

Vegane Eisenquellen



Sojabohnen
15,7mg/100g



Weißer Bohnen
3,2mg/100g



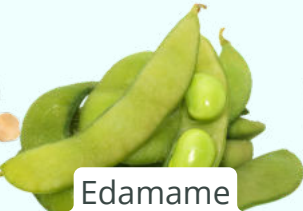
Braune Linsen
3,3mg/100g



Amaranth, gekocht
4,2mg/100g



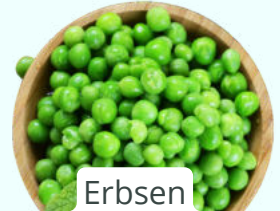
Kichererbsen
6,2mg/100g



Edamame
2,5mg/100g



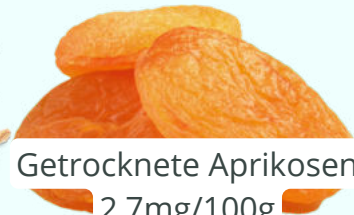
Mungbohnen
1,4mg/100g



Erbsen
1,5mg/100g



Haferflocken
4,4mg/100g



Getrocknete Aprikosen
2,7mg/100g



Tofu
5,4mg/100g



Quinoa
4,6mg/100g



Dunkle Schokolade (80%)
5,8mg/100g



Chia Samen
7,7mg/100g



Mandeln
4,2mg/100g



Linzen
3,3mg/100g



Vollkornknäcke Sesam
7,7mg/100g



Sesam
14,6mg/100g



Schwarzwurzel
3,3mg/100g



Vollkornnudeln
1,4mg/100g



Hirse
7mg/100g



Schwarze Bohnen
3,3mg/100g



Kürbiskerne
3,3mg/100g



Petersilie
6,2mg/100g