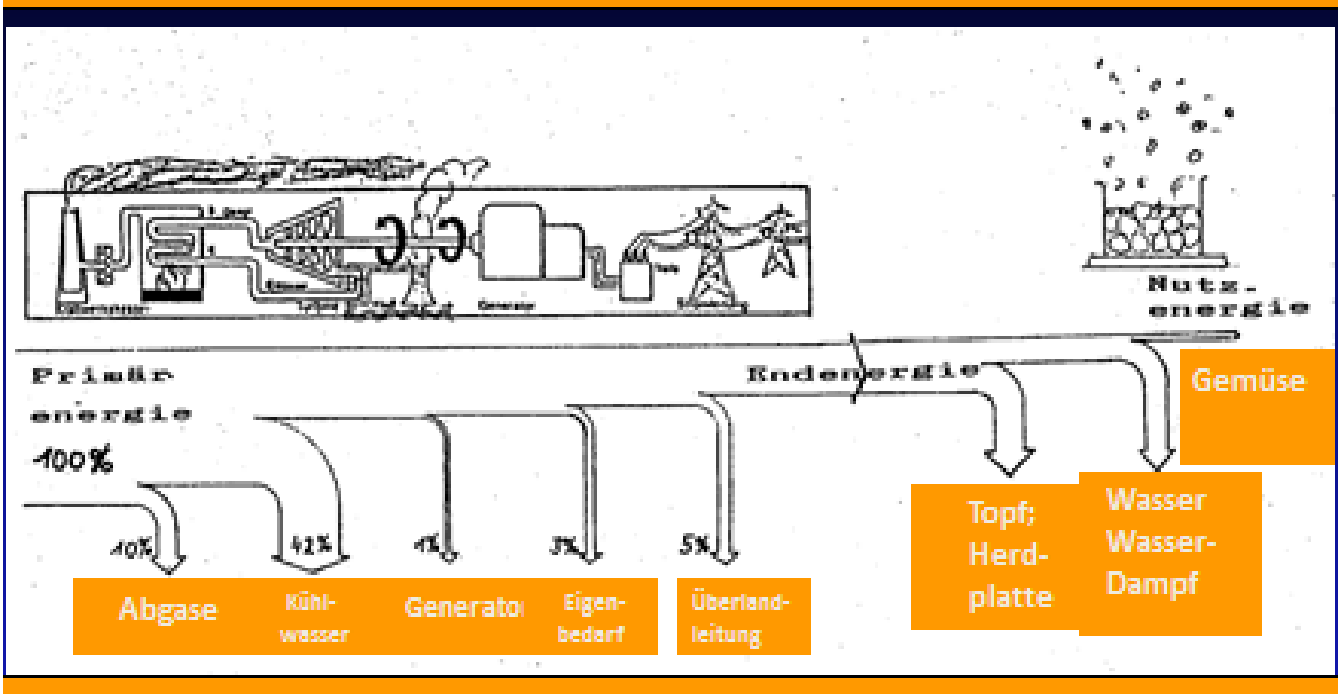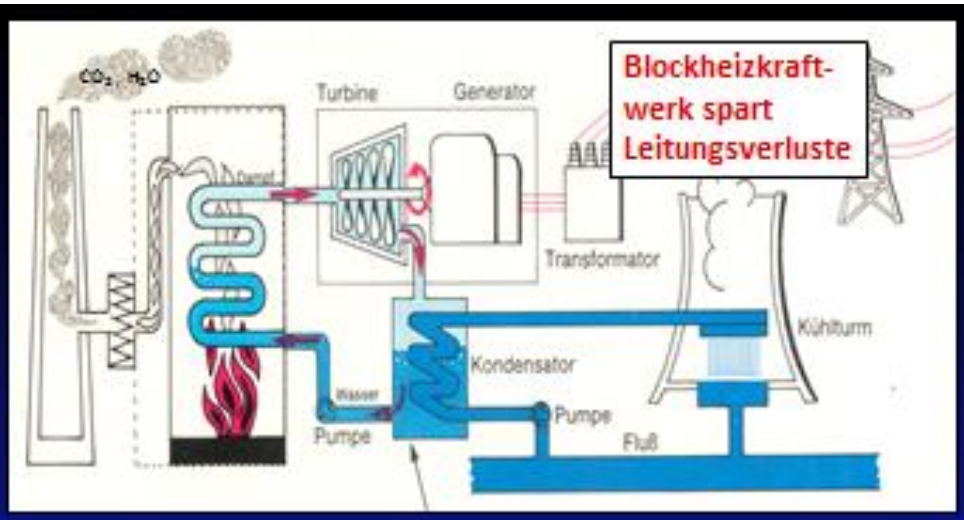Energiefluss vom Kraftwerk zum gekochten Gemüse