

Spürrasen

Lara, Lisa, Jacqueline

Aufgabe 1. Milka Jender- 37g / Portion = 7,3g Fett \rightarrow 10%

Wahrschere 25g / Portion = 15,4g Fett \rightarrow 22%

Studentenfutter 30g / Portion = 10g Fett \rightarrow 14%

Nutali Xumpommesli. Nuss 240g / Portion = 21g Fett \rightarrow 30%
(ohne Milch)

Kräuterfleischsalat 100g / Portion = 22,1g Fett

Rahmkäse 100g / Portion = 31g Fett

Camembert 100g / Portion 31g Fett

Crème fraîche 100g / Portion = 30% Fett