

Badische Landesbibliothek Karlsruhe

Digitale Sammlung der Badischen Landesbibliothek Karlsruhe

Die deutsche Hausfrau im Weltkrieg

Brenneke, Rosa

Leipzig, [1915]

Tabelle: Bestandteile der Nahrungsmittel

urn:nbn:de:bsz:31-90556

Bestandteile der Nahrungsmittel.

| | Eiweiß % | Kohle- hydrate % | Fett % | Nähr- salze % | Wasser % |
|------------------------|-------------|------------------------|-----------|---------------------|-------------|
| Früchte | | | | | |
| Apfel | — | 12 | — | 3% | 82 |
| Birne | — | 12 | — | — | 84 |
| Brombeere | — | 8 | — | 2 | 78 |
| Erdbeere | — | 8 | — | 2 | 88 |
| Heidelbeere | — | 8 | — | 2 | 78 |
| Kirsche | — | 15 | — | — | 78 |
| Pflaume | — | 8 | — | 2 | 85 |
| Ei | | | | | |
| Eiweiß | 13—15 | 25 | 12 | 2 | 50—70 |
| Eigelb | 15 | 26 | 12 | 1 | 51 |
| Getreide | | | | | |
| Gerste | 15 | 70 | 3 | 2 | 12 |
| Hirse | 11 | 67 | 3 | — | 11 |
| Hafergriß | 16 | 64 | 6 | — | 11 |
| Kornbrot | 6 | 48 | 1 | — | 44 |
| Mais | 15 | 70 | 3 | — | 10 |
| Reis | 6 | 77 | — | — | 11 |
| Roggenbrot | 7 | 47 | — | — | 44 |
| Weizenmehl | 8 | 74 | 1 | — | 14 |
| Gemüse | | | | | |
| Bohnen | 2 | 5 | — | — | 91 |
| Blumenkohl | 2 | 5 | — | — | 90 |
| Grüne Erbsen | 6 | 12 | — | — | 90 |
| Gurke | 1 | 2 | — | — | 95 |
| Kohlrabi | 2 | 8 | — | — | 86 |
| Kopfsalat | 1 | 2 | — | — | 94 |
| Möhren | 1 | 9 | — | — | 85 |
| Spinat | 2 | 6 | — | — | 91 |
| Spargel | 1 | 2 | — | — | 93 |
| Sauerkraut | 1 | 4 | — | — | — |
| Sellerie | 1 | 11 | — | — | 84 |
| Rettich | 1 | 7 | — | — | 86 |
| Rotkraut | 1 | 7 | — | — | 90 |
| Weißkraut | 1 | 6 | — | — | 89 |

| | Eiweiß % | Kohle- hydrate % | Fett % | Nähr- stoffe % | Wasser % |
|------------------------------|-------------|------------------------|-----------|----------------------|-------------|
| Hülsenfrüchte | | | | | |
| Getrocknete Erbsen | 28 | 50 | 2 | — | 8 |
| Linjen | 24 | 55 | 1 | — | 12 |
| Bohnenmehl | 26 | 55 | 1 | — | 13 |
| Erbsenmehl | 28 | 50 | 2 | — | 8 |
| Kartoffel | 2 | 20 | — | — | 75 |
| Milch | 3 | 4 | 18 | 6 | 70—80 |
| Abgerahmte | 3 | 5 | — | 6 | 85 |
| Molken | — | 4 | — | — | 94 |
| Kaffee | 14 | 18 | 12 | 7 | 12 |
| Kakao | 20 | 10 | 40 | 4 | 10 |
| Mandeln | 25 | 9 | 12 | 2 | 3 |
| Rübenzucker | — | 95 | — | — | 2 |
| Zwiebad | 15 | 74 | 1 | — | 8 |
| Stärke-mehl | 1 | 83 | — | — | 14 |
| Senf | 28 | 25 | 35 | — | 5 |
| Weizengebäd | 6 | 52 | — | — | 72 |