

Lebensmittel in 100g oder 100ml	Kalorien in kcal	Eiweiß	Fett	Kohlenhydrate	davon Zucker
Aal	263	14.0	23.0	0.0	0.0
Absinth (45% Vol.)	256	0.0	0.0	0.0	0.0
Acai	207	5.0	19.0	4.0	2.0
Acerola	18	0.0	0.0	3.5	3.5
Ackerbohnen	127	8.0	0.6	18.0	9.0
Afa Alge frisch	44	6.0	0.4	2.0	0.0
Agavendicksaft	312	0.1	0.4	77.0	75.0
Ahornsirup	260	0.0	0.0	65.0	65.0
Ajvar	97	1.5	5.0	10.6	7.0
Aloe Vera Saft	2	0.1	0.0	0.4	0.0
Altbier	51	0.5	0.0	5.4	2.0

Ballast- Stoffe	Alkohol	Energie- Dichte
0.0	0.0	2.6 ?
0.0	36.0	2.6 ?
0.0	0.0	2.1 ?
2.0	0.0	0.2 ?
9.0	0.0	1.3 ?
4.0	0.0	0.4 ?
0.0	0.0	3.1 ?
0.0	0.0	2.6 ?
2.0	0.0	1.0 ?
0.2	0.0	0.0 ?
0.0	3.9	0.5 ?