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YOUR FITNESS STORE

## Kalorien in Fleisch und Fisch

| Fleisch und Fisch | Kalorien | Joule | Eiweiss | Kohlenhydrat | Fett |
|---|---|---|---|---|---|
| 100g essbarer Anteil | kcal | kJ | g | g | g |
| Schweinefleisch | | | | | |
| Filet | 176 | 737 | 19 | + | 10 |
| Gnagi | 207 | 867 | 12 | + | 16 |
| Hals | 368 | 1541 | 15 | + | 32 |
| Kotelett | 358 | 1499 | 15 | + | 31 |
| Schulter | 395 | 1654 | 14 | + | 35 |
| Schnitzel | 168 | 703 | 21 | + | 8 |
| Stotzen | 205 | 1516 | 15 | + | 31 |
| | | | | | |
| Rindfleisch | | | | | |
| Bündnerfleisch | 259 | 1088 | 48 | + | 13 |
| Filet | 126 | 528 | 19 | + | 4 |
| Hamburger, Hackfleisch | 242 | 1010 | 17 | <1 | 19 |
| Huft | 253 | 1059 | 17 | + | 19 |
| Roastbeef | 173 | 724 | 16 | + | 19 |
| Stotzen | 205 | 858 | 19 | + | 13 |
| Tartar | 128 | 536 | 21 | + | 4 |
| Zunge | 223 | 934 | 16 | + | 16 |
| | | | | | |
| Kalbsfleisch | | | | | |
| Filet | 105 | 440 | 21 | + | 1 |
| Haxe | 107 | 448 | 21 | + | 2 |
| Kotelett | 125 | 523 | 21 | + | 3 |
| Schulter | 140 | 586 | 21 | + | 5 |
| Schnitzel | 108 | 452 | 21 | + | 2 |
| Stotzen | 103 | 431 | 20 | + | 1 |
| Zunge | 134 | 561 | 17 | 1 | 6 |
| | | | | | |
| Schinken | | | | | |
| Lachsschinken | 144 | 603 | 18 | + | 7 |
| Schinken, gekocht | 282 | 1181 | 20 | + | 21 |
| Schinken, roh | 395 | 1654 | 18 | + | 33 |
| | | | | | |
| Speck | | | | | |
| durchzogen | 658 | 2755 | 9 | 0 | 65 |
| fett | 855 | 3580 | 2 | 0 | 89 |
| | | | | | |
| Lamm | | | | | |
| Keule/Gigot | 250 | 1047 | 18 | + | 18 |
| Lende | 207 | 867 | 19 | + | 13 |
| Kotelett | 370 | 1549 | 15 | + | 32 |
| | | | | | |
| Wild | | | | | |
| Hase | 124 | 519 | 22 | + | 3 |
| Hirsch | 123 | 515 | 21 | + | 3 |
| Kaninchen | 167 | 699 | 21 | + | 8 |
| Rehkeule/Schlegel | 106 | 444 | 21 | + | 1 |
| | | | | | |
| Geflügel | | | | | |
| Ente | 243 | 1017 | 18 | + | 17 |
| Gans | 364 | 1524 | 16 | + | 31 |
| Brathuhn | 144 | 603 | 21 | + | 6 |

| | | | | | |
|---|---|---|---|---|---|
| Hühnerbrust | 109 | 456 | 23 | + | 1 |
| Hühnerschenkel | 120 | 502 | 21 | + | 3 |
| Truthahn | 230 | 963 | 20 | + | 15 |
| Truthahnschnitzel | 114 | 477 | 24 | + | 2 |
| | | | | | |
| Wurstwaren | | | | | |
| Bratwurst, Kalb | 343 | 1436 | 10 | + | 31 |
| Bratwurst, Schwein | 364 | 1524 | 13 | + | 32 |
| Bätkügeli | 230 | 980 | 12 | 1,5 | 20 |
| Cervelas | 289 | 1214 | 15 | + | 25 |
| Fleischkäse | 270 | 1130 | 13 | + | 23 |
| Frankfurter Würstchen | 256 | 1072 | 13 | + | 21 |
| Leberwurst | 450 | 1884 | 12 | 1 | 41 |
| Mortadella | 367 | 1537 | 12 | + | 33 |
| Salami | 484 | 2026 | 17 | + | 43 |
| Schüblig | 315 | 1319 | 13 | + | 27 |
| Wienerli | 264 | 1105 | 15 | + | 21 |
| | | | | | |
| Innereien aller Tierarten | | | | | |
| Herz | 128 | 536 | 15 | 1 | 6 |
| Hirn | 128 | 536 | 10 | 1 | 9 |
| Hühnerleber | 147 | 615 | 22 | 1 | 5 |
| Kutteln | 99 | 416 | 19 | 0 | + |
| Leber | 144 | 603 | 22 | 3 | 5 |
| Milken | 108 | 452 | 17 | + | 3 |
| Nieren | 132 | 553 | 17 | 1 | 6 |
| | | | | | |
| Fisch | | | | | |
| Aal, geräuchert | 337 | 1411 | 19 | + | 26 |
| Austern | 71 | 298 | 9 | 5 | 1 |
| Crevetten, Dose | 103 | 433 | 19 | 0 | 2 |
| Egli-Filet, Barsch | 88 | 370 | 18 | 0 | 1 |
| Fischstäbchen, paniert | 182 | 760 | 13 | 13,5 | 8 |
| Forelle, ganz | 52 | 218 | 10 | + | 1 |
| Forellen-Filet | 104 | 435 | 19 | + | 2 |
| Hecht-Filet | 89 | 374 | 18,4 | 0 | 0,8 |
| Heilbutt-, Steinbutt-Filet | 131 | 548 | 19 | + | 5 |
| Hering, mariniert | 214 | 896 | 18 | + | 14 |
| Hummer | 89 | 374 | 16 | + | 2 |
| Kabeljau-Filet | 78 | 327 | 17 | + | + |
| Kaviar | 281 | 1180 | 26 | 5 | 15 |
| Lachs, frisch | 217 | 909 | 20 | + | 14 |
| Lachs, geräuchert | 176 | 739 | 22 | 0 | 9 |
| Makrelen-Filet | 193 | 808 | 19 | + | 12 |
| Matjes-Filet | 285 | 1193 | 16 | + | 23 |
| Ölsardinen, abgetropft | 240 | 1005 | 24 | 1 | 14 |
| Seelachs-Filet | 88 | 368 | 18 | + | 1 |
| Sole-Filet | 83 | 348 | 17 | + | 1 |
| Thon in Öl | 304 | 1277 | 24 | + | 21 |