

Vegane Grillwürste im Test: Was Fachleute auch in Österreich wissen sollten

Vegane Fleischalternativen boomen – doch wie gesund sind sie wirklich? Tests zeigen große Unterschiede. Was heimische Fleischer und Landwirte jetzt beachten sollten.



Fleischersatzprodukte finden bei vielen Menschen den Weg auf den Grill. Wie gut die veganen Würste wirklich sind, fand der NDR im Test heraus. © Pixabay / andreas160578

: `Y]gW YfgUhndfcXi _hY]a '7\YW_. 'Nk]gW Yb
=b b c j Uh]c b 'i b X 'ff]hUh]c b

DØb_h]W ni f'; f]`^gU]gc b 'k ÅW gh'X]Y 'B UW ZFU[Y 'b UW 'j Y [Ub Yb
5 `hYfbUh]j Yb 'Ui W ']b '2 ghYffY]W " Gi dYfa Åf_hY 'i b X
: `Y]gW h\ Y_Yb 'ZØ\ fYb ']bnk]gW Yb 'Y]b Y 'VfY]hY 'DU`Y hhY 'Ub
dZUbn]W Yb 'K ØfghYb 'i b X 'GhYU_g" '8 c W 'k]Y 'gW b Y]XYb 'X]YgY
DfcXi _hY]a ' <]b V 'W_ 'Ui Z; Ygi b X \ Y]hž =b \ U 'hgghc ZZY 'i b X
; YgW a UW 'UV3'9]b Y 'HJ !5 b U 'mgY 'XYg 'XYi hgW Yb 'B 8 F 'gck]Y

9f[YVb]ggY'j cb² _c!HYgh]YZYfb'Ui ZgW\`i ggfY]W\`Y'9f_Ybbhb]ggY
'a]h'FY`Yj Ub\`n'Ui W\`Z\`f'XYb'ÒghYffY]W\`gW\`Yb'A Uf_h"

; fc»Y'I b hYfgW\`]YXY'VY]9]k Y]» [Y\U`h'i b X
Ni gUhnghc ZZYb

=a 'J Yf[`Y]W\`ghYgh'XYg'B8F'k i fXYb'j YfgW\`]YXYbY'j Y[UbY
; f]`k ØfghY'i b hYfgi W\`h'gck c\``[YgW\`a UW_]W\`U`g'Ui W\`]a
@UVcf"K A\`fYbX'Y]bY[YhYghYhY'K i fghj cb'F Ø[Ybk U`XYf'bi f', ž&
; fUa a '9]k Y]» 'dfc '%\$'; fUa a 'Ybh\`]Y`h\`_Ua 'XUg'DfcXi _hj cb'
6]`]Y'; fYYb 'Ui Z'VYUW\`h]W\`Y' ' ' ; fUa a "CVk c\``VY]XY'DfcXi _hY
a]h'6Y[f]ZZYb'k]Y' DfchY]bei Y``Y' k YfVYbž'k Ufbh'X]Y'XYi hgW\`Y
J YfVfUi W\`YfnYbhfU'Y'j cf'a Ò[`]W\`Yf'ffYZØ\ fi b[. 'B]W\`h'YXYf
<]bk Y]g'Ui Z'9]k Y]» [Y\U`h'VYXYi hY'Ui hca Uh]gW\`Y]bYb'\c\`Yb
[Ygi bX\`Y]h]W\`Yb'K Yfh"Ni gÀhn`]W\`gh]Y» Yb'X]Y'HYghYf'Ui Z
i a ghf]hhYbY'Ni gUhnghc ZZY'k]Y' **7UffU[YYbž'XUg']b'XYf'?f]h**_ghY\`hž
YbhñØbX]W\`Y'DfcnYggY]a ' ?ÒfdYf'ni 'ZØfXYfb"5i W\`Y]b'\c\`Yf
GU`n[Y\U`h'k i fXY'a Y\`fZUW\`ZYgh[YghY``h']bgVYgcbXYfY'VY]
DfcXi _hYbž'X]Y'g]W\`Ub'?]bXYf'f]W\`hYbž'dfcV`Ya Uh]gW\` "

; YgW\`a UW_\`V`Y]Vh'; YgW\`a UW_ggUW\`Y' 'Ui W\`
VY]J Y[UbYa

8]Y'ZØbZHYghYf'XYg'B8F' 'U``YgUa h': `Y]gW\`YggYf' 'nY][hYb'g]W\`
nk Uf'c ZZYb'ZØf'dZUbn']W\`Y'5`hYfbUh]j Ybž'k UfYb'UVYf'VY]
; YgW\`a UW_\`i bX'?cbg]ghYbn'j]Y`ZUW\`YbhñA\`i gW\`h'6YgcbXYfg'X]Y
HYI h\`f'k i fXY'k]YXYf\`c\`h'U`g' [i a a]Ufh]['cXYf' hfcW\`Yb
VYgW\`f]VYVYb"8]Y'K i fghj cb'F Ø[Ybk U`XYf'_cbbhY'[YgW\`a UW_]W\`
bcW\`Ua 'Y\`YghYb'ØVYfnYi [Yb' 'hfc hn'5Vghf]W\`Yb'VY]XYb
=b\`U`hgghc ZZYb"9]b'HYghYf'a Y]bH\`Y. ' =W\`' \`AhhY' [Uf'b]W\`h[Ya Yf_hž
XUgg'XUg'j Y[Ub'']gh"

Ni gUhnghc ZZYž'A]bYfU'Ò`Y' i bX'GU`n' 'Ui W\`'VY]
2 _c!HYgh'Y]b' H\`Ya U

8]Y'9]bgW\`Àhni b['XYg'B8F'k]fX'xi fW\`Y]bY'I b hYfgi W\`i b['j cb

² _c!HYgh`Ui g`XYa J cf`U\f`[YghØhh`5i W Xcfh`k i fXYb`nU\`fY]W Y
j Y[UbY`DfcXi _hY`Ui Z`b\U`hgghcZZY`UbU`mg]Yfh` a]h`hY`g
U`Ufa]YfYbXYb`9f[YVb]ggYb```b`ZUgh`U``Yb`[YhYghYhYb`DfcXi _hYb
ZUbXYb`g]W F ØW_ghÀbXY`j cb`A]bYfU`Ø`ž\]bni `_Ua Yb`_Øbgh`]W Y
5fca Yb`i bX`ØVYfXi fW gW b]hh`W j]Y`GU`n": ØbZ`DfcXi _hY`Z]Y`Yb
VY]`^2 _c!HYgh`ca d`Yhh`Xi fW Z`XUfi bhh`Ui W j Y[UbY` f]`k ØfghY
XYf`A Uf`Y`F Ø[Ybk U`XYf"

9]bY`HUVY``Y`a]h`\Ài Z[`f]h]g]YfhYb`b\U`hgghcZZYb`nY][hž`k cfUi Z
VYgcbXYfg`[YUW hYh`k YfXYb`gc``hY.

DfcV`Ya Uh]gW Yf	K]f_i b[`Vnk "F]g]_c	=`k Y`W Yb
`b\U`hgghcZZ	DfcXi _hYb	[YZ`bXYb 3

7UffU[YYb	9bhØbXi b[gZØfXYfb Xž`i a ghf]hh`b`VY] 8Ufa [Ygi bX\Y]h	A Y\`fYfY`j Y[UbY K ØfghY
A]bYfU`Ø`VYghUbXhY`Y	DchYbn]Y``` _fYVgYffY[YbXž F ØW_ghÀbXY`Ui g J YfdUW_i b[@Ui h`^2 _c!HYgh`b`ZUgh U``Yb`DfcXi _hYb
<c\Yf`GU`n[Y\U`h	6Y`UghYh`_]bX`]W Y 8Ufa ZcfUžF]g]_c`ZØf 6`i h\cW Xfi W_	6YgcbXYfg`VY] j Y[UbYb ; f]`d`fcXi _hYb
?Øbgh`W Y`5fca Yb	HÀi gW Yb bUhØf`W Yb ; YgW a UW_j cf	8]j YfgY 9fgUhndfcXi _hY

5i W h]Yf]gW Y` ; f]`k ØfghY`g]bX`_Y]bY
; Ygi bX\Y]hgk i bXYf

K Yb][ØVYffUgW YbX. 5i W _`Ugg]gW Y` ; f]`k ØfghY`Ui g` : `Y]gW
gW bY]XYb`]b`di bWc` ; Ygi bX\Y]hgk Yfh`b]W h`VYggYf`UV`G]Y
Ybh\U`hYb`cZh`j]Y``[YgÀhh][hY` ; YhhgÀi fYb`i bX`g]bX`YW hY
?U`cf]YbVca VYb``8YbbcW VYhc`b`XYf`XYi hgW Y
9fbÀ\fi b[ga YX]n]bYf`8f``A Uh\U]Ug`F]YXY` . 9]bY`6fUhk i fgh`Ui g`6]c!
: `Y]gW`gY`Ui Z[fi bX`[Yf]b[YfYf`W Ya]gW Yf`6Y`Ughi b[`i bhYf
I a ghÀbXYb` [YgØbXYf`U`g`j]Y`Y`j Y[UbY`5`hYfbUh]j Yb"

K Ug'VYXYi hYh'XUg'ZØf'^2 ghYffY]W g': `Y]gW Yf
i bX'8]fY_hj Yfa Uf_hYf3

→^2 ghYffY]W Vcca h'XYf'A Uf_h'ZØf: `Y]gW U'hYfbUhjj Yb
YVYbZU`g" @Ui h'Y]bYf I a ZfU[Y_j cb'A Uf_YhU[Ybh[YVYb'fi bX'^&- i
XYf'^2 ghYffY]W Yf'Ubž'fY[Y'a Á»][ni j Y[UbYb'cXYf'j Y[YhUf]gW Yb
DfcXi _hYb'ni [fY]ZYb' HYbXYbn'ghY][YbXž'VYgcbXYfg'VY]'XYf
↑ b[Yb'N]Y[fi ddY": Øf'\Y]a]gW Y': `Y]gW Yf'Yf[YVYb'g]W XUfUi g
nk Y]7\UbWb. ni a 'Y]bYb'Xi fW X]Y'VYk i gghY'Dcg]h]cb]Yfi b[
\cW k Yfh][Yfž'fY[]cbU'Yf: `Y]gW dfcXi _hY'Ui g'V]c'c[]gW Yf
H]Yf\U'hi b[ni a 'UbXYfYb'Xi fW X]Y'9bhk]W`i b['Y][YbYf
dZUbn']W Yf'Gcfh]a YbhY'a]h_`UfYb'GhUbXufXg'VY]Ni hUhYbž
<Yf_i bZh'i bX'BÁ\fk YfhYb"K]W h]['V'Y]Vh 'HfUb gd UfYbn'VY]
→\U'hggc ZZYbž'Y\f]W Y?YbbnY]W bi b[i bX'bUWj c``n]Y\VUfY
E i U']hAh[Yk]bbYb[Y[YbØVYf'd'U_Uhj] Ya 'A Uf_Yh]b[ni bY\ a YbX
Ub'6YXYi hi b[i 'Ui W 'VY]: `Y]gW YfgUhn"

H]Yfk c\`j g"; Ygi bX\Y]hgk Yfh

K Á\ fYbX'j Y[UbY'; f]`k ØfghY'J cfhY]Y'ZØf'I a k Y`h'i bX'H]Yfk c\`
a]h g]W Vf]b[Ybž]ghX]Y[Ygi bX\Y]h]W Y'6Yk Yfh b['X]ZZYfYbn]Yfh
ni 'VYhfUW hYb"'^2 ghYffY]W]gW Y': `Y]gW YfVYhf]YVYž'X]Y'g]W a]h
U'hYfbUhj Yb'DfcXi _hYb'cXYf'6]cl: `Y]gW 'dcg]h]cb]YfYb'k c``Ybž
gc``hYb'[YbUi '\]bgW Ui Yb' i bX'VYk i ggh_ca a i b]n]YfYbž'k Ug']b
]\fYb'DfcXi _hYb'ghYW_h'8]Y'; f]`gU]gcb'&\$&) '_ØbbhY'ni a
K YbXYdi b_h'ZØf'a Y\ f'?Uf\Y]h'Ui ZXYa 'Fcgh'k YfXYb"

6Ygi W Yb'G]Y'i bg'Ui Z'Z'Y]gW i bXW "Uh