

<b>Mineralstoff</b>	<b>pro 100 g</b>	<b>pro Portion</b>	<b>% Tagesbedarf</b>
Calcium	167 mg	557.78 mg	69.72%
Chlor	194 mg	647.96 mg	81%
Chrom	39 µg	130.26 µg	325.65%
Eisen	1 mg	3.34 mg	23.86%
Jod	15 µg	50.1 µg	33.4%
Kalium	368 mg	1229.12 mg	61.46%
Kupfer	0.1 mg	0.33 mg	33.4%
Magnesium	15 mg	50.1 mg	13.36%
Mangan	0.2 mg	0.67 mg	33.4%
Phosphor	57 mg	190.38 mg	-
Selen	8 µg	26.72 µg	48.58%
Zink	1 mg	3.34 mg	33.4%
Natrium	181 mg	604.54 mg	-