



# Nährwerte

\* Diese Informationen gelten für unser Sternenbäck-Filial-Sortiment:

- Diese Angaben werden nach bestem Wissen und Gewissen überprüft und regelmäßig aktualisiert
- Die Richtigkeit und Vollständigkeit der Daten basiert den Angaben von unseren Rohstoff-Lieferanten und unseren Standardrezepturen. Die Angaben sind ohne Gewähr, da Irrtümer und Eingabefehler vorbehalten und geringfügige Abweichungen durch tagesaktuelle Veränderungen im Produktionsprozess und in der Produktzusammensetzung nicht ausgeschlossen werden können.
- Alle aktuellen Standardprodukte sind in der Tabelle aufgeführt, jedoch ist es möglich, dass manche Produkte nicht in allen Filialen erhältlich sind. Abweichungen können ebenso entstehen, wenn Daten für neue Produkte oder Produktänderungen noch nicht mit einbezogen werden konnten.
- Sollten ein für Sie interessantes Produkt in der Auflistung nicht aufgeführt sein, wenden Sie sich bitte gern über unsere Homepage an unser Produkt-Beratungs-Team

ArtNr	Bezeichnung 1	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Ballaststoffe	Nährwert. Proteinheiten
2001	Pariser Weißbrot	237	992	46,283 g/100g	0,833 g/100g	0,934 g/100g	0,256 g/100g	8,576 g/100g	1,406 g/100g	3,101 g/100g	3,90
2002	Baguette Classic	250	1.047	48,703 g/100g	0,407 g/100g	1,145 g/100g	0,327 g/100g	8,723 g/100g	1,558 g/100g	3,494 g/100g	4,10
2003	Dinkel-Vollkornbrot	249	1.042	35,564 g/100g	2,708 g/100g	6,549 g/100g	0,735 g/100g	8,593 g/100g	1,204 g/100g	6,161 g/100g	3,00
2008	Großer Knautzer	234	979	45,595 g/100g	1,292 g/100g	0,964 g/100g	0,179 g/100g	8,151 g/100g	1,219 g/100g	3,767 g/100g	3,80
2013	Kartoffelbrot	236	986	46,148 g/100g	0,910 g/100g	0,792 g/100g	0,115 g/100g	8,323 g/100g	1,300 g/100g	3,864 g/100g	3,80
2015	Dinkelbrot	215	899	41,314 g/100g	0,910 g/100g	1,067 g/100g	0,184 g/100g	7,727 g/100g	1,522 g/100g	3,241 g/100g	3,40
2021	Frühlingsbrot	241	1.009	35,029 g/100g	1,863 g/100g	5,552 g/100g	0,736 g/100g	9,451 g/100g	0,442 g/100g	5,870 g/100g	2,90
2022	Halbweißbrot	226	948	44,131 g/100g	1,698 g/100g	0,932 g/100g	0,143 g/100g	7,681 g/100g	1,528 g/100g	4,030 g/100g	3,70
2025	Bäckerroggen	217	910	42,819 g/100g	2,586 g/100g	0,860 g/100g	0,122 g/100g	6,706 g/100g	1,264 g/100g	4,505 g/100g	3,60
2028	Schwäbisches Landbrot	226	946	44,102 g/100g	1,853 g/100g	0,935 g/100g	0,144 g/100g	7,585 g/100g	1,244 g/100g	4,134 g/100g	3,70
2032	Hefezopf groß	315	1.318	52,156 g/100g	13,303 g/100g	6,799 g/100g	2,838 g/100g	9,126 g/100g	0,827 g/100g	3,045 g/100g	4,30
2034	Quarkstreusel	348	1.459	53,711 g/100g	18,664 g/100g	10,723 g/100g	5,209 g/100g	7,736 g/100g	0,631 g/100g	2,133 g/100g	4,50
2039	Vesperlaib	200	835	38,423 g/100g	1,978 g/100g	0,923 g/100g	0,237 g/100g	6,804 g/100g	1,186 g/100g	4,044 g/100g	3,20
2040	Nusszopf	326	1.366	49,871 g/100g	21,100 g/100g	9,879 g/100g	2,458 g/100g	7,605 g/100g	0,546 g/100g	2,875 g/100g	4,20
2041	Bauernbrot Schweizer Art	219	917	43,224 g/100g	1,560 g/100g	0,829 g/100g	0,138 g/100g	7,205 g/100g	1,273 g/100g	3,573 g/100g	3,60
2046	Schwabenkorn	252	1.056	37,383 g/100g	1,478 g/100g	5,946 g/100g	0,897 g/100g	9,379 g/100g	1,204 g/100g	5,158 g/100g	3,10
2047	Genetztes Brot	215	902	41,901 g/100g	1,299 g/100g	0,909 g/100g	0,110 g/100g	7,458 g/100g	1,320 g/100g	3,637 g/100g	3,50
2048	Zollernlaib	229	960	45,203 g/100g	1,636 g/100g	0,862 g/100g	0,136 g/100g	7,572 g/100g	1,484 g/100g	3,812 g/100g	3,80
2057	Kaviar/Sardellenbrot	250	1.048	45,529 g/100g	3,177 g/100g	2,443 g/100g	1,208 g/100g	9,364 g/100g	1,273 g/100g	2,764 g/100g	3,80
2059	Wasserweißbrot	221	925	41,956 g/100g	0,891 g/100g	1,465 g/100g	0,234 g/100g	7,898 g/100g	1,377 g/100g	2,937 g/100g	3,50
2066	Kürbiskernbrot	304	1.272	40,305 g/100g	1,106 g/100g	8,650 g/100g	1,512 g/100g	12,997 g/100g	1,159 g/100g	5,769 g/100g	3,40
2096	Dinkelbrot	215	899	41,314 g/100g	0,910 g/100g	1,066 g/100g	0,184 g/100g	7,727 g/100g	1,522 g/100g	3,242 g/100g	3,40
2157	Steinofenbaguette	205	859	38,872 g/100g	1,218 g/100g	1,607 g/100g	0,261 g/100g	6,832 g/100g	1,339 g/100g	2,750 g/100g	3,20
2160	Naturroggenbrot	219	916	43,953 g/100g	4,382 g/100g	0,850 g/100g	0,118 g/100g	5,429 g/100g	1,387 g/100g	5,625 g/100g	3,70
2169	Kürbisstangl	271	1.136	40,215 g/100g	0,889 g/100g	6,178 g/100g	0,979 g/100g	11,001 g/100g	1,444 g/100g	4,557 g/100g	3,40
2170	Roggenkruste	190	796	37,784 g/100g	3,093 g/100g	0,764 g/100g	0,116 g/100g	5,295 g/100g	1,199 g/100g	4,406 g/100g	3,10
2206	Früchtebrot 250g	322	1.347	55,309 g/100g	34,368 g/100g	6,730 g/100g	1,988 g/100g	5,438 g/100g	0,303 g/100g	7,373 g/100g	4,60
2207	Früchtebrot 500g	322	1.347	55,309 g/100g	34,367 g/100g	6,730 g/100g	1,988 g/100g	5,438 g/100g	0,303 g/100g	7,373 g/100g	4,60
2208	Weihnachtsgebäck	433	1.814	56,000 g/100g	41,000 g/100g	21,000 g/100g	13,000 g/100g	5,000 g/100g	0,280 g/100g		4,70
2213	1/4 Schwabenlaib	221	925	40,733 g/100g	1,089 g/100g	2,358 g/100g	0,237 g/100g	7,098 g/100g	1,407 g/100g	3,125 g/100g	3,40
2260	Mutschel 150 g	294	1.232	43,114 g/100g	2,282 g/100g	8,563 g/100g	4,203 g/100g	9,398 g/100g	1,209 g/100g	2,780 g/100g	3,60
2307	Holzofenkruste	213	893	41,751 g/100g	1,274 g/100g	0,816 g/100g	0,108 g/100g	7,189 g/100g	1,467 g/100g	3,909 g/100g	3,50
2324	Original Weihnachtsstollen geschnitten	377	1.580	46,849 g/100g	26,180 g/100g	18,029 g/100g	1,843 g/100g	5,400 g/100g	0,467 g/100g	3,092 g/100g	3,90
2328	ÄBLER Laib	213	893	41,751 g/100g	1,274 g/100g	0,816 g/100g	0,108 g/100g	7,189 g/100g	1,467 g/100g	3,909 g/100g	3,50
2330	Original Weihnachtsstollen 500 g	378	1.584	46,472 g/100g	26,205 g/100g	18,261 g/100g	3,913 g/100g	5,436 g/100g	0,487 g/100g	3,163 g/100g	3,90
2368	1766er Brot	226	946	37,857 g/100g	3,082 g/100g	2,973 g/100g	1,281 g/100g	8,924 g/100g	1,387 g/100g	5,047 g/100g	3,20
4000	Brezeln	278	1.164	49,403 g/100g	1,120 g/100g	3,829 g/100g	1,846 g/100g	9,266 g/100g	5,633 g/100g	3,121 g/100g	4,10
4002	Roggenbrötchen	238	996	43,461 g/100g	3,138 g/100g	2,120 g/100g	0,403 g/100g	8,295 g/100g	1,435 g/100g	4,742 g/100g	3,60
4003	Laugenknoden	266	1.115	47,181 g/100g	1,103 g/100g	3,676 g/100g	1,771 g/100g	8,991 g/100g	1,680 g/100g	3,039 g/100g	3,90
4005	Käsebrötchen	251	1.053	27,385 g/100g	0,551 g/100g	9,033 g/100g	5,790 g/100g	13,983 g/100g	1,466 g/100g	1,885 g/100g	2,30
4006	Laugencroissant	323	1.354	38,000 g/100g	4,300 g/100g	16,000 g/100g	10,000 g/100g	6,800 g/100g	1,300 g/100g		3,20
4007	Laugenbrötchen	253	1.058	47,945 g/100g	0,671 g/100g	1,669 g/100g	0,648 g/100g	9,034 g/100g	1,349 g/100g	3,414 g/100g	4,00
4008	Sesambrötchen	301	1.262	50,381 g/100g	1,732 g/100g	5,223 g/100g	0,946 g/100g	10,445 g/100g	0,077 g/100g	4,052 g/100g	4,20
4010	Dinkelherz	312	1.305	48,588 g/100g	3,083 g/100g	5,994 g/100g	0,696 g/100g	12,780 g/100g	1,371 g/100g	4,940 g/100g	4,00
4011	Laugenstange	251	1.051	44,598 g/100g	1,011 g/100g	3,456 g/100g	1,667 g/100g	8,365 g/100g	4,203 g/100g	2,817 g/100g	3,70
4012	Vollkornbrötchen	274	1.149	38,634 g/100g	2,079 g/100g	5,744 g/100g	0,735 g/100g	12,737 g/100g	1,843 g/100g	7,862 g/100g	3,20
4014	Mohnbrötchen	296	1.238	49,966 g/100g	1,960 g/100g	4,656 g/100g	0,745 g/100g	10,397 g/100g	0,083 g/100g	4,697 g/100g	4,20
4015	Ciabattabrötchen	206	861	39,042 g/100g	0,798 g/100g	1,232 g/100g	0,216 g/100g	7,484 g/100g	1,234 g/100g	3,005 g/100g	3,30
4016	Kaiserbrötchen	261	1.094	49,727 g/100g	0,937 g/100g	1,664 g/100g	0,324 g/100g	9,380 g/100g	1,510 g/100g	3,428 g/100g	4,10
4019	Minibaguettebrötchen	237	992	46,283 g/100g	0,833 g/100g	0,934 g/100g	0,256 g/100g	8,576 g/100g	1,406 g/100g	3,101 g/100g	3,90
4020	Baguettebrötchen	251	1.050	49,007 g/100g	0,882 g/100g	0,989 g/100g	0,271 g/100g	9,081 g/100g	1,489 g/100g	3,284 g/100g	4,10
4029	Kürbiskernbrötchen	344	1.440	40,166 g/100g	1,473 g/100g	11,908 g/100g	2,138 g/100g	15,675 g/100g	1,086 g/100g	6,285 g/100g	3,30
4030	Seele	233	975	42,509 g/100g	0,595 g/100g	2,276 g/100g	0,379 g/100g	8,316 g/100g	2,845 g/100g	3,346 g/100g	3,50
4033	Kornstange	287	1.203	39,813 g/100g	1,436 g/100g	6,917 g/100g	1,397 g/100g	12,919 g/100g	1,310 g/100g	6,356 g/100g	3,30
4035	Buttercroissant	390	1.634	38,589 g/100g	4,239 g/100g	23,044 g/100g	13,696 g/100g	6,196 g/100g	1,277 g/100g	2,500 g/100g	3,20
4039	Käsebrezel	253	1.059	31,421 g/100g	0,737 g/100g	8,183 g/100g	5,148 g/100g	12,139 g/100g	1,592 g/100g	1,983 g/100g	2,60
4043	Käse-Schinken-Croissant	320	1.338	26,300 g/100g	1,800 g/100g	18,900 g/100g	10,200 g/100g	10,000 g/100g	1,710 g/100g	2,700 g/100g	2,20
4054	Streusel	362	1.515	59,854 g/100g	24,600 g/100g	9,677 g/100g	3,320 g/100g	7,158 g/100g	0,606 g/100g	2,245 g/100g	5,00
4055	Berliner mit Marmelade	318	1.331	47,916 g/100g	18,982 g/100g	10,295 g/100g	3,058 g/100g	6,866 g/100g	0,839 g/100g	2,310 g/100g	4,00
4057	Nußhörnchen	370	1.548	48,185 g/100g	22,697 g/100g	16,580 g/100g	6,976 g/100g	5,827 g/100g	0,450 g/100g	2,039 g/100g	4,00
4060	Buttercroissant mit Schokocreme	415	1.739	45,122 g/100g	13,147 g/100g	21,948 g/100g	12,367 g/100g	8,579 g/100g	0,975 g/100g	1,783 g/100g	3,80
4063	Apfeltasche	322	1.348	38,142 g/100g	18,119 g/100g	16,611 g/100g	7,316 g/100g	4,042 g/100g	0,493 g/100g	1,980 g/100g	3,20
4076	Mehrkornbrötchen	313	1.312	39,150 g/100g	1,903 g/100g	9,934 g/100g	1,369 g/100g	12,515 g/100g	1,325 g/100g	8,263 g/100g	3,30
4079	Sonnenblumenkernbrötche	329	1.376	31,281 g/100g	1,777 g/100g	14,799 g/100g	1,821 g/100g	13,878 g/100g	1,031 g/100g	7,535 g/100g	2,60
4081	Quarkbällchen	297	1.242	36,084 g/100g	18,370 g/100g	13,425 g/100g	3,125 g/100g	7,390 g/100g	1,002 g/100g	0,768 g/100g	3,00
4087	Stollenkonfekt	379	1.586	46,544 g/100g	28,665 g/100g	18,079 g/100g	0,581 g/100g	6,004 g/100g	0,502 g/100g	2,999 g/100g	3,90
4089	Käse-Schinken-Brötchen	249	1.042	22,359 g/100g	0,636 g/100g	10,169 g/100g	5,887 g/100g	16,081 g/100g	2,234 g/100g	1,526 g/100g	1,90
4101	Käselaugenstange	256	1.071	31,917 g/100g	0,748 g/100g	8,222 g/100g	5,167 g/100g	12,232 g/100g	1,542 g/100g	2,015 g/100g	2,70
4122	Apfel-Plunder-Tasche	304	1.272	40,256 g/100g	16,505 g/100g	13,223 g/100g	6,462 g/100g	4,819 g/100g	0,431 g/100g	2,090 g/100g	3,40
4125	Muffin Double Chocolate	387	1.618	42,800 g/100g	25,500 g/100g	21,500 g/100g	4,200 g/100g	4,800 g/100g	1,000 g/100g	1,700 g/100g	3,60
4126	Muffin Blueberry	342	1.430	41,900 g/100g	23,000 g/100g	17,300 g/100g	3,400 g/100g	4,100 g/100g	0,400 g/100g	1,000 g/100g	3,50
4129	Rosenbrötchen	276	1.155	48,325 g/100g	0,963 g/100g	4,093 g/100g	1,114 g/100g	9,120 g/100g	1,347 g/100g	3,311 g/100g	4,00
4131	Hefeschnecke mit Zimt	378	1.581	49,977 g/100g	21,277 g/100g	16,531 g/100g	6,881 g/100g	5,998 g/100g	0,518 g/100g	2,170 g/100g	4,20
4132	Muffin Vanilla	365	1.527	44,300 g/100g	23,900 g/100g	18,700 g/100g	3,700 g/100g	4,400 g/100g	0,500 g/100g	0,900 g/100g	3,70
4156	Butterknoden</										

4282	1766er Brötchen	263	1.101	42,998 g/100g	1,533 g/100g	4,836 g/100g	0,777 g/100g	9,154 g/100g	1,511 g/100g	4,458 g/100g	3,60
4291	Kartoffel-Krusti	257	1.074	47,916 g/100g	0,637 g/100g	2,228 g/100g	0,253 g/100g	8,774 g/100g	1,608 g/100g	3,503 g/100g	4,00
4293	Goldweck	227	949	43,025 g/100g	1,026 g/100g	1,863 g/100g	0,301 g/100g	7,269 g/100g	1,404 g/100g	3,084 g/100g	3,60
4294	Dinkelschleife	270	1.130	41,934 g/100g	2,521 g/100g	5,112 g/100g	0,576 g/100g	11,138 g/100g	1,136 g/100g	4,792 g/100g	3,50
4298	Quarkstick	347	1.454	42,572 g/100g	18,579 g/100g	16,446 g/100g	7,042 g/100g	6,326 g/100g	0,491 g/100g	1,803 g/100g	3,50