

Saturday, August 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Erdbeeren 100 g	32	0.3	0.015	7.68	2	4.66	0.67	1	0	153
Butter 10 g	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
Weideglück Sahne Joghurt nach Griechischer Art 55 g	67	5.5		2.09			2.31			
Dinkelbrötchen 1 roll	156	2.57	0.581	26.93	2.5	3.15	6.45	308	10	
Lindenhof Gouda 3 x 1 Scheibe, 99 g	270	16.8		0			29.7	600	60	99
Total	597	33.28	5.733	36.71	4.5	7.82	39.21	910	92	254
Lunch										
Wagner Steinofen Pizza Salami 1/2 x 1 Pizza , 160 g	398	19.5	8.5	37.3	2.9	3.05	16.95	2500		
Weißwein 1/2 glass (3.5 fl oz)	43	0	0	1.4	0	0.41	0.04	3	0	
Total	441	19.5	8.5	38.7	2.9	3.46	16.99	2503	0	
Dinner										
Snacks/Other										
Eisbecher 1 sundae	284	8.63	5.023	47.67	0		5.64	182	21	395
Quarkkuchen 1/2 piece	153	4.63	2.633	21.65	0.5	7.95	5.91	107	40	

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Total	437	13.26	7.656	69.32	0.5	7.95	11.55	289	61	395
Total	1475	66.04	21.889	144.73	7.9	19.23	67.75	3702	153	649