






## Table of food values

 <b>ZWERGENWIESE®</b>  Article	kJ	kcal	Protein	Carbohydrates	therefrom sugar	Fat	therefrom - saturated fattyacid	- basic unsaturated fattyacid	- multiple unsaturated fattyacid	- cholesterol	Fibres	Sodium	1 BE
<b>Tomato Sauces</b>													
Tomato sauce pure	130	31	1,3g	5,4g	5,2g	0,1g	< 0,1g			<1 mg	1,6g	0,49g	222g
Vegetarian bolognese	278	66	4,6g	9,8g	8,5g	0,9g	0,1g			<1 mg	2,5g	0,55g	122g
Vegetable bolognese	265	63	1,9g	6,3g	6,3g	3,4g	0,2g			<1 mg	3,3g	0,48g	191g
Tomato sauce sicilian	204	49	1,7g	7,4g	6,8g	0,9g	0,1g			<1 mg	2,0g	0,92g	162g
Tomato Sauce naples	295	70	1,7g	7,8g	7,8g	3,6g	0,3g			<1 mg	3,2g	0,42g	154g
Tomato Sauce tuscan	190	45	1,6g	8,0g	6,1g	0,3g	< 0,1g			<1 mg	1,9g	0,58g	150g
Children tomato sauce	416	100	2,2g	10,9g	9,6g	4,7g	0,4g			<1 mg	2,4g	0,39g	110g
Tomato sauce Mamma Mia	87	21	1,2g	3,7g	3,4g	0,1g	< 0,1g			<1 mg	1,3g	0,1g	324g
Tomato sauce Arrabiata	113	27	1,5g	4,7g	4,3g	0,2g	< 0,1g			<1 mg	1,9g	0,4g	255g
Tomato sauce Basil	152	36	1,9g	6,8g	6,4g	0,1g	< 0,1g			<1 mg	2,0g	0,38g	176g
Tomato sauce Papaya-Chili	200	47	1,8g	8,2g	8,2g	0,8g	< 0,1g			<1 mg	2,4g	0,4g	146g
Tomato sauce Ricotta	275	66	3,9g	7,3g	7,3g	1,7g	0,7g			8 mg	2,7g	0,4g	164g
Tomato puree	278	66	4,1g	11,6g	11,4g	0,3g	0,1g			<1 mg	4,2g	0,02g	103g
<b>FruitGarden:</b>													
Apricot	522	123	0,8g	28,5g		0,1g							42g
Strawberry	483	114	0,8g	26,2g		0,1g							46g
Blueberry	557	131	0,8g	29,7g		0,4g							40g
Raspberry	630	149	1,0g	33,7g		0,1g							36g
Sour cherry	728	172	0,8g	41,5g		0,1g							29g
Black currant	699	165	1,1g	37,7g		0,1g							32g
Wildberry	538	127	1,1g	27,8g		0,1g							43g
Blackberry Apple	516	122	0,6g	27,2g		0,3g							44g
Strawberry Rhubarb	449	106	0,5g	24,1g		0,3g							50g
Peach Passion Fruit	497	117	0,7g	27,1g		0,3g							44g
Plum Jelly	668	158	1,0g	36,2g		0,2g							33g
Quince	559	132	0,5g	31,5g		0,4g							38g
Strawberry Vanilla	494	116	0,7g	27,7g		0,3g							43g
Bitter Orange	528	124	0,6g	29,2g		0,1g							41g
Rose Hip	526	124	0,5g	30,0g		0,2g							40g
Sweet Orange	551	130	1,1g	31,3g		0,1g							38g
Sallow Thorn	643	152	0,6g	34,8g		1,1g							35g

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<b>Zwergenwiese Spreads</b>													
Chives spread	1451	352	6,9g	2,5g	2,5g	33,9g	1,4g	17,7g	14,8g	<1 mg	4,6g	0,5g	480g
Paprika/Sweet pepper spread	1199	290	8,5g	3,4g	2,9g	26,9g	2,2g	12,6g	12,2g	<1 mg	3,6g	0,6g	353g
Bear´s garlic spread	1518	368	7,2g	2,6g	2,6g	35,8g	1,5g	24,0g	10,3g	< 1 mg	3,4g	0,6g	462g
Basilic spread	1453	353	6,3g	1,8g	1,8g	34,5g	3,5g	19,7g	11,3g	< 1mg	4,8g	0,5g	667g
Horseradish spread	1300	315	7,7g	2,6g	1,9g	30,4g	1,3g	18,6g	10,5g	<1 mg	2,9g	0,8g	462g
Four-peppercorn spread	1355	328	8,0g	2,8g	1,6g	31,0g	1,3g	14,6g	15,1g	<1 mg	3,0g	0,6g	429g
Cucumber-Dill spread	1201	291	7,0g	3,8g	3,8g	26,7g	2,1g	15,4g	9,2g	<1 mg	3,7g	0,6g	316g
Herbs tomato spread	1209	293	6,2g	5,6g	5,4g	26,4g	2,6g	13,2g	10,6g	< 1mg	4,0g	0,7g	214g
Curry spread	1354	328	6,9g	3,1g	3,1g	32,0g	1,2g	16,8g	14,0g	<1 mg	3,6g	0,8g	387g
Children tomato spread with sweetness of apples	1086	263	6,1g	7,7g	6,9g	22,1g	0,9g	11,0g	10,2g	<1 mg	4,2g	0,6g	156g
Shiitake spread	1056	256	6,4g	1,1g	1,1g	25,1g	2,7g	12,5g	9,9g	< 1mg	3,9g	0,5g	1091g
Nature spread	1420	344	7,4g	1,7g	1,7g	33,4g	2,5g	19,9g	11,0g	<1 mg	3,7g	0,2g	706g
Rucola/Rocket spread	1341	325	6,0g	1,1g	1,1g	32,2g	3,2g	19,2g	9,8g	< 1mg	3,6g	0,4g	1090g
Rucola-tomato/Rocket-tomato spread	988	239	6,4g	3,8g	3,8g	21,3g	1,6g	12,3g	7,4g	<1 mg	3,3g	0,4g	316g
Apple-onion spread	919	223	5,5g	4,8g	4,8g	20,1g	1,8g	10,5g	7,8g	< 1mg	4,4g	0,6g	250g
Paprika-peperoni/Sweet pepper-chili spread	906	219	6,7g	3,7g	3,7g	19,7g	0,8g	10,2g	8,7g	<1 mg	4,8g	0,5g	324g
Beetroot Horseradish spread	961	233	5,1g	4,6g	4,6g	20,3g	0,9g	12,7g	6,7g	<1 mg	5,6g	0,9g	261g
Bear´s garlic Tomato spread	911	221	5,7g	4,2g	4,2g	21,0g	1,6g	12,2g	7,2g	<1 mg	4,0g	0,4g	286g
Mango-Chili spread	941	227	5,6g	4,9g	4,9g	20,6g	0,9g	11,6g	8,1g	<1 mg	5,6g	0,6g	245g
Olive spread	1192	289	7,2g	3,3g	2,3g	26,8g	2,6g	15,4g	8,8g	<1 mg	2,7g	0,55g	364g
Sun-Tomato spread	866	209	5,6g	9,0g	9,0g	16,7g	2,0g	5,6g	9,1g	<1 mg	5,6g	0,7g	133g
Spreads with onions and spices	1203	292	7,4g	3,2g	3,2g	26,8g	2,5g	15,0g	9,3g	<1 mg	3,9g	0,39g	375g

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<b>100g/ml contain average:</b>													
<b>Zwergenwiese Melt</b>													
Onions Melt	3360	816	1,2g	6,8g	5,7g	86,8g	39,9g	38,8g	8,1g	<1 mg	1,6g	0,46g	177g
Almond Melt	3120	757	5,2g	10,2g	10,2g	76,4g	30,7g	37,8g	7,8g	<1 mg	3,9g	0,4g	118g
<b>Barbecue- and Fondue Saucen:</b>													
Chili Sauce	248	59	2,2g	10,5g		0,4g							114g
Peppercorn Sauce	256	61	2,2g	11,1g		0,3g							108g
Gipsy Sauce	344	81	1,6g	17,0g		0,3g							71g
<b>Ketchup:</b>													
Children ketchup	565	133	1,5g	29,5g		0,7g							41g
Children ketchup with sweetness of apples	438	103	2,2g	22,1g	19,2g	0,2g	0,1g				2,1g	0,5g	54g
Tomato ketchup	514	121	1,6g	27,6g		0,1g							48g
Curry ketchup	498	118	1,7g	24,9g		0,8g							48g
<b>Mustard:</b>													
Delicate Mustard	373	89	6,4g	2,9g		5,8g							414g
Herbs of provence Mustard	322	77	6,0g	2,3g		4,9g							522g
Whole grain Mustard	564	137	8,6g	<1,0g		8,8g							1200g
Hot Mustard	511	124	6,1g	1,5g		9,2g							800g
Medium Mustard	415	100	6,7g	1,6g		6,3g							750g
Viking Mustard	658	157	8,6g	10,7g		8,9g							112g
Sweet Mustard	1084	257	6,3g	40,1g		8,0g							30g
Balsamic Mustard	499	119	5,1g	15,8g		3,9g							76g
Fig Mustard	425	101	2,1g	17,9g		2,3g							67g
Honey Mustard	534	127	4,0g	17,0g		4,8g							71g
Plum Mustard	502	119	2,4g	22,3g		2,2g							54g
Culinary Horseradish	484	116	2,5g	11,0g		6,9g							109g
<b>Rice- and Pasta Sauces:</b>													
Rice- and Pasta sauce Chili	258	61	2,8g	10,0g	6,8g	0,3g	< 0,1g			<1 mg	3,7g	0,7g	120g
Rice- and Pasta sauce Curry	300	71	1,1g	15,0g	12,5g	0,7g	0,6g			<1 mg	2,2g	0,71g	80g
Rice- and Pasta sauce Chinese	226	53	1,1g	12,2g	11,1g	<0,1g	<0,1g			<1 mg	1,8g	0,4g	98g