

Sunday, August 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Marmelade	49	0	0	13.26	0.1	12	0.06	11	0	7
1 tbsp										
Gekochtes Ei	68	4.65	1.432	0.49	0	0.49	5.51	122	186	55
1 medium										
Kürbiskernbrötchen	210	8.6	1.612	26.79	1.6	0.94	7.62	91	0	
1 roll										
Butter	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
10 g										
Lindenhof Gouda	90	5.6		0			9.9	200	20	33
1 Scheibe, 33 g										
Erdbeeren	32	0.3	0.015	7.68	2	4.66	0.67	1	0	153
100 g										
Weideglück Sahne Joghurt nach Griechischer Art	67	5.5		2.09			2.31			
55 g										
Total	588	32.76	8.196	50.32	3.7	18.1	26.15	426	228	250
Lunch										
Erdbeereisbecher	268	7.85	3.739	44.65	0		6.26	92	21	271
1 sundae										
Dinner										
Nudeln (Gekocht)	219	3.3	0.668	40.02	1.9	0.64	7.22	378	46	61
1 serving (160 g)										
REWE Wiener Würstchen	286	26		1			12.7			
2 Würstchen, 100 g										
Rote Paprika	62	0.71	0.14	14.35	4.8	10	2.36	5	0	502
2 medium (approx 2-3/4" long, 2-1/2" dia)										

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Olivenöl 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	0
Total	686	43.51	2.672	55.37	6.7	10.64	22.28	383	46	563
Snacks/Other										
Nordsee Bismarck-Baguette 1 Stück, 165 g	323	12.5		36.1			15.2			
Roter Tafelwein 2 5 fl oz servings	250	0	0	7.67	0	1.82	0.21	12	0	373
Total	573	12.5	0	43.77	0	1.82	15.41	12	0	373
Total	2115	96.62	14.607	194.11	10.4	30.56	70.1	913	295	1457