

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`ja `7\YW_. `Nk]gW\Yb
=bbcj Uh]cb`i bX`=ff]hUh]cb

D0b_h]W\`ni f`; f]`gU]gcb`k ÅW\gh`X]Y`B UW\ZFU[Y`bUW\`j Y[UbYb
5`hYfbUh]j Yb`Ui W\`b`2 ghYffY]W\`"Gi dYfa Åf_hY`i bX
: `Y]gW\h\Y_Yb`Z0\fyb`]bnk]gW\Yb`Y]bY`Vfy]hY`DU`YhhY`Ub
dZUbn`]W\Yb`K ØfghYb`i bX`GhYU_g`"8cW\`k]Y`gW\by]XYb`X]Ygy
DfcXi _hY`ja`<]bV`]W\`Ui Z`; Ygi bX`Y]hž`=b\U`hgghcZZY`i bX`
; YgW\ a UW_`UV3`9]bY`HJ!5bU`mgY`XYg`XYi hgW\Yb`B 8 F`gcck]Y

9f[YVb]ggY`j cb`² _c!HYgh`YZYfb`Ui ZgWΛ`i ggfY]WΛY`9f_Ybbhb]ggY
`a`jhFY`Yj Ubñ`Ui WΛ`ZØf`XYb`ÒghYffY]WΛ]gWΛYb`A Uf_h"

; fc» Y`I bhYfgWΛ]YXY`VY]`9]k Y]» [Y\U`h`i bX
Ni gUhnghc ZZYb

⇒a`JYf[`Y]WΛghYgh`XYg`B8F`k`i fXYb`j YfgWΛ]YXYbY`j Y[UbY
; f]`k ØfghY`i bhYfgi WΛh`gck c\`[YgWΛa UW_]WΛ`U`g`Ui WΛ`a
@UVcf`"K À\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`hž`_Ua`XUg`DfcXi`_h] cb`
6]`Y; fYYb`Ui ZVYUWΛh]WΛY`" `; fUa a`"CVk c\`VY]XY`DfcXi`_hY
a`jh`6Y[f]ZZYb`k`jY`DfchY]bei Y`Y`k YfVYbž`k Ufbh`X]Y`XYi hgWΛY
JYfVfUi WΛYfnYbhfU`Y`j cf`a`Ò[`Y]WΛYf`ffYZØ\fi b[.`B]WΛh`YXYf
<]bk Y]g`Ui Z`9]k Y]» [Y\U`h`VYXYi hY`Ui hca`Uh]gWΛ`Y]bYb`c\Yb
[Ygi bX\Y]h]WΛYb`K`Yfh`Ni gÅhn`]WΛ`gh]Y» Yb`X]Y`HYghYf`Ui Z
i a`ghf]hhYbY`Ni gUhnghc ZZY`k`jY`7UffU[YYbž`XUg`]b`XYf`?f]h]_`ghY`hž
YbhmØbX`]WΛY`DfcñYggY`ja`?ØfdYf`ni`ZØfXYfb`"5i WΛ`Y]b`c\Yf
GU`n[Y\U`h`k`i fXY`a`Y\fZUWΛ`ZYgh[YghY`h`]bgVYgcbXYfY`VY]
DfcXi`_hYbž`X]Y`g]WΛ`Ub`?`jbXYf`f]WΛhYbž`dfcV`Ya`Uh]gWΛ"

; YgWΛa UW_`V`Y]Vh`; YgWΛa UW_ggUWΛY``Ui WΛ
VY]`J Y[UbYa

8]Y`ZØbZ`HYghYf`XYg`B8F``U`YgUa`h:`Y]gWΛYggYf``ñY][`hYb`g]WΛ
nk Uf`c ZZYb`ZØf`dZUbñ`]WΛY`5`hYfbUh]j Ybž`k UfYb`UVYf`VY]
; YgWΛa UW_`i bX`?cbg]ghYbn`j`jY`ZUWΛ`Ybhh`Ài`gWΛh`6YgcbXYfg`X]Y
HYI`hi`f`k`i fXY`k`jYXYf`c`h`U`g`[i a a`]Ufh][`cXYf`hfcW_Yb
VYgWΛf]YVYb`"8]Y`K`i fghj cb`F Ø[Ybk U`XYf`_cbbhY`[YgWΛa UW_]WΛ
bcWΛ`Ua`Y\YghYb`ØVYfnYi`[Yb``hfcñ`5Vghf]WΛYb`VY]`XYb
⇒\U`hgghc ZZYb`"9]b`HYghYf`a`Y]bhY.`⇒WΛ`ÅhhY`[Uf`b]WΛh`[Ya`Yf_hž
XUgg`XUg`j Y[Ub`]gh"

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

8]Y`9]bgWΛ`Åhi b[`XYg`B8F`k`j]X`Xi`fWΛ`Y]bY`I`bhYfgi WΛi b[`j`cb

² _c!HYgh'Ui g'XYa 'J cf'U\ f' [YghØnhh" '5i W\ 'Xcfh'k i fXYb'nU\ 'fY]W\ Y
j Y[UbY'DfcXi _hY'Ui Z' ð\ U'hgghcZZY 'UbU'mg]Yfh' 'a]h'hY]'g
U'Ufa]YfYbXYb'9f[YVb]ggYb"" ð'ZUgh'U''Yb' [YhYghYhYb'DfcXi _hYb
ZUbXYb'g]W\ 'F ØW_ghÀbXY'j cb'A]bYfU'Ò'ž'\]bni ' _Ua Yb' _Øbgh]W\ Y
5fca Yb'i bX'ØVYfXi fW\gW\ b]hh]W\ 'j]Y''GU'n": ØbZDfcXi _hY'Z]Y'Yb
VY]'² _c!HYgh'_ca d'Yhh'Xi fW\ž'XUfi bhYf'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' ð\ 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 ð'k Y'W\Yb
ð\ U'hgghcZZ DfcXi _hYb
[YZ bXYb3

7UffU[YYb	9bhnØbXi b[gZØfXYfb Xž'i a ghf]hhYb'VY] 8Ufa [Ygi bX\Y]h	A Y\ fYfY'j Y[UbY K ØfghY
A]bYfU'Ò'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 ZcfUž'F]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 bW\c'; 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\ 'VYhcbh'XYf'XYi hgW\Y
9fbÀ\fi b[ga YX]n]bYf'8f''A Uhh\]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`hYfbUh]j 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 Å»][`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\UbW\ b.`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
dZUbni`W\ Yf`Gcfh]a YbhY`a]h_`UfYb`GhUbXUfXg`VY]`Ni hUhYbž
<Yf_i bZh`i bX`BÅ\fk YfhYb"K]W\ h][`V`Y]Vh`HfUbgdUfYbn`VY]
⊕\U`hgghc ZYbž`Y\`f]W\ Y`?YbbnY]W\ bi b[`i bX`bUW\j c``n]Y\ VUfY
E i U`]hÅh[Yk]bbYb`[Y[YbØVYf`d`U_Uh]j Ya `A Uf_Yh]b[`ni bY\`a YbX
Ub`6YXYi hi b[` `Ui W\ `VY]: `Y]gW\ YfgUhn"

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

K Å\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`]gh`X]Y`[Ygi bX\Y]h]W\ Y`6Yk Yfhi b[`X]ZYZfYbn]Yfh
ni `VYhfUW\ hYb"² ghYffY]W\]gW\ Y': `Y]gW\ YfVYhf]YVYž`X]Y`g]W\ `a]h
U`hYfbUh]j Yb`DfcXi _hYb`cXYf`6]c!: `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 `F cgh`k YfXYb"

6Ygi W\ Yb`G]Y`i bg`Ui Z.`ZY]gW\ i bXW\`"Uh