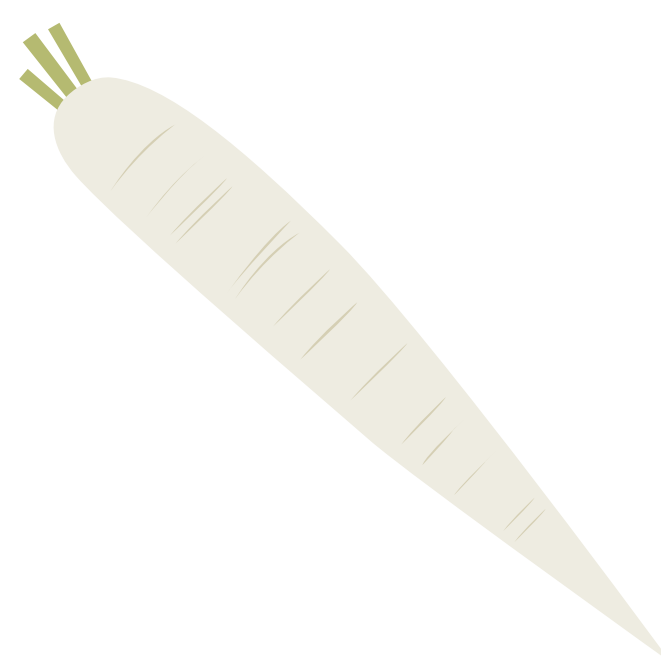
Mangold
0,7 KH/100 g



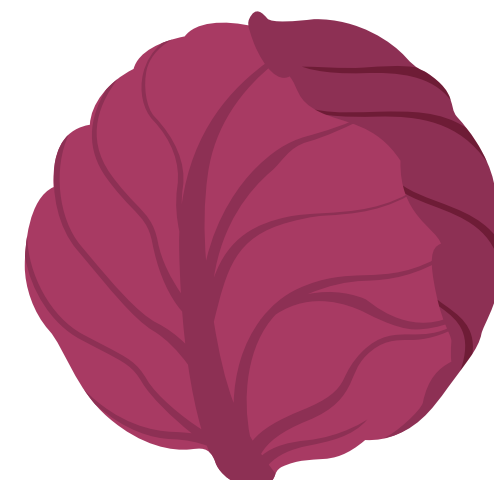
Radicchio
1,5 KH/100 g



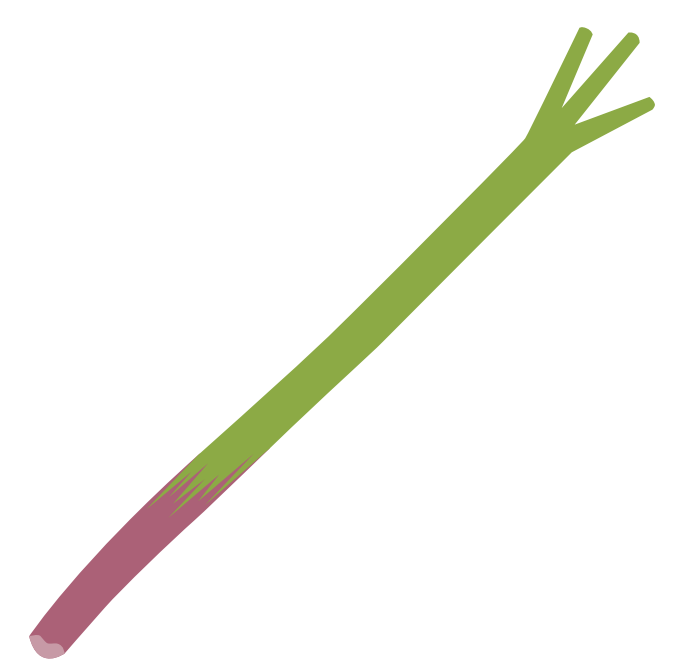
Radieschen
2,1 KH/100 g



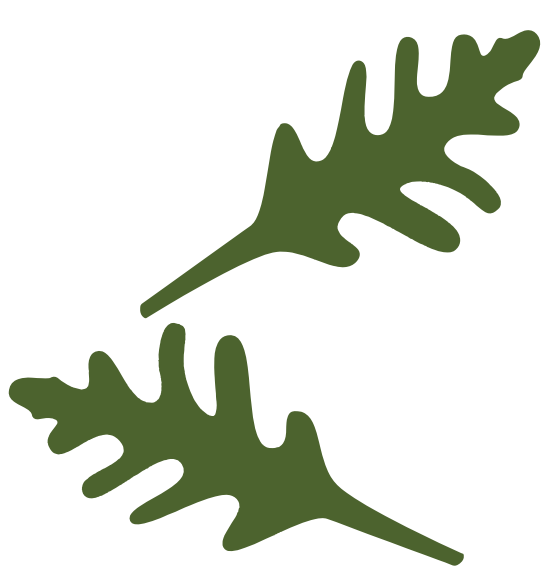
Rettich
2,4 KH/100 g



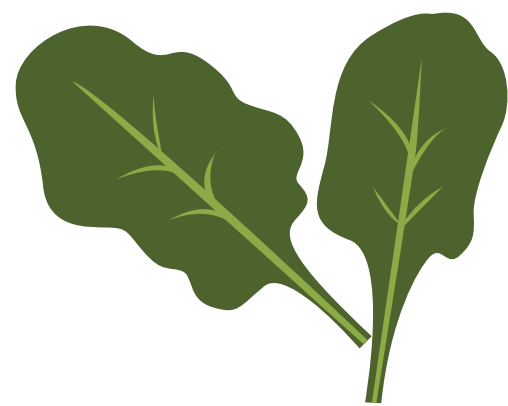
Rotkohl
3,5 KH/100 g



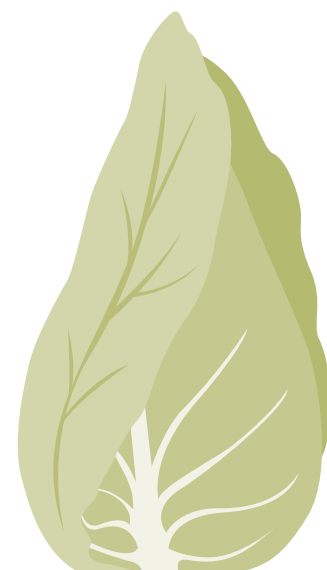
Rhabarber
1,4 KH/100 g



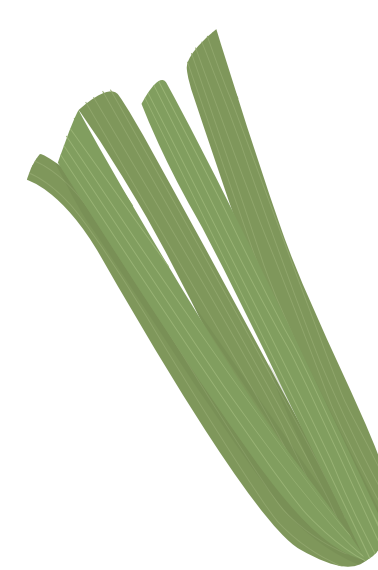
Rucola
2,1 KH/100 g



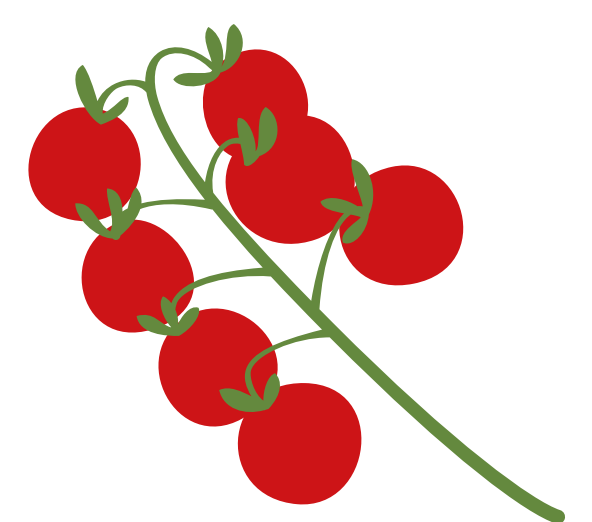
Spinat
0,6 KH/100 g



Spitzkohl
2,7 KH/100 g



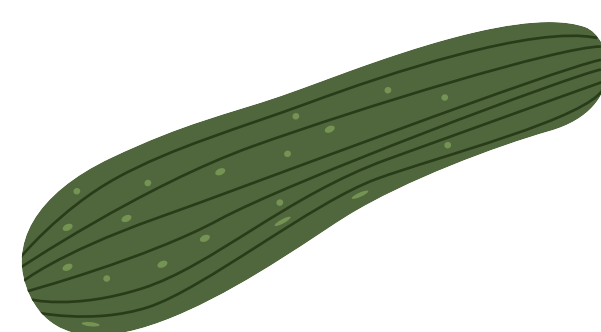
Stangensellerie
2,2 KH/100 g



Tomaten
2,6 KH/100 g



Weißkohl
4,2 KH/100 g



Zucchini
2,3 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 Juni bis August aus heimischem Anbau in Deutschland verfügbar sind.

Quelle: Max Rubner-Institut: Bundeslebensmittelschlüssel. Version 3.02

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