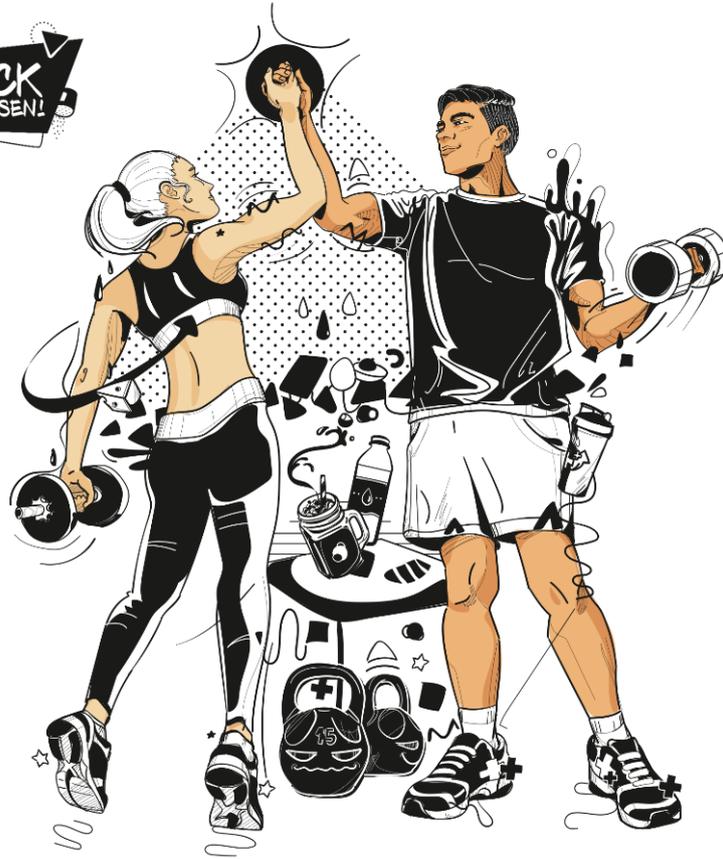
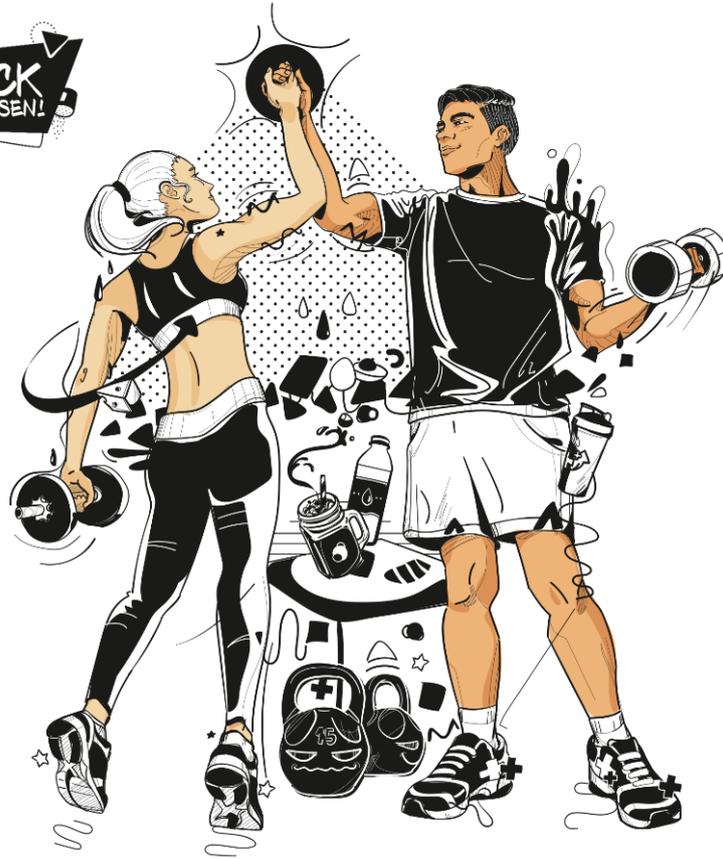


**CHECK
DEIN ESSEN!**



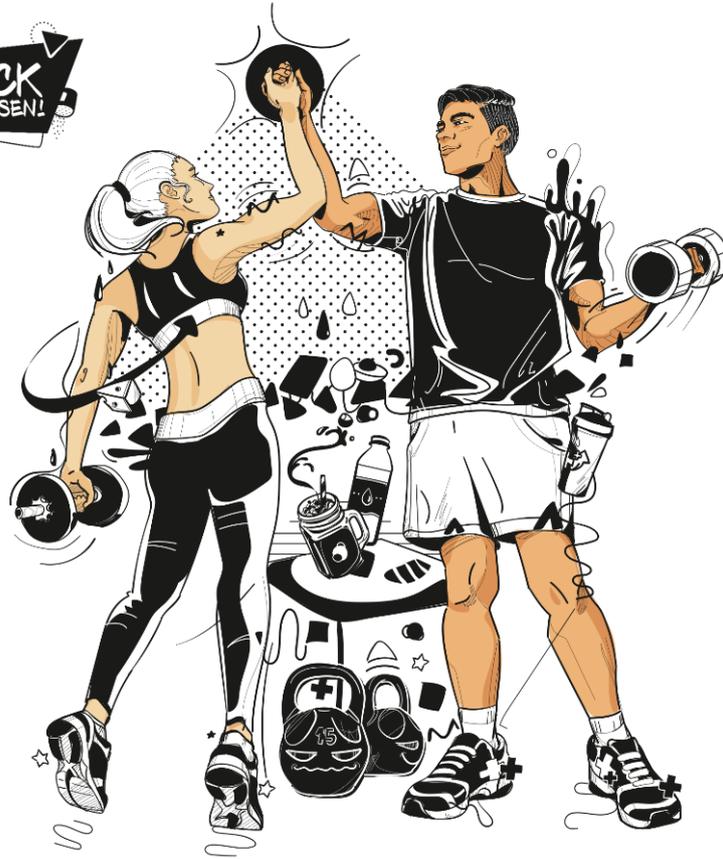
4g Eiweiß

**CHECK
DEIN ESSEN!**



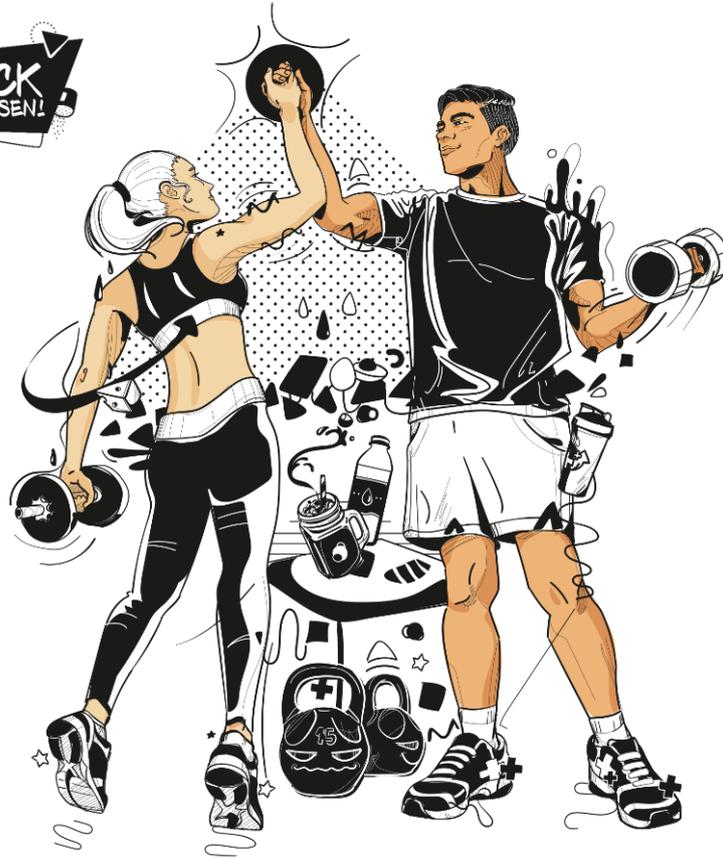
23g Eiweiß

**CHECK
DEIN ESSEN!**



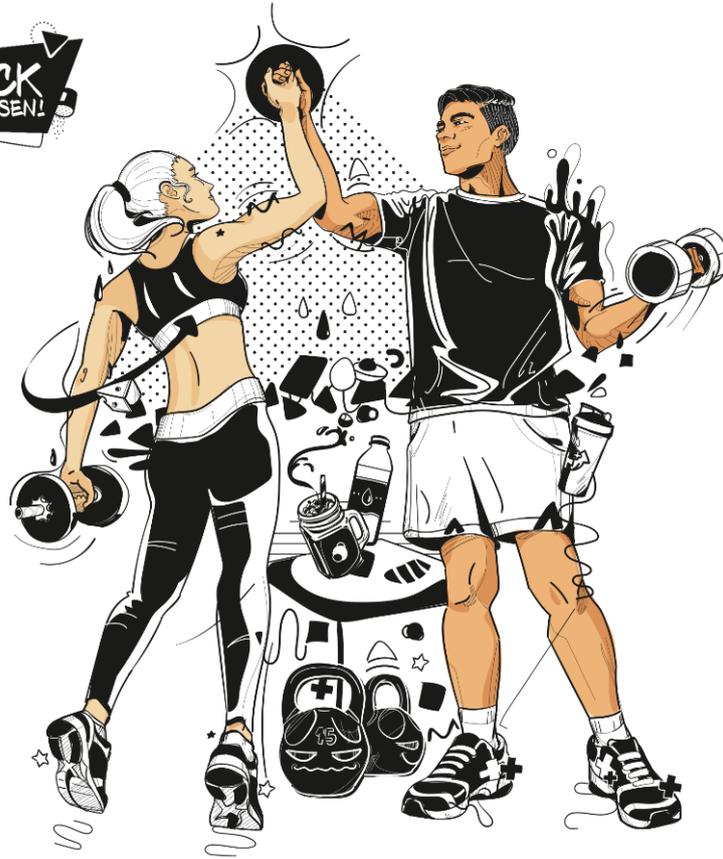
25g Eiweiß

**CHECK
DEIN ESSEN!**



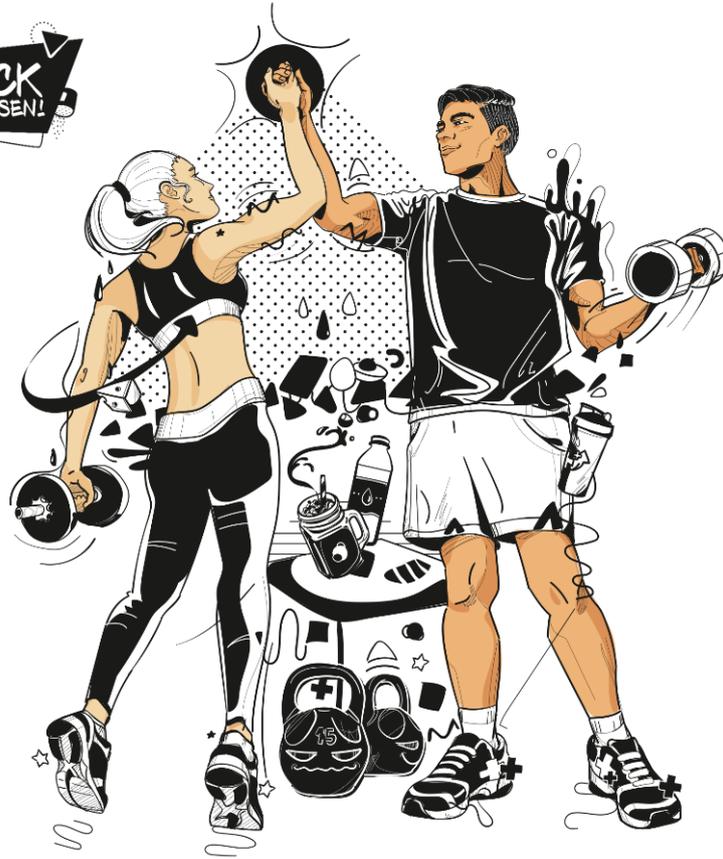
7g Eiweiß

**CHECK
DEIN ESSEN!**



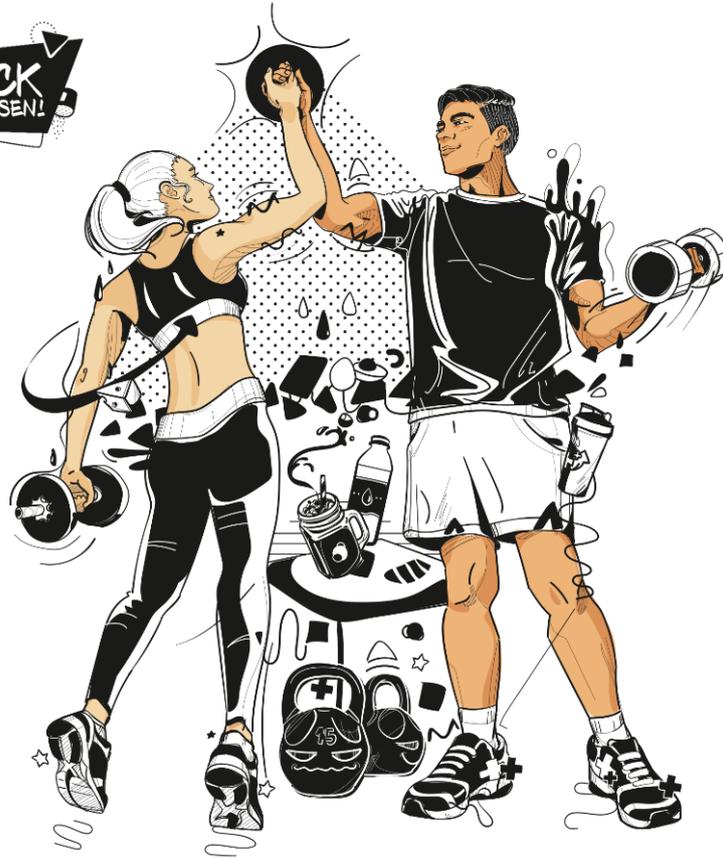
7g Eiweiß

**CHECK
DEIN ESSEN!**



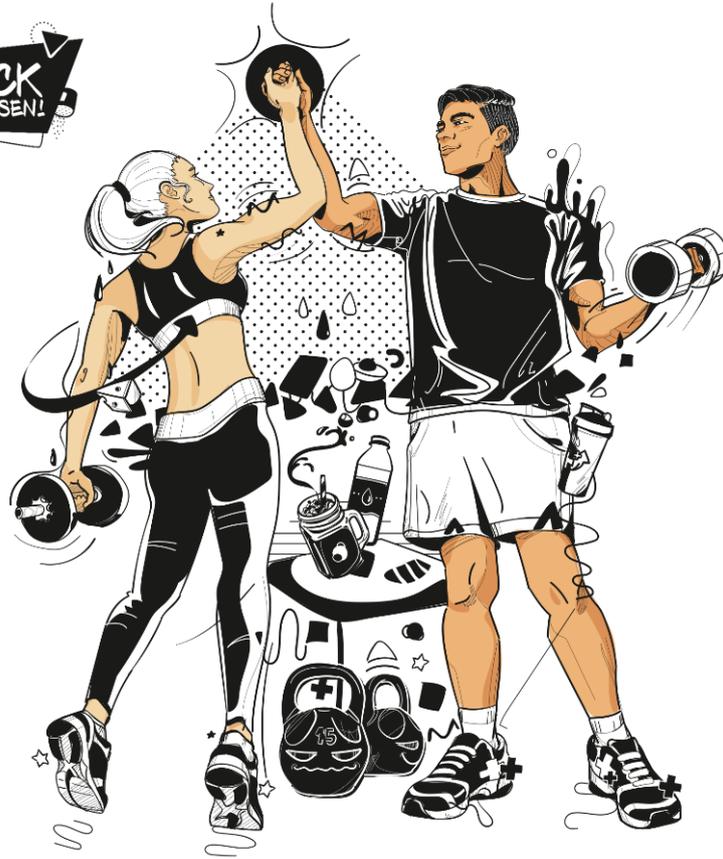
9g Eiweiß

**CHECK
DEIN ESSEN!**



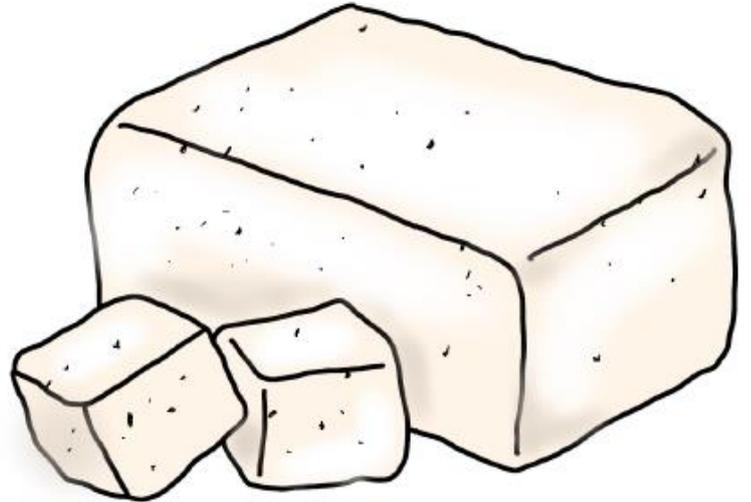
23g Eiweiß

**CHECK
DEIN ESSEN!**



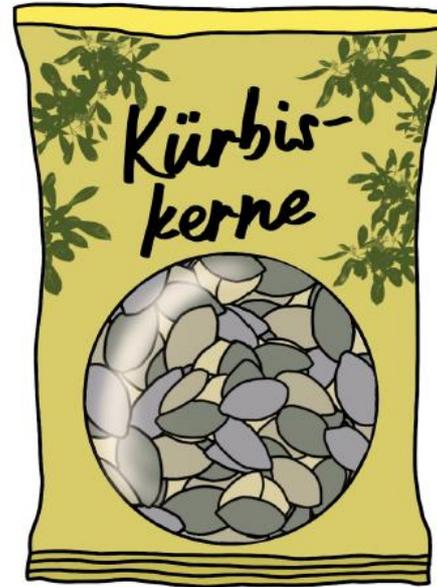
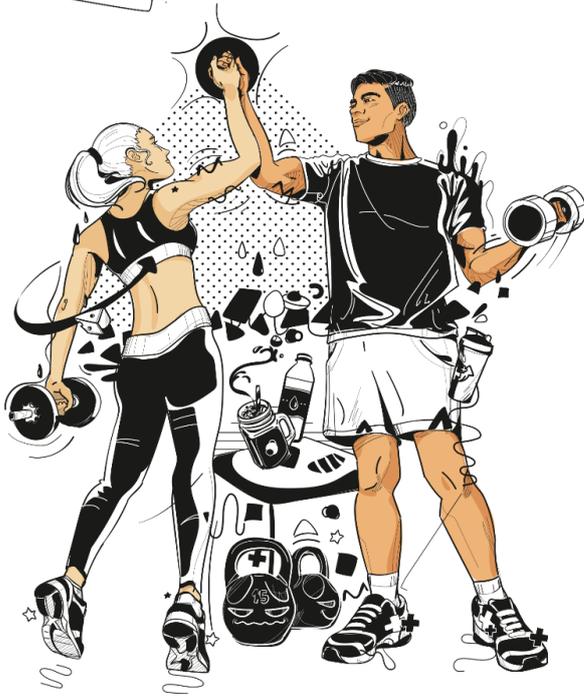
11g Eiweiß

**CHECK
DEIN ESSEN!**



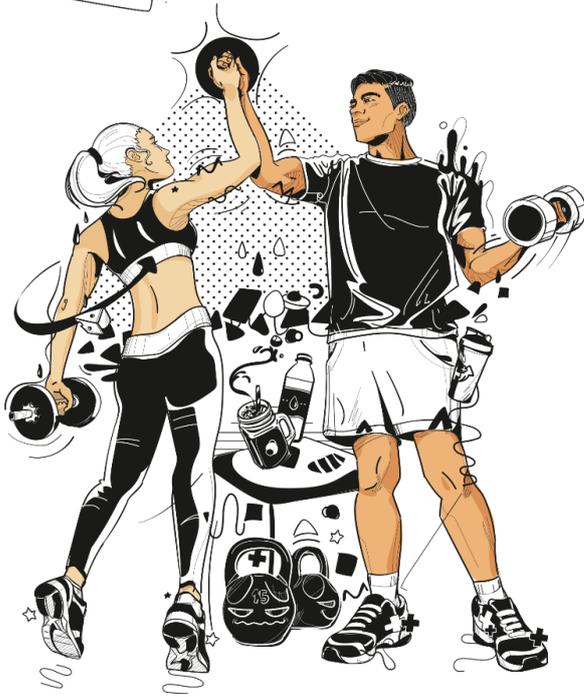
Wie viel Gramm Eiweiß hat eine Portion Tofu (150g)?

**CHECK
DEIN ESSEN!**



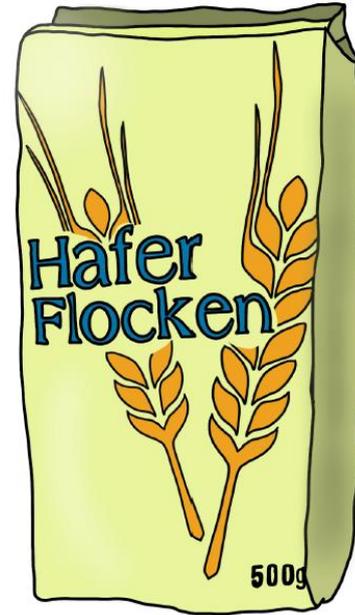
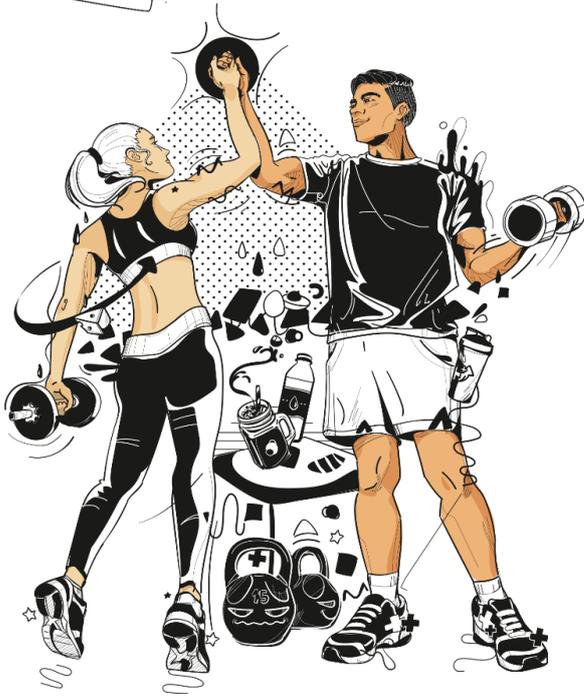
Wie viel Gramm Eiweiß hat eine Portion Kürbiskerne (30g)?

**CHECK
DEIN ESSEN!**



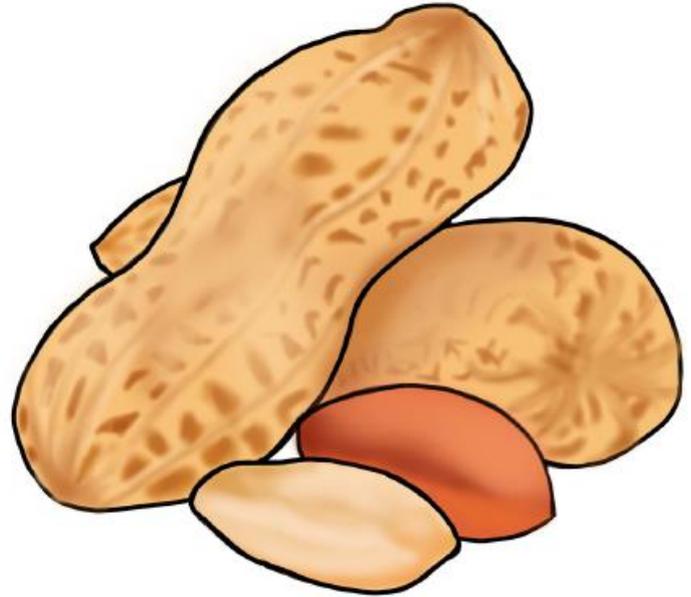
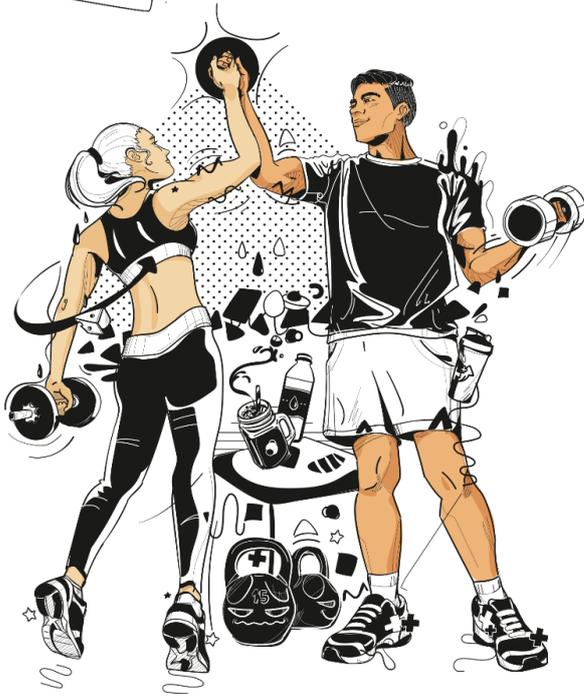
Wie viel Gramm Eiweiß hat eine Portion gegarte Kichererbsen (100g)?

**CHECK
DEIN ESSEN!**



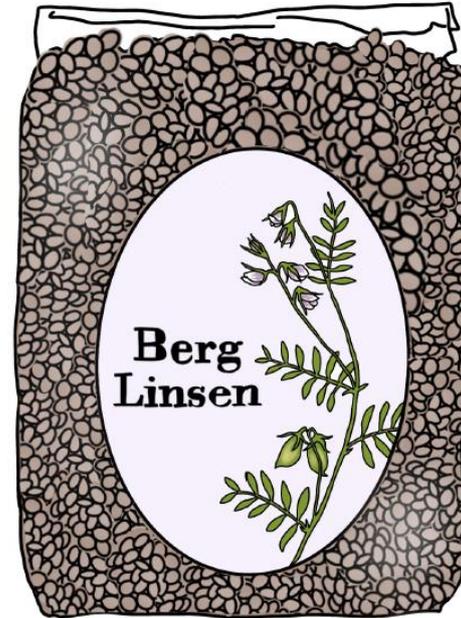
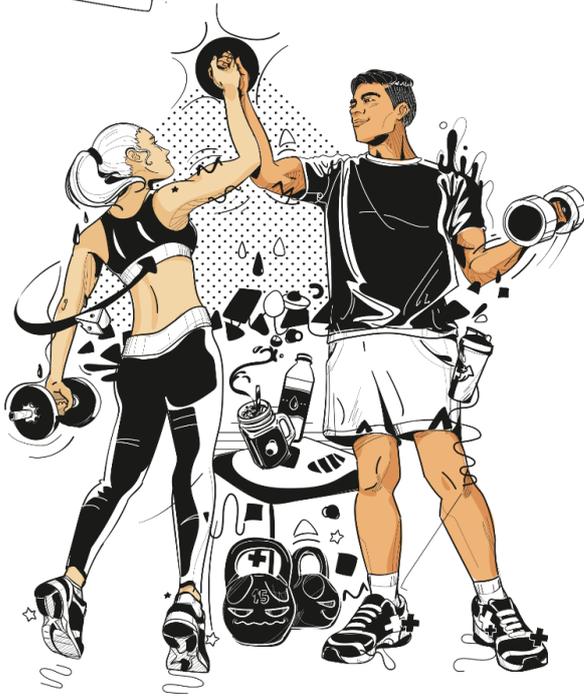
Wie viel Gramm Eiweiß hat eine Portion Haferflocken (50g)?

**CHECK
DEIN ESSEN!**



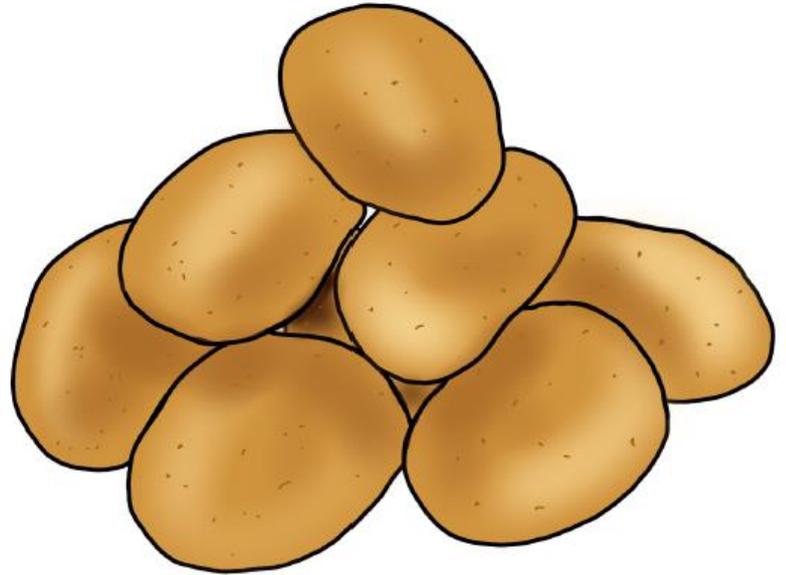
Wie viel Gramm Eiweiß hat eine Portion Erdnüsse (25g)?

**CHECK
DEIN ESSEN!**



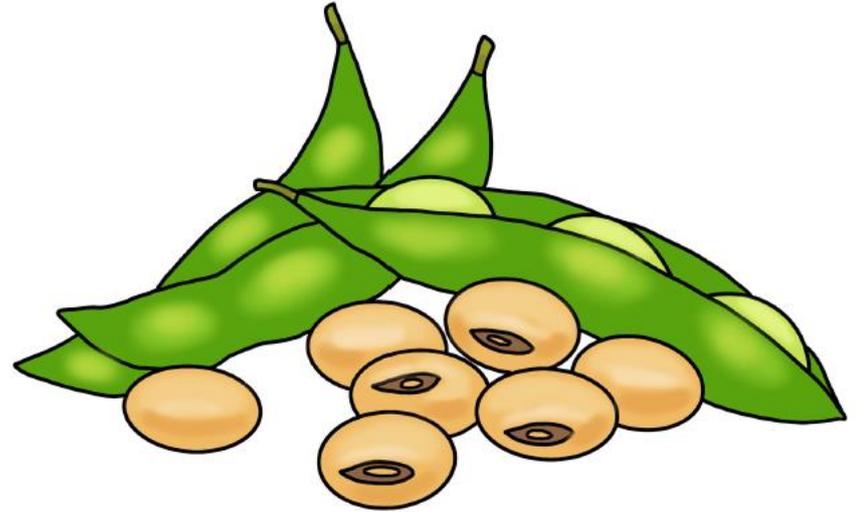
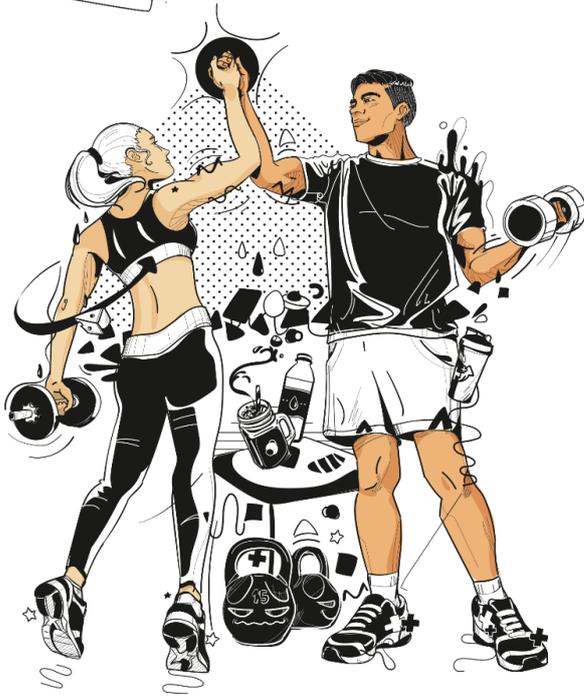
Wie viel Gramm Eiweiß hat eine Portion Berglinsen (100g)?

**CHECK
DEIN ESSEN!**



**Wie viel Gramm Eiweiß hat eine Portion gegarte Kartoffeln
(200g)?**

**CHECK
DEIN ESSEN!**



Wie viel Gramm Eiweiß hat eine Portion gegarte Sojabohnen (150g)?