

Die Nährwerte von L. calcareum

| Nährwerte | pro 100 g L. calcareum |
|---------------|------------------------|
| Brennwert | 102 kJ/ 24 kcal |
| Eiweiss | 2.5 g |
| Kohlenhydrate | 3.5 g |
| Fett | 0.0 g |

Die Mineralstoffe in L. calcareum

| Mineralstoffe | pro 1 g L. calcareum | pro 100 g L. calcareum | Tagesbedarf |
|---------------|----------------------|------------------------|--------------|
| Calcium | 303 - 352 mg | 30'303 - 35'150 mg | 1000 mg |
| Magnesium | 26 - 31 mg | 2580 - 3100 mg | 350 mg |
| Kalium | 1.4 - 5.2 mg | 140 - 517 mg | 4000 mg |
| Eisen | 0.9 - 1.2 mg | 91 - 124 mg | 12.5 mg |
| Zink | 0.015 mg | 1.5 mg | 8.5 mg |
| Selen | 0.6 µg | 60 µg | 70 µg |
| Kupfer | 0.005 - 0.014 mg | 0.5 - 1.4 mg | 1.25 mg |
| Phosphor | 0.3 - 0.6 mg | 31 - 59 mg | 700 mg |
| Natrium | 4.2 mg | 415 mg | 1500 mg |
| Chlorid | 0.9 - 3.5 mg | 91 - 354 mg | 2300 mg |
| Schwefel | 1.6 - 5.7 mg | 158 - 570 mg | Keine Angabe |
| Mangan | 0.06 - 0.2 mg | 5.8 - 18 mg | 3.5 mg |
| Fluorid | 0.007 mg | 0.7 mg | 3.8 mg |
| Jod | 33 - 34 µg | 3280 - 3400 µg | 200 µg |