

Vriesdroogmaaltijden

Deze pagina geeft een overzicht van de nutritionele waarden van verschillende vriesdroogmaaltijden. De waardes zijn telkens opgegeven per volledige portie, niet per 100g.

	Energetische waarde	Eiwittenten	Vetten	Koolhydraten	Vezels	Zout
Vegetable Jambalaya (Trek 'n Eat)	640,8 kcal	17,82g	7,56g 4,50g	122,4g 25,20g	11,16g	8,82g
Garden Vegetables & Risotto (Trek 'n Eat)	667,5 kcal	28,50g	34,50g 16,50g	55,5g 4,35g	13,20g	6,90g
Wild Mushroom Ragout with Noodles (Trek 'n Eat)	614,4 kcal	22,56g	16,00g 4,48g	91,36g 10,72	4,96g	2,24g
Pasta with vegetarian Bolognese (Trek 'n Eat)	671,4 kcal	21,24g	16,02g 1,62g	105,66g 16,74g	2,88g	4,32g
Potato Stew with Fried Onions (Trek 'n Eat)	667,5 kcal	28,50g	34,50g 16,50g	55,50g 4,35g	13,20g	6,90g
Pasta Primavera (Trek 'n Eat)	604,5 kcal	19,50g	19,20g 11,70g	87,30g 28,05g	7,35g	4,95g
Mexican-style Quinoa (Trek 'n Eat)	596,4 kcal	15,40g	29,40g 18,20g	63,00g 9,66g	10,78g	6,44g
Couscous with Vegetables (Trek 'n Eat)	608,0 kcal	17,60g	15,36g 8,80g	94,40g 11,84g	12,16g	4,80g
Chana Masala (Trek 'n Eat)	610,2 kcal	16,92g	4,50g 0,9g	122,40g 28,80g	10,26g	7,20g

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