



Höhenrainer Nährwert-Übersicht

| | <i>Energie KJ (kcal)</i> | <i>Fett in g</i> | <i>davon gesättigte Fettsäuren in g</i> | <i>KH in g</i> | <i>davon Zucker in g</i> | <i>Eiweiß in g</i> | <i>Salz in g</i> |
|---|------------------------------|----------------------|---|--------------------|----------------------------------|------------------------|----------------------|
| Angaben pro 100g | | | | | | | |
| <i>Puten-Leberwurst</i> | | | | | | | |
| Puten-Gourmet-Leberwurst, <small>fein</small> | 1263 (305) | 28,0 | 12,0 | 0,8 | 0,8 | 12,5 | 2,1 |
| Puten-Landleberwurst, <small>grob</small> | 1067 (257) | 22,0 | 9,0 | 0,8 | 0,7 | 14,0 | 2,1 |
| <i>Puten-Schinken</i> | | | | | | | |
| Puten-Brustschinken | 397 (94) | 1,0 | 0,3 | 1,1 | 0,9 | 20,0 | 2,2 |
| Premium Brust Paprikamantel | 397 (94) | 1,0 | 0,3 | 1,1 | 0,9 | 20,0 | 2,2 |
| Puten-Grillbrustschinken | 414 (98) | 1,5 | 0,5 | 1,1 | 0,9 | 20,0 | 2,2 |
| Puten-Lachsschinken | 422 (100) | 1,0 | 0,3 | 0,6 | 0,6 | 22,0 | 3,9 |
| Puten-Paprikabrust | 397 (94) | 1,0 | 0,3 | 1,1 | 0,9 | 20,0 | 2,2 |
| Puten-Wacholderschinken | 527 (126) | 5,5 | 1,8 | 1,0 | 0,9 | 18,0 | 2,3 |
| <i>Geflügel-Würstl</i> | | | | | | | |
| Puten-Debreziner | 857 (206) | 15,0 | 5,2 | 1,1 | 1,0 | 16,5 | 2,2 |
| Puten-Käsekrainer | 991 (238) | 18,0 | 7,3 | 1,0 | 1,0 | 18,0 | 2,2 |
| Puten-Käse-Griller | 991 (238) | 18,0 | 7,3 | 1,0 | 1,0 | 18,0 | 2,2 |
| Geflügel-Rostbratwurst | 975 (235) | 19,0 | 6,2 | 1,0 | 1,0 | 15,0 | 1,9 |
| Geflügel-Rostbratwürstl | 975 (235) | 19,0 | 6,2 | 1,0 | 1,0 | 15,0 | 2,1 |
| Puten-Weißwurst, <small>Schweinedarm</small> | 775 (187) | 15,5 | 5,5 | 1,2 | 0,8 | 10,5 | 2,1 |
| Puten-Wiener | 933 (225) | 19,0 | 6,4 | 0,5 | 0,4 | 13,0 | 2,0 |
| <i>Geflügel-Aufschnitt</i> | | | | | | | |
| Bierschinken | 645 (155) | 10,0 | 3,5 | 1,1 | 1,0 | 15,0 | 2,2 |
| Puten-Champignonfleischwurst | 726 (174) | 13,0 | 4,5 | 3,2 | 0,4 | 11,0 | 2,0 |
| Puten-Eierwurst mit Paprika | 748 (180) | 14,0 | 5,0 | 0,9 | 0,5 | 12,5 | 1,8 |
| Fleischwurst | 785 (189) | 15,0 | 5,0 | 0,7 | 0,5 | 13,0 | 2,0 |
| Puten-Fleischwurst, <small>orange Hülle</small> | 920 (222) | 19,0 | 6,5 | 0,7 | 0,5 | 12,0 | 2,0 |
| Geflügel-Gelbwurst | 921 (222) | 19,0 | 6,0 | 0,8 | 0,6 | 12,0 | 2,0 |
| Puten-Gurken-Fleischwurst | 677 (163) | 12,5 | 4,1 | 1,0 | 0,8 | 11,5 | 2,0 |
| Puten-Kaiserjagdwurst | 734 (176) | 13,0 | 4,5 | 0,8 | 0,7 | 14,0 | 2,1 |
| Puten-Krakauer | 606 (145) | 9,0 | 3,0 | 1,3 | 1,0 | 14,7 | 2,2 |
| Puten-Leberkas, <small>gebacken</small> | 785 (189) | 15,0 | 5,2 | 1,0 | 0,8 | 12,5 | 2,0 |
| Paprika-Fleischwurst | 741 (178) | 14,0 | 3,8 | 1,0 | 0,5 | 12,0 | 2,0 |
| Puten-Pizza-Leberkas | 754 (181) | 13,0 | 4,7 | 1,9 | 1,0 | 14,0 | 2,0 |
| Puten-Schinkenwurst | 700 (168) | 12,0 | 4,0 | 1,0 | 0,9 | 14,0 | 2,2 |
| <i>Puten-Fertiggerichte</i> | | | | | | | |
| Puten-Cordon Bleu | 803 (191) | 8,0 | 2,0 | 13,0 | 1,0 | 16,5 | 2,0 |
| Geflügel-Fleischpflanzerl | 876 (209) | 12,0 | 3,2 | 12,0 | 1,0 | 13,0 | 1,9 |
| Puten-Schnitzel Wiener Art | 783 (186) | 7,0 | 1,5 | 14,0 | 1,0 | 16,5 | 2,0 |
| Puten-Schnitte Art Cordon Bleu | 929 (223) | 12,0 | 3,0 | 13,5 | 1,0 | 15,0 | 2,0 |
| Puten-Schnitte Wiener Art | 917 (218) | 12,0 | 2,0 | 13,0 | 1,0 | 14,5 | 2,0 |

Angaben ohne Gewähr

Stand 01/2023

