

Ausgewählte Inhaltsstoffe der Milch verschiedener Spezies

Parameter	Schaf	Ziege	Kuh	Stute	Frau
Energie kJ/100 ml	400	281	275	190	315
Fett %	6,3	3,9	4,0	1,2	4,1
ungesättigte Fettsäuren (UFA)	28	26	33	55	51
% der Gesamt-FS					
<i>dar. Linolsäure (% der FAME)</i>	<i>3,0</i>	<i>2,3</i>	<i>3,0</i>	<i>9,6</i>	<i>6,4</i>
<i>Linolensäure (% der FAME)</i>	<i>1,0</i>	<i>1,0</i>	<i>1,1</i>	<i>19,4</i>	<i>1,7</i>
Lactose %	4,6	4,2	4,5	6,5	7,0
Eiweiß %	5,3	3,3	3,5	2,1	1,3
Molkeneiweiß [wahr] % im Ges.-Eiweiß	20	23	20	39	54
Immunglobuline gesamt mg/100 ml	295	70	75	180	100
Immunglobuline mg/g GesProt	56	21	21	86	77
IgG mg/100 ml	68	30	47	39	5
IgA mg/100 ml	12	4	8	42	69
IgM mg/100 ml	15	3	5	11	11
Lactoferrin mg/100 ml	28	10	55	80	160
Lysozym mg/100 ml	Spuren	Spuren	Spuren	60	12
Vitamin C mg/100 ml	4	2	2	15	4

Lit, PRODI, USDA-DB, eigene Analysen (aktualisiert 23.03.09)

s. [Milch versch Spezies - Fettsäuren.xls] + Vorträge \ Ziegenmilch

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