

Tabelle1

| Bezeichnung 100g  | kcal | kj Vitamin C mg |      | Ca mg | Phos mg |
|-------------------|------|-----------------|------|-------|---------|
| Äpfel             | 52   | 218             | 10   | 7     | 10      |
| Bananen           | 89   | 373             | 11   | 8     | 28      |
| Birnen            | 58   | 243             | 4,5  | 9     | 15      |
| Brombeeren        | 43   | 180             | 17   | 45    | 30      |
| Erdbeeren         | 32   | 134             | 60   | 25    | 25      |
| Hagebutten        | 90   | 375             | 257  | 258   | 1250    |
| Blaubeeren        | 57   | 239             | 22   | 10    | 13      |
| Himbeeren         | 52   | 218             | 17   | 44    | 30      |
| Johannisneeren    | 56   | 234             | 177  | 46    | 40      |
| Galia Melone      | 64   | 256             |      |       |         |
| Kiwi              | 61   | 255             | 80   | 34    | 30      |
| Mandarinen        | 44   | 184             | 30   | 35    | 20      |
| Wassermelone      | 30   | 126             | 6    | 10    | 11      |
| Orangen           | 47   | 197             | 50   | 40    | 22      |
| Weintrauben, rot  | 75   | 300             | 4    | 4     | 16      |
| Weintrauben, hell | 69   | 289             | 4    | 19    | 22      |
| Zuckermelone      | 26   | 110             | 30   | 10    | 18      |
| Honigmelone       | 36   | 151             | 32   | 6     | 21      |
| Papaya            | 39   | 163             | 80   | 23    | 15      |
| Mango             | 65   | 272             | 37   | 12    | 13      |
| Kaki              | 70   | 293             | 16   | 8     | 25      |
| Litschi           | 66   | 267             | 71,5 | 9     | 33      |
| Kaktusfeige       | 41   | 172             | 23   | 28    | 27      |
| Physalis          | 72   | 306             | 28   | 12    | 39      |
| Sternfrucht       | 33   | 130             |      | 3     | 12      |
| Feigen            | 74   | 310             | 3    | 54    | 32      |
| Stachelbeeren     | 44   | 184             | 35   | 29    | 30      |
| Passionsfrucht    | 97   | 406             | 24   | 17    | 57      |
| Mineola           | 70   | 293             |      |       |         |
| Granatapfel       | 70   | 280             | 7    | 8     | 17      |
| Kumquat           | 71   | 297             | 38   | 16    | 44      |
| Guave             | 34   | 144             | 273  | 17    | 31      |
| Tamarinden        | 239  | 1001            | 3    | 81    | 86      |
| Pitanga           | 33   | 138             |      |       |         |