



Rainbow Trout, Fresh

FOOD.BRAND

FOOD.CATEGORY

Keto / Low Carb

Nutrients

CALORIES	160 kcal (per 100g)
PROTEIN	18.6g (per 100g)
FAT	9.6g (per 100g)
CARBOHYDRATES	0.0g (per 100g)
FIBER	0.0g (per 100g)

Detailed Nutrient List

PROTEIN		18.6 g
David Janitzek Diets	Contact:	Web:
Premium FAT	Email:	dietspremium.com
Krumbacher Straße 26	support@dietspremium.com	Bank Details
86424 Dinkelscherben,	Tel.: +49 1520 744 5675	Bank: Deutsche Bank
Germany WATER		9.6 g
VAT ID: DE453108867		IBAN: DE26 7207 0024 0064 1910 00
		SWIFT (BIC): DEUTDEDB720
		71.5 g



CARBOHYDRATE	0 g
SUGAR	0 g
FIBER	0 g
CHOLESTEROL	55 mg
FATTY SATURATED	1.9 g
FATTY MONOUNSATURATED	3.4 g
FATTY POLYUNSATURATED	3.1 g
OMEGA 3	0.6 g
OMEGA 6	0.3 g
ASH	1.1 g
CALCIUM	20 mg
IRON	0.3 mg
MAGNESIUM	23 mg
PHOSPHORUS	200 mg
POTASSIUM	330 mg
SODIUM	50 mg
ZINC	0.4 mg
COPPER	0.05 mg
SELENIUM	12.6 µg
VITAMIN ARE	20 µg
VITAMIN D	16.2 µg
VITAMIN E	2.3 mg
VITAMIN B1 (THIAMIN)	0.15 mg

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VITAMIN B2 (RIBOFLAVIN) 0.2 mg
VITAMIN B3 (NIACIN) 5.1 mg



VITAMIN B6 (PYRIDOXINE)	0.3 mg
VITAMIN B12 (COBALAMIN)	4.2 µg
PROTEIN ANIMAL	18.6 g
SALT	0.13 g
VITAMIN K	0.1 µg

The information contained in this document is for educational purposes only and does not replace medical advice.

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