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| Pour / pro 100 g | Energie | 1535 kj / 367.4 kcal | Par port<br>300 ml l<br>1032 k |
|---|---|---|---|
| Proteines / Eiweiss | | 89.18 g | 32.5 g |
| Lipides/ Fett | | 0.97 g | 6.8 g |
| Glucides/ Kohlenhydrate | | <1.00 g | 13.8 g |
| **Sels mineraux /oligo-elements<br>Mineralsalze / Spurenelemente** | | | |
| Calcium / Kalzium | | 1.011 g | 628 mg |
| Phosphore/Phosphor | | 0.713 g | 448 mg |
| Sodium / Natrium | | 0.403 g | 221 mg |
| Potassium / Kalium | | 0.185 g | 500 mg |
| Magnesium | | 0.078 g | 53 mg |
| Manganese | | 1.199 mg | 0.33 mg |
| Cuivre | | | 0.33 mg |
| Iode | | | 39 mcg |
| Selenium | | | 18.5 mcg |
| Zinc / Zink | | 8.40 mg | 5.4 mg |
| Fer / Eisen | | 14.81 mg | 4.8 mg |
| **Vitamines / Vitamine** | | | |
| A(béta-carotène) | | 440 mcg | 209 mcg |
| D | | 1.8 mcg | 1.50 mcg |
| E | | 8.0 mg | 3.1 mg |
| C | | 53.0 mg | 21.3 mg |
| B1 | | 1.0 mg | 0.37 mg |
| B2 | | 1.3 mg | 0.77 mg |
| B6 | | 1.9 mg | 0.68 mg |
| B12 | | 0.8 mcg | 1.25 mcg |
| Biotine/ Biotin | | 15.0 mcg | 4.5 mcg |
| Acide folique/Folsäure | | 80.0 mcg | 59 mcg |
| Niacinamide/Niacinamid | | 12.8 mg | 5.4 mcg |
| Acide pantothénique/ | | | |