



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	Produkt	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Proteinhalt
1002	Frühstück süß	138	577	15,282 g/100g	8,784 g/100g	7,312 g/100g	3,573 g/100g	2,488 g/100g	0,141 g/100g	1,30
1003	Frühstück schnell	158	660	17,337 g/100g	3,018 g/100g	7,673 g/100g	4,615 g/100g	4,418 g/100g	0,435 g/100g	1,40
1004	Frühstück deftig	90	378	2,100 g/100g	2,006 g/100g	7,425 g/100g	4,396 g/100g	3,958 g/100g	0,263 g/100g	0,20
1017	Laugenbrezel mit Butter	301	1.260	39,418 g/100g	1,452 g/100g	12,293 g/100g	7,208 g/100g	6,910 g/100g	1,153 g/100g	3,30
1019	Kraftpaket	206	862	21,394 g/100g	1,333 g/100g	8,396 g/100g	3,678 g/100g	10,591 g/100g	1,251 g/100g	1,80
1021	Putenmax	225	941	21,900 g/100g	3,519 g/100g	9,664 g/100g	1,525 g/100g	10,957 g/100g	1,764 g/100g	1,80
1048	Country Mix	203	849	18,262 g/100g	3,861 g/100g	9,954 g/100g	4,431 g/100g	9,059 g/100g	1,184 g/100g	1,50
1057	Gouda-Stern	238	996	23,576 g/100g	1,242 g/100g	11,592 g/100g	4,833 g/100g	9,077 g/100g	1,369 g/100g	2,00
1058	Frühstück Hallo Wach	64	266	4,423 g/100g	3,909 g/100g	4,238 g/100g	2,214 g/100g	1,959 g/100g	0,146 g/100g	0,40
1059	Salami-Stern	227	951	25,535 g/100g	1,403 g/100g	9,984 g/100g	2,784 g/100g	7,876 g/100g	1,240 g/100g	2,10
1066	Käse-Schinken-Salatcup	112	468	3,059 g/100g	0,115 g/100g	7,272 g/100g	4,756 g/100g	8,630 g/100g	1,011 g/100g	0,30
1069	Pizzaschnitte Hawaii	159	665	22,388 g/100g	5,477 g/100g	3,978 g/100g	2,312 g/100g	7,393 g/100g	1,330 g/100g	1,90
1083	Pizzaschnitte Schinken	159	668	21,766 g/100g	3,388 g/100g	4,206 g/100g	2,471 g/100g	7,596 g/100g	1,447 g/100g	1,80
1094	Schnitzel	224	937	15,600 g/100g	0,700 g/100g	9,600 g/100g	1,800 g/100g	18,600 g/100g	1,540 g/100g	1,30
1101	Schinken-Stern	196	819	24,983 g/100g	1,368 g/100g	6,785 g/100g	1,115 g/100g	7,683 g/100g	1,588 g/100g	2,10
1112	Italiano	212	886	16,321 g/100g	1,802 g/100g	12,015 g/100g	6,824 g/100g	9,055 g/100g	0,937 g/100g	1,40
1113	Frikadelle	289	1.209	11,700 g/100g	0,700 g/100g	21,000 g/100g	7,000 g/100g	13,700 g/100g	1,800 g/100g	1,00
1114	Bockwurst mit Brötchen	241	1.011	19,886 g/100g	1,163 g/100g	13,728 g/100g	6,700 g/100g	9,110 g/100g	1,910 g/100g	1,70
1115	Bockwurst	254	1.062	1,000 g/100g	1,000 g/100g	23,500 g/100g	11,600 g/100g	10,300 g/100g	2,400 g/100g	0,10
1116	Grilled Chicken	189	793	20,718 g/100g	3,300 g/100g	7,023 g/100g	3,704 g/100g	9,993 g/100g	1,333 g/100g	1,70
1121	Fischbrötchen	162	679	15,581 g/100g	1,442 g/100g	6,277 g/100g	0,204 g/100g	10,110 g/100g	0,435 g/100g	1,30
1125	Pizzaschnitte vegetarisch	151	632	21,677 g/100g	3,705 g/100g	3,830 g/100g	2,305 g/100g	6,345 g/100g	1,297 g/100g	1,80
1136	Laugenbengel	290	1.212	19,865 g/100g	1,000 g/100g	18,828 g/100g	5,800 g/100g	9,937 g/100g	1,115 g/100g	1,70
1140	Laugen-Nugget-Bagel	216	903	19,911 g/100g	1,886 g/100g	9,701 g/100g	1,883 g/100g	11,656 g/100g	1,390 g/100g	1,70
1150	Käselaugenstange mit Speck	252	1.055	27,500 g/100g	1,127 g/100g	9,266 g/100g	5,378 g/100g	13,675 g/100g	2,118 g/100g	2,30
1163	Pizzaschnitte Salami	173	726	21,766 g/100g	3,419 g/100g	5,768 g/100g	3,133 g/100g	7,596 g/100g	1,316 g/100g	1,80
1188	Pizzaschnitte Mozzarella	158	661	19,536 g/100g	3,168 g/100g	5,130 g/100g	3,179 g/100g	7,473 g/100g	1,333 g/100g	1,60
1199	Da Vinschi	284	1.191	27,308 g/100g	0,745 g/100g	14,156 g/100g	7,817 g/100g	10,367 g/100g	2,106 g/100g	2,30
1201	Panizza Salami	230	964	27,157 g/100g	0,947 g/100g	8,737 g/100g	4,842 g/100g	10,526 g/100g	2,053 g/100g	2,30
1202	Panizza Schinken-Champignon	230	964	27,157 g/100g	0,947 g/100g	8,737 g/100g	4,842 g/100g	10,526 g/100g	2,053 g/100g	2,30
1203	Panizza Margherita	228	954	29,578 g/100g	1,158 g/100g	7,368 g/100g	4,631 g/100g	10,526 g/100g	2,000 g/100g	2,50
1205	Panini Salami	264	1.104	20,148 g/100g	1,141 g/100g	14,861 g/100g	8,575 g/100g	11,729 g/100g	1,310 g/100g	1,70
1207	Panini Schinken	236	988	21,156 g/100g	1,096 g/100g	11,432 g/100g	7,247 g/100g	11,399 g/100g	1,536 g/100g	1,80
1215	Panini Tomate Mozzarella	176	738	18,099 g/100g	1,848 g/100g	7,721 g/100g	4,809 g/100g	7,789 g/100g	1,066 g/100g	1,50
1231	Frühstück französisch	180	753	14,868 g/100g	6,002 g/100g	11,851 g/100g	7,225 g/100g	3,307 g/100g	0,361 g/100g	1,20
1232	Frühstück für kleine Gäste	137	572	18,065 g/100g	6,953 g/100g	5,642 g/100g	3,152 g/100g	2,981 g/100g	0,415 g/100g	1,50
1239	Käsebrötchen Spezial	263	1.102	24,604 g/100g	1,004 g/100g	11,705 g/100g	5,528 g/100g	13,822 g/100g	1,219 g/100g	2,10
1243	Joghurtgenuss	141	591	16,522 g/100g	13,900 g/100g	6,625 g/100g	3,522 g/100g	3,035 g/100g	0,101 g/100g	1,40
1258	Schinkenmettwurstbrötchen	200	836	18,212 g/100g	1,275 g/100g	8,693 g/100g	3,476 g/100g	11,467 g/100g	1,752 g/100g	1,50
1270	Bockwurst m. Kartoffelsalat	202	846	7,500 g/100g	2,500 g/100g	16,750 g/100g	6,300 g/100g	5,800 g/100g	1,800 g/100g	0,60
1276	Frühstück Schlemmer	113	471	6,078 g/100g	5,593 g/100g	7,928 g/100g	3,809 g/100g	4,314 g/100g	0,340 g/100g	0,50
1282	Joghurt mit Früchten	118	496	9,350 g/100g	8,750 g/100g	7,550 g/100g	5,050 g/100g	3,375 g/100g	0,117 g/100g	0,80
1296	Fruchtbecher	180	753	29,410 g/100g	23,908 g/100g	5,757 g/100g	2,554 g/100g	2,198 g/100g	0,457 g/100g	2,50
1302	Milchreis mit Zucker + Zimt	136	571	24,762 g/100g	13,619 g/100g	2,476 g/100g	1,619 g/100g	3,429 g/100g	0,191 g/100g	2,10
1303	Schülerbrötchen mit Salami	221	925	21,305 g/100g	1,639 g/100g	11,610 g/100g	2,747 g/100g	7,129 g/100g	1,005 g/100g	1,80
1304	Schülerbrötchen mit Salami und Käse	221	926	21,242 g/100g	1,575 g/100g	11,539 g/100g	3,268 g/100g	7,411 g/100g	1,047 g/100g	1,80
1305	Schülerbrötchen mit Käse	221	927	21,179 g/100g	1,512 g/100g	11,469 g/100g	3,789 g/100g	7,692 g/100g	1,089 g/100g	1,80
1323	Laugenbrezel überbacken	290	1.215	19,549 g/100g	0,738 g/100g	16,591 g/100g	11,127 g/100g	15,303 g/100g	1,653 g/100g	1,60
1324	Frühstück Mediterran	99	413	3,380 g/100g	3,264 g/100g	7,509 g/100g	3,912 g/100g	4,548 g/100g	0,264 g/100g	0,30
1325	Frühstück Rustikal	111	463	1,995 g/100g	1,732 g/100g	9,121 g/100g	4,175 g/100g	5,355 g/100g	0,562 g/100g	0,20
1326	Frühstücksteller	141	592	9,916 g/100g	2,211 g/100g	8,434 g/100g	4,815 g/100g	6,156 g/100g	0,582 g/100g	0,80
1327	Frühstück Fitness	116	487	2,193 g/100g	1,872 g/100g	9,690 g/100g	4,423 g/100g	5,277 g/100g	0,303 g/100g	0,20
1328	Frühstück Sternbäck Spezial	73	307	4,221 g/100g	3,804 g/100g	4,914 g/100g	2,172 g/100g	3,111 g/100g	0,210 g/100g	0,40
1339	Stulle Toscana	219	917	21,662 g/100g	9,235 g/100g	11,842 g/100g	2,962 g/100g	5,966 g/100g	0,700 g/100g	1,80
1341	Stulle San Francisco	199	832	9,352 g/100g	0,964 g/100g	13,012 g/100g	4,898 g/100g	10,944 g/100g	1,229 g/100g	0,80
1342	Stulle California	156	654	10,374 g/100g	2,973 g/100g	6,836 g/100g	2,964 g/100g	12,741 g/100g	1,680 g/100g	0,90
1349	Quarkbällchen-Erdbeerspieß	177	743	22,941 g/100g	8,721 g/100g	7,093 g/100g	1,664 g/100g	5,095 g/100g	0,658 g/100g	1,90
1352	Stulle Nizza	152	635	10,179 g/100g	1,571 g/100g	7,904 g/100g	0,971 g/100g	9,393 g/100g	0,810 g/100g	0,80
1353	Italienischer Salat	63	264	3,841 g/100g	3,759 g/100g	3,284 g/100g	2,131 g/100g	4,237 g/100g	0,120 g/100g	0,30
1360	Caesars Salat	91	382	4,477 g/100g	1,085 g/100g	3,510 g/100g	1,788 g/100g	10,196 g/100g	0,497 g/100g	0,40
1363	Tomate-Mozzarella-Salatcup	68	283	3,329 g/100g	0,429 g/100g	4,129 g/100g	2,673 g/100g	4,254 g/100g	0,129 g/100g	0,30
1368	Schokotraum	268	1.121	29,709 g/100g	24,654 g/100g	14,785 g/100g	11,712 g/100g	3,255 g/100g	0,227 g/100g	2,50
1371	Strammer Max	244	1.022	8,595 g/100g	0,198 g/100g	19,143 g/100g	8,991 g/100g	9,399 g/100g	0,819 g/100g	0,70
1374	Beilagensalat	12	50	0,980 g/100g	1,024 g/100g	0,209 g/100g	0,112 g/100g	1,325 g/100g	0,021 g/100g	0,10
1387	Deftige Linsensuppe	74	312	11,000 g/100g	1,300 g/100g	0,600 g/100g	0,100 g/100g	5,000 g/100g	0,900 g/100g	0,90
1388	Grüne Bohnensuppe	43	179	4,900 g/100g	1,900 g/100g	1,500 g/100g	0,200 g/100g	1,900 g/100g	0,890 g/100g	0,40
1392	Stulle Gemüsegarten	94	393	10,875 g/100g	1,361 g/100g	4,165 g/100g	2,566 g/100g	2,378 g/100g	0,452 g/100g	0,90
1412	Pulled Pork Burger	203	850	24,020 g/100g	3,177 g/100g	7,070 g/100g	3,054 g/100g	9,960 g/100g	1,605 g/100g	2,00
1419	Gekochtes Ei	152	638	0,600 g/100g	0,500 g/100g	11,000 g/100g	3,300 g/100g	13,000 g/100g	0,320 g/100g	0,10
1424	Soljanka	63	265	5,100 g/100g	4,400 g/100g	3,400 g/100g	1,300 g/100g	2,800 g/100g	1,000 g/100g	0,40
1426	Kartoffelsuppe	53	222	9,000 g/100g	1,300 g/100g	0,900 g/100g	0,200 g/100g	1,400 g/100g	1,030 g/100g	0,80
1427	Hackfleischbällchen in Pfeffercremesauce m. Reis	247	1.034	7,600 g/100g		21,600 g/100g		6,200 g/100g		0,60
1454	Käsebrezel Spezial	265	1.109	29,891 g/100g	1,192 g/100g	10,176 g/100g	5,090 g/100g	12,273 g/100g	1,239 g/100g	2,50
1475	Börekstange mit Spinat und Käse	253	1.061	24,105 g/100g	1,579 g/100g	13,789 g/100g	1,053 g/100g	7,684 g/100g	1,053 g/100g	2,00
1476	Börekstange mit Käse und Feta	279	1.166	25,894 g/100g	1,789 g/100g	15,473 g/100g	7,368 g/100g	8,526 g/100g	0,947 g/100g	2,20
1477	Börekstange mit Hackfleisch	243	1.016	23,578 g/100g	1,158 g/100g	11,894 g/100g	0,526 g/100g	9,789 g/100g	1,158 g/100g	2,00
2001	Baguette	220	920	43,355 g/100g	1,036 g/100g	0,977 g/100g	0,312 g/100g	7,505 g/100g	1,478 g/100g	3,60
2003	Dinkelkornbrot	219	917	31,272 g/100g	2,235 g/100g	5,763 g/100g	0,612 g/100g	7,704 g/100g	0,993 g/100g	2,60
2004	Speckbogen	214	894	38,083 g/100g	0,876 g/100g	2,465 g/100g	0,970 g/100g	7,984 g/100g	1,276 g/100g	3,20
2006	Bauernstange	200	838	36,608 g/100g	0,458 g/100g	1,583 g/100g	0,553 g/100g	7,734 g/100g	1,306 g/100g	3,10
2013	Kartoffelbrot	201	841	39,142 g/100g	0,725 g/100g	0,772 g/100g	0,160 g/100g	7,409 g/100g	1,266 g/100g	3,30
2017	Vollkornbrot	194	811	38,451 g/100g	0,247 g/100g	0,887 g/100g	0,052 g/100g	6,089 g/100g	1,538 g/100g	3,20
2020	Roggenmischbrot	193	809	38,800 g/100g	0,306 g/100g	0,750 g/100g	0,069 g/100g	5,487 g/100g	1,155 g/100g	3,20
2061	Lutherkruste	197								

2225	Mohnzopf klein	243	1.018	42,006 g/100g	1,520 g/100g	3,742 g/100g	0,593 g/100g	8,150 g/100g	1,251 g/100g	3,50
2226	Mehrkornbrot	221	926	32,681 g/100g	1,218 g/100g	5,036 g/100g	0,614 g/100g	8,567 g/100g	1,080 g/100g	2,70
2229	Käsezopf klein	297	1.246	38,450 g/100g	15,057 g/100g	12,230 g/100g	7,348 g/100g	7,430 g/100g	0,628 g/100g	3,20
2230	Hausbrot	197	823	38,530 g/100g	0,610 g/100g	0,779 g/100g	0,127 g/100g	6,497 g/100g	1,187 g/100g	3,20
2234	Mandelstollen	458	1.917	43,780 g/100g	16,602 g/100g	27,178 g/100g	12,145 g/100g	8,144 g/100g	0,578 g/100g	3,60
2235	Original Weihnachtsstollen ohne Dekor 1500g	365	1.529	47,292 g/100g	25,271 g/100g	16,199 g/100g	8,065 g/100g	5,736 g/100g	0,523 g/100g	3,90
2236	Original Weihnachtsstollen ohne Dekor 1000g	365	1.529	47,292 g/100g	25,271 g/100g	16,199 g/100g	8,065 g/100g	5,736 g/100g	0,523 g/100g	3,90
2237	Original Weihnachtsstollen mit Dekor 1500g	380	1.591	48,144 g/100g	27,501 g/100g	17,706 g/100g	9,126 g/100g	5,346 g/100g	0,487 g/100g	4,00
2238	Original Weihnachtsstollen mit Dekor 1000g	380	1.593	47,974 g/100g	27,296 g/100g	17,849 g/100g	9,208 g/100g	5,343 g/100g	0,487 g/100g	4,00
2245	Bierkrüstchen	198	829	37,295 g/100g	0,693 g/100g	1,111 g/100g	0,146 g/100g	7,097 g/100g	1,351 g/100g	3,10
2249	Süsser Zopf klein	288	1.207	47,177 g/100g	9,357 g/100g	6,674 g/100g	3,447 g/100g	8,126 g/100g	0,885 g/100g	3,90
2250	Süsser Zopf	288	1.207	47,177 g/100g	9,357 g/100g	6,674 g/100g	3,447 g/100g	8,126 g/100g	0,885 g/100g	3,90
2253	Rosinenzopf klein	276	1.156	48,159 g/100g	13,735 g/100g	5,109 g/100g	2,482 g/100g	7,402 g/100g	0,868 g/100g	4,00
2254	Rosinenzopf	276	1.156	48,159 g/100g	13,735 g/100g	5,109 g/100g	2,482 g/100g	7,402 g/100g	0,868 g/100g	4,00
2299	Ukruste	237	994	40,860 g/100g	1,087 g/100g	3,199 g/100g	0,338 g/100g	8,587 g/100g	1,571 g/100g	3,40
2308	Tomaten-Käse-Brot	246	1.030	36,805 g/100g	1,539 g/100g	5,408 g/100g	2,628 g/100g	10,814 g/100g	0,918 g/100g	3,10
2324	Original Weihnachtsstollen	390	1.633	48,392 g/100g	27,723 g/100g	18,825 g/100g	9,902 g/100g	5,198 g/100g	0,460 g/100g	4,00
2325	Mandelstollen	428	1.792	43,048 g/100g	20,956 g/100g	25,014 g/100g	11,700 g/100g	6,564 g/100g	0,466 g/100g	3,60
2329	Probier-Weihnachtsstollen	393	1.646	48,772 g/100g	29,332 g/100g	19,123 g/100g	10,118 g/100g	5,011 g/100g	0,457 g/100g	4,10
2350	Roggenbäck	180	753	36,177 g/100g	0,028 g/100g	0,709 g/100g	0,002 g/100g	4,575 g/100g	1,073 g/100g	3,00
2368	1766er Brot	205	860	39,236 g/100g	1,059 g/100g	0,937 g/100g	0,134 g/100g	7,485 g/100g	1,285 g/100g	3,30
4000	Brezeln	221	925	39,610 g/100g	1,395 g/100g	3,180 g/100g	1,552 g/100g	6,878 g/100g	9,492 g/100g	3,30
4001	Milchhörnchen	288	1.207	47,177 g/100g	9,357 g/100g	6,674 g/100g	3,447 g/100g	8,126 g/100g	0,885 g/100g	3,90
4002	Roggenbrötchen	210	881	38,334 g/100g	1,061 g/100g	1,964 g/100g	0,338 g/100g	7,449 g/100g	1,353 g/100g	3,20
4003	Laugenknoten	232	973	41,518 g/100g	1,493 g/100g	3,350 g/100g	1,634 g/100g	7,331 g/100g	1,494 g/100g	3,50
4005	Käsebrötchen	258	1.081	28,194 g/100g	0,968 g/100g	9,544 g/100g	5,884 g/100g	13,786 g/100g	1,474 g/100g	2,30
4008	Sesambrötchen	272	1.139	39,867 g/100g	1,305 g/100g	7,486 g/100g	1,230 g/100g	9,118 g/100g	1,157 g/100g	3,80
4010	Dinkelherz	266	1.114	36,346 g/100g	2,292 g/100g	7,391 g/100g	0,980 g/100g	11,097 g/100g	1,115 g/100g	3,00
4011	Laugenstange	221	924	39,556 g/100g	1,393 g/100g	3,176 g/100g	1,550 g/100g	6,868 g/100g	6,038 g/100g	3,30
4012	Vollkornbrötchen	240	1.006	33,997 g/100g	2,128 g/100g	5,134 g/100g	0,670 g/100g	10,840 g/100g	1,631 g/100g	2,80
4013	Kuchenbrötchen	270	1.130	44,827 g/100g	7,551 g/100g	5,936 g/100g	2,995 g/100g	7,569 g/100g	0,797 g/100g	3,70
4014	Mohnbrötchen	263	1.101	39,209 g/100g	1,667 g/100g	6,587 g/100g	0,911 g/100g	9,042 g/100g	1,166 g/100g	3,30
4015	Ciabattabrötchen	204	854	39,056 g/100g	1,042 g/100g	1,322 g/100g	0,270 g/100g	7,037 g/100g	1,246 g/100g	3,30
4016	Kaiserbrötchen	264	1.106	49,454 g/100g	1,637 g/100g	2,504 g/100g	0,478 g/100g	8,714 g/100g	1,474 g/100g	4,10
4019	Minibaguettebrötchen	244	1.022	48,172 g/100g	1,151 g/100g	1,085 g/100g	0,347 g/100g	8,339 g/100g	1,643 g/100g	4,00
4020	Baguettebrötchen	220	920	43,355 g/100g	1,036 g/100g	0,977 g/100g	0,312 g/100g	7,505 g/100g	1,478 g/100g	3,60
4023	Schrippen	229	960	42,923 g/100g	1,394 g/100g	2,176 g/100g	0,420 g/100g	7,496 g/100g	1,284 g/100g	3,60
4029	Kürbiskernbrötchen	272	1.140	33,127 g/100g	1,663 g/100g	9,092 g/100g	1,685 g/100g	12,095 g/100g	1,024 g/100g	2,80
4033	Kornstange	281	1.175	39,260 g/100g	1,738 g/100g	6,744 g/100g	1,413 g/100g	12,362 g/100g	1,317 g/100g	3,30
4035	Buttercroissant	359	1.503	35,500 g/100g	3,900 g/100g	21,200 g/100g	12,600 g/100g	5,700 g/100g	1,175 g/100g	3,80
4039	Käsebrezel	262	1.095	33,227 g/100g	1,194 g/100g	8,416 g/100g	5,276 g/100g	12,015 g/100g	1,423 g/100g	2,00
4042	Käsecroissant	344	1.441	25,667 g/100g	2,845 g/100g	21,700 g/100g	13,517 g/100g	11,061 g/100g	1,349 g/100g	2,10
4053	Puddingplunder	268	1.124	37,179 g/100g	14,970 g/100g	11,119 g/100g	5,477 g/100g	4,183 g/100g	0,527 g/100g	3,10
4055	Pfannkuchen	298	1.247	53,275 g/100g	30,603 g/100g	6,250 g/100g	2,298 g/100g	5,737 g/100g	0,738 g/100g	4,40
4059	Mohnschnecke	366	1.534	45,115 g/100g	19,806 g/100g	17,235 g/100g	7,499 g/100g	6,300 g/100g	0,398 g/100g	3,80
4060	Buttercroissant m. Schokocreame	375	1.570	46,161 g/100g	20,461 g/100g	17,835 g/100g	9,874 g/100g	6,709 g/100g	0,761 g/100g	3,80
4061	Puddingschnecke	321	1.343	43,490 g/100g	18,662 g/100g	13,705 g/100g	6,724 g/100g	5,052 g/100g	0,460 g/100g	3,60
4063	Apfeltasche	308	1.289	31,452 g/100g	7,953 g/100g	18,276 g/100g	8,753 g/100g	3,722 g/100g	0,607 g/100g	2,60
4065	Fruchtplunder	266	1.115	32,103 g/100g	11,053 g/100g	13,138 g/100g	6,442 g/100g	4,083 g/100g	0,536 g/100g	2,70
4068	Sachsenschnege	304	1.271	43,282 g/100g	22,081 g/100g	12,045 g/100g	5,597 g/100g	4,673 g/100g	0,439 g/100g	3,60
4076	Mehrkornbrötchen	255	1.068	35,464 g/100g	2,117 g/100g	6,723 g/100g	0,963 g/100g	10,565 g/100g	1,254 g/100g	3,00
4077	Pfannkuchen m. Glasur + Marmelade	296	1.238	50,320 g/100g	27,925 g/100g	7,405 g/100g	2,465 g/100g	5,667 g/100g	0,729 g/100g	4,20
4078	Kümmelbrötchen	0	0							
4081	Quarkbällchen	351	1.469	33,580 g/100g	17,066 g/100g	20,992 g/100g	4,040 g/100g	6,787 g/100g	0,939 g/100g	2,80
4083	Rosinenbrötchen	276	1.156	48,159 g/100g	13,735 g/100g	5,109 g/100g	2,482 g/100g	7,402 g/100g	0,868 g/100g	4,00
4086	Streuselschnecke	333	1.392	56,009 g/100g	26,203 g/100g	8,873 g/100g	4,701 g/100g	5,783 g/100g	0,535 g/100g	4,70
4087	Stollenkonfekt	384	1.610	48,444 g/100g	30,817 g/100g	18,243 g/100g	9,616 g/100g	5,178 g/100g	0,645 g/100g	4,00
4089	Käse-Schinken-Brötchen	254	1.065	23,014 g/100g	0,974 g/100g	10,583 g/100g	5,963 g/100g	15,922 g/100g	2,241 g/100g	1,90
4097	Kartoffelbrötchen	242	1.013	45,039 g/100g	2,291 g/100g	1,827 g/100g	0,356 g/100g	8,853 g/100g	1,481 g/100g	3,80
4099	Knoten	288	1.208	47,190 g/100g	9,371 g/100g	6,674 g/100g	3,447 g/100g	8,126 g/100g	0,885 g/100g	3,90
4101	Käselaugenstange	254	1.064	31,917 g/100g	1,148 g/100g	8,310 g/100g	5,224 g/100g	11,787 g/100g	1,554 g/100g	2,70
4102	Mohn/Sesam/Kümmelstange	0	0							
4104	Spritzkuchen	233	977	23,774 g/100g	10,200 g/100g	13,454 g/100g	3,486 g/100g	3,750 g/100g	0,481 g/100g	2,00
4112	Pfannkuchen glas. mit Pflaumenmus	273	1.143	49,516 g/100g	26,590 g/100g	5,109 g/100g	2,164 g/100g	5,876 g/100g	0,764 g/100g	4,10
4114	Fladenbrot Mediterran	215	900	38,458 g/100g	1,084 g/100g	2,501 g/100g	0,452 g/100g	7,624 g/100g	1,342 g/100g	3,20
4119	Apfel-Schmand-Streusel	312	1.306	46,629 g/100g	20,744 g/100g	11,037 g/100g	6,390 g/100g	5,362 g/100g	0,490 g/100g	3,90
4131	Hefeschnecke mit Zimt	370	1.550	46,993 g/100g	19,126 g/100g	17,146 g/100g	7,026 g/100g	5,986 g/100g	0,546 g/100g	3,90
4173	Nußschnecke	344	1.441	42,077 g/100g	19,483 g/100g	16,402 g/100g	5,619 g/100g	6,015 g/100g	0,457 g/100g	3,50
4178	Doppelbrötchen	233	974	43,528 g/100g	1,441 g/100g	2,204 g/100g	0,421 g/100g	7,670 g/100g	1,297 g/100g	3,60
4182	Laugenzopf	228	955	40,742 g/100g	1,465 g/100g	3,288 g/100g	1,603 g/100g	7,194 g/100g	3,289 g/100g	3,40
4185	Himbeer-Johannisbeer Berliner	344	1.439	54,979 g/100g	29,241 g/100g	10,924 g/100g	4,717 g/100g	5,131 g/100g	0,657 g/100g	4,60
4197	Kräppelchen	327	1.369	42,224 g/100g	9,683 g/100g	13,714 g/100g	3,942 g/100g	7,550 g/100g	1,043 g/100g	3,50
4233	Pfannkuchen gez.m.Pflaumenmus	289	1.212	51,300 g/100g	28,628 g/100g	6,176 g/100g	2,298 g/100g	5,811 g/100g	0,755 g/100g	4,30
4236	Jogging Schleife	237	991	35,761 g/100g	2,699 g/100g	5,381 g/100g	0,851 g/100g	8,604 g/100g	1,197 g/100g	3,00
4237	Laugenkastanien	247	1.034	40,336 g/100g	1,638 g/100g	5,029 g/100g	1,733 g/100g	7,967 g/100g	1,472 g/100g	3,40
4270	Mohnstriezel	315	1.317	40,397 g/100g	18,029 g/100g	12,661 g/100g	4,205 g/100g	7,661 g/100g	0,490 g/100g	3,40
4282	1766er Brötchen	236	988	38,425 g/100g	1,566 g/100g	4,447 g/100g	0,704 g/100g	8,223 g/100g	1,438 g/100g	3,20
4283	Walnuss-Plunder	396	1.660	43,906 g/100g	19,084 g/100g	21,002 g/100g	6,790 g/100g	6,972 g/100g	0,476 g/100g	3,70
4285	Laugenfladen	223	935	42,793 g/100g	1,146 g/100g	1,612 g/100g	0,658 g/100g	7,456 g/100g	3,057 g/100g	3,60
4286	Breaddog Hähnchen	206	861	23,000 g/100g	1,500 g/100g	7,200 g/100g	2,400 g/100g	12,000 g/100g	3,700 g/100g	1,90
4287	Breaddog Leberkäse	279	1.170	24,000 g/100g	0,600 g/100g	16,000 g/100g	6,300 g/100g	10,000 g/100g	2,100 g/100g	2,00
4288	Breaddog Currywurst	287	1.201	27,000 g/100g	2,100 g/100g	15,000 g/100g	5,800 g/100g	11,000 g/100g	1,600 g/100g	2,30
4293	Goldweck	227	952	43,167 g/100g	1,294 g/100g	2,029 g/100g	0,368 g/100g	7,091 g/100g	1,482 g/100g	3,60
4294	Dinkelschleife	251	1.051	38,620 g/100g	2,330 g/100g	4,742 g/100g	0,540 g/100g	10,767 g/100g	1,157 g/100g	3,20
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6021	Schwarzwälder Kirschschnitte	261	1.091	28.253 g/100g	19.571 g/100g	14.630 g/100g	9.200 g/100g	3.703 g/100g	0,291 g/100g	2,40
6029	Käsekuchen	181	757	25.385 g/100g	17.053 g/100g	5.351 g/100g	2.795 g/100g	7.360 g/100g	0,318 g/100g	2,10
6039	Schweinsohren	443	1.856	42.174 g/100g	15.459 g/100g	28.210 g/100g	15.899 g/100g	4.769 g/100g	0,740 g/100g	3,50
6040	Eclairs	298	1.246	25.370 g/100g	17.708 g/100g	20.497 g/100g	14.174 g/100g	2.924 g/100g	0,332 g/100g	2,10
6041	Windbeutel gefüllt	291	1.217	15.523 g/100g	11.760 g/100g	24.049 g/100g	14.247 g/100g	3.634 g/100g	0,204 g/100g	1,30
6042	Granatsplitter	391	1.639	35.821 g/100g	25.739 g/100g	25.287 g/100g	14.386 g/100g	4.515 g/100g	0,333 g/100g	3,00
6044	Zupfkuchen traditionell	240	1.005	31.544 g/100g	17.343 g/100g	9.190 g/100g	4.536 g/100g	7.057 g/100g	0,367 g/100g	2,60
6055	Erdbeertörtchen	240	1.006	30.399 g/100g	18.232 g/100g	12.215 g/100g	2.060 g/100g	1.953 g/100g	0,504 g/100g	2,50
6060	Donut Black	426	1.783	39.300 g/100g	10.700 g/100g	26.800 g/100g	14.300 g/100g	6.100 g/100g	1,725 g/100g	3,30
6061	Eiche	328	1.374	30.287 g/100g	19.569 g/100g	21.247 g/100g	12.777 g/100g	3.926 g/100g	0,334 g/100g	2,50
6063	Kleckselkuchen traditionell	221	924	27.843 g/100g	16.711 g/100g	8.780 g/100g	2.167 g/100g	6.468 g/100g	0,282 g/100g	2,30
6075	Erdbeerfruchtschnitte	215	902	25.019 g/100g	16.910 g/100g	11.634 g/100g	4.614 g/100g	2.175 g/100g	0,315 g/100g	2,10
6076	Bratapfelkuchen traditionell	237	991	30.884 g/100g	19.718 g/100g	11.048 g/100g	1.544 g/100g	2.797 g/100g	0,200 g/100g	2,60
6080	Pflaumenkuchen traditionell mit Streusel	235	982	34.562 g/100g	11.918 g/100g	8.811 g/100g	4.528 g/100g	3.577 g/100g	0,249 g/100g	2,90
6083	Schmandkuchen traditionell	190	795	19.371 g/100g	10.948 g/100g	10.881 g/100g	6.492 g/100g	3.513 g/100g	0,260 g/100g	1,60
6084	Birnen-Nuss-Schnitte	334	1.400	32.215 g/100g	22.349 g/100g	20.977 g/100g	2.096 g/100g	3.691 g/100g	0,341 g/100g	2,70
6101	Baumkuchen	488	2.042	48.000 g/100g	34.000 g/100g	30.000 g/100g	20.000 g/100g	6.800 g/100g	0,280 g/100g	4,00
6108	Marmorkuchen	442	1.849	42.634 g/100g	25.969 g/100g	26.471 g/100g	8.596 g/100g	7.576 g/100g	0,663 g/100g	3,60
6118	Obsttörtchen	128	535	24.234 g/100g	12.680 g/100g	2.450 g/100g	1.565 g/100g	1.700 g/100g	0,398 g/100g	2,00
6119	Kirsch-Sahne-Ringe	376	1.575	39.679 g/100g	36.285 g/100g	22.745 g/100g	14.257 g/100g	2.867 g/100g	0,111 g/100g	3,30
6122	Knusperstreuselkuchen traditionell	268	1.121	36.125 g/100g	17.869 g/100g	12.021 g/100g	6.334 g/100g	3.063 g/100g	0,334 g/100g	3,00
6135	Kokosquarkkuchen traditionell	269	1.125	28.364 g/100g	19.672 g/100g	14.361 g/100g	9.618 g/100g	5.799 g/100g	0,259 g/100g	2,40
6166	Papageienkuchen	399	1.671	39.328 g/100g	24.768 g/100g	24.392 g/100g	3.232 g/100g	5.417 g/100g	0,643 g/100g	3,30
6167	Nougatkremring	514	2.150	49.801 g/100g	24.924 g/100g	32.615 g/100g	18.488 g/100g	4.693 g/100g	0,050 g/100g	4,20
6172	Delikatess-Erdbeersahneschnitte	426	1.783	39.300 g/100g	10.700 g/100g	26.800 g/100g	14.300 g/100g	6.100 g/100g	1,725 g/100g	3,30
6179	Donut Vanille	424	1.774	43.500 g/100g	19.000 g/100g	24.800 g/100g	13.400 g/100g	6.100 g/100g	0,576 g/100g	3,60
6209	Sternenbäck-Haustorte	335	1.401	33.797 g/100g	25.118 g/100g	19.823 g/100g	9.641 g/100g	4.873 g/100g	0,333 g/100g	2,80
6384	Sternenecke	474	1.983	45.419 g/100g	22.559 g/100g	29.938 g/100g	17.146 g/100g	5.083 g/100g	0,523 g/100g	3,80
6404	Sternentaler	387	1.620	48.966 g/100g	33.440 g/100g	18.949 g/100g	14.742 g/100g	4.058 g/100g	0,206 g/100g	4,10
6453	Kirmeskuchen traditionell	276	1.157	34.007 g/100g	22.429 g/100g	12.969 g/100g	6.603 g/100g	5.611 g/100g	0,286 g/100g	2,80
6467	Walnuss-Butterkuchen	394	1.649	31.071 g/100g	9.821 g/100g	25.559 g/100g	9.665 g/100g	9.195 g/100g	0,742 g/100g	2,60
6524	Frankfurter Kranz klein	366	1.531	39.473 g/100g	28.246 g/100g	21.694 g/100g	8.392 g/100g	2.996 g/100g	0,348 g/100g	3,30
6546	Schokosahnetorte	313	1.309	30.100 g/100g	20.400 g/100g	19.400 g/100g	9.300 g/100g	3.900 g/100g	0,280 g/100g	2,50
6547	Käse-Sahne-Torte	256	1.074	26.000 g/100g	16.000 g/100g	15.000 g/100g	8.600 g/100g	4.500 g/100g	0,250 g/100g	2,20
6548	Schwarzwälder Kirschtorte	244	1.019	26.000 g/100g	16.000 g/100g	14.000 g/100g	8.700 g/100g	3.500 g/100g	0,160 g/100g	2,20
6549	Nuss-Creme-Torte	339	1.419	32.000 g/100g	21.000 g/100g	22.000 g/100g	11.000 g/100g	3.600 g/100g	0,250 g/100g	2,70
6550	Frankfurter Kranz	293	1.227	39.000 g/100g	26.000 g/100g	14.000 g/100g	7.900 g/100g	2.700 g/100g	0,280 g/100g	3,30
6552	Erdbeer-Buttermilch-Torte	200	836	27.300 g/100g	19.000 g/100g	8.200 g/100g	3.900 g/100g	3.800 g/100g	0,200 g/100g	2,30
6582	Marzipan-Sahne-Torte	336	1.406	27.900 g/100g	20.500 g/100g	22.800 g/100g	10.800 g/100g	4.600 g/100g	0,200 g/100g	2,30
6585	Donut Filly Strawberry	405	1.695	46.700 g/100g	23.100 g/100g	22.000 g/100g	12.100 g/100g	5.100 g/100g	3,150 g/100g	3,90
6592	Butterkekse Heidesand	413	1.729	59.671 g/100g	32.147 g/100g	16.636 g/100g	9.909 g/100g	5.138 g/100g	0,338 g/100g	5,00
6601	Butterkekse schwarz/weiß	429	1.795	56.861 g/100g	25.849 g/100g	19.067 g/100g	11.362 g/100g	6.160 g/100g	0,379 g/100g	4,70
6607	Kirsch-Marmor-Kuchen	295	1.236	27.758 g/100g	15.071 g/100g	18.735 g/100g	3.214 g/100g	3.623 g/100g	0,354 g/100g	2,30
6608	Bieni	384	1.606	34.378 g/100g	19.164 g/100g	25.211 g/100g	4.124 g/100g	4.786 g/100g	0,517 g/100g	2,90
6610	Cacao-Carré	289	1.211	27.447 g/100g	16.303 g/100g	17.337 g/100g	10.343 g/100g	5.199 g/100g	0,416 g/100g	2,30