

Cyrex - 180 Lebensmittel Übersetzung

Dairy/Eggs

Egg white = Hühnereiweiß
Egg yolk = Hühnereigelb
Goat's Milk = Ziegenmilch
Soft Cheese + Hard Cheese = Weichkäse und Hartkäse
Yogurt = Joghurt

Grains

Rice = Reis
Wild Rice = Wildreis
Wheat /Gliadin = Weizen und Gluten

Beans/Legumes

Black Bean = schwarze Bohne
Dark Chocolate + Cocoa = dunkle Schokolade und Kakao
Fava Bean = dicke Bohne
Garbanzo Bean = Kichererbse
Kidney Bean = Kidneybohne
Lentil = Linse
Lima Bean = Lima Bohne
Pinto Bean = Pinto Bohne
Soybean = Sojabohne

Nuts/Seeds

Almond = Mandel
Brazil Nut = Paranuss
Cashew = Cashewkern
Chia = Chiasamen
Flax Seed = Leinsamen
Hazelnut = Haselnuss
Macadamia Nut = Macadamia
Mustard Seed = Senf
Pecan = Pekannuss
Pistacio = Pistazie
Pumpkin Seeds = Kürbiskerne
Sesam = Sesam
Sunflower = Sonnenblumen(kern)
Walnut = Walnuss

Vegetables

Artichoke = Artischocken
Asparagus = Spargel
Beet = Zuckerrübe
Bell Pepper = Paprika
Broccoli = Brokkoli
Brussel Sprouts = Rosenkohl
Cabbage = Kohl

Canola = Raps
Carrot = Karotte
Cauliflower = Blumenkohl
Celery = Sellerie
Chili Pepper = Chili
Corn = Mais
Cucumber = Gurke
Eggplant = Aubergine
Garlic = Knoblauch
Green Bean = Grüne Bohne
Lettuce = Kopfsalat
Mushroom = Champignon
Okra = Okra
Olive = Olive
Onion = Zwiebel
Pea = Erbse
Potato = Kartoffel
Pumpkin + Squash = Kürbis
Radish = Rettich
Safflower = Distel(öl)
Seaweed = Meeresalgen
Spinach = Spinat
Tomato = Tomate
Yam + Sweet Potato = Süßkartoffel
Zucchini = Zucchini

Fruits

Apple = Apfel
Apricot = Aprikose
Avocado = Avocado
Banana = Banane
Latex = Latex
Blueberry = Blaubeere
Cantaloupe + Honeydew Melon = Cantaloupe- und Honig-Melone
Cherry = Kirsche
Coconut = Kokosnuss
Cranberry = Moosbeere/Kranbeere
Date = Dattel
Fig = Feige
Grape = Weintraube
Red Wine = Rotwein
White Wine = Weißwein
Grapefruit = Grapefruit
Kiwi = Kiwi
Lemon + Lime = Zitrone und Limette
Mango = Mango
Orange = Apfelsine
Papaya = Papaya
Peach + Nectarine = Pfirsich und Nektarine
Pineapple = Ananas
Plum = Pflaume
Pomegranate = Granatapfel

Strawberry = Erdbeere
Watermelon = Wassermelone

Fish/Seafood

Cod = Kabeljau
Halibut = Heilbutt
Mackerel = Makrele
Red Snapper = roter Schnappfisch
Salmon = Lachs
Sardine = Sardine
Sea Bass = Wolfsbarsch
Tilapia = Barsch
Trout = Forelle
Tuna = Thunfisch
Whitefish = Felchen (Süßwasserfisch)
Crab + Lobster = Krabbe und Hummer
Clam = Muschel
Oyster = Auster
Scallops = Jakobsmuscheln
Squid/Calamari = Tintenfisch
Shrimp = Garnele
Parvalbumin = Hauptallergen in Fischen und Krebsen

Meat

Beef = Rind
Chicken = Huhn
Lamb = Lamm
Pork = Schwein
Turkey = Truthahn
Gelatin = Gelatine
Meat Glue = „Fleischkleber“ (Transglutaminase)

Herbs

Basil = Basilikum
Cilantro = Koriander
Cumin = Kreuzkümmel
Dill = Dill
Mint = Pfefferminze
Oregano = Oregano
Parsley = Petersilie
Rosemary = Rosmarin
Thyme = Thymian

Spices

Cinnamon = Zimt
Clove = Nelke
Ginger = Ingwer
Nutmeg = Muskatnuss
Paprika = Paprika
Turmeric/Curcumin = Kurkuma
Vanilla = Vanille

Gums

Beta-Glucan = Betaglucan (Ballaststoff)
Carrageenan = Carrageen
Gum Guar = Guarkernmehl
Gum Tragacanth = Traganth (Polysaccharid)
Locust Bean Gum = Johannisbrotkernmehl
Mastic Gum + Gum Arabic = Mastixharz und Gummi arabicum
Xanthan Gum = Xanthangummi

Brewed Beverages and Additives

Coffee Bean = Kaffeebohne
Black Tea = Schwarzer Tee
Green Tea = Grüner Tee
Honey = Honig
Food Coloring = Farbstoffe

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