



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. Breiteinheiten
1002	Frühstück süß	138	579	15,360 g/100g	8,841 g/100g	7,337 g/100g	3,575 g/100g	2,498 g/100g	0,141 g/100g	1,30
1003	Frühstück schnell	152	636	16,295 g/100g	2,984 g/100g	7,590 g/100g	4,574 g/100g	4,247 g/100g	0,495 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
1013	Strammes Mäxchen	216	904	17,668 g/100g	1,065 g/100g	11,865 g/100g	6,139 g/100g	9,108 g/100g	1,182 g/100g	1,50
1017	Laugenbrezel mit Butter	286	1.196	36,653 g/100g	1,361 g/100g	12,073 g/100g	7,098 g/100g	6,457 g/100g	1,312 g/100g	3,10
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	940	22,063 g/100g	3,617 g/100g	9,621 g/100g	1,536 g/100g	10,837 g/100g	1,796 g/100g	1,80
1024	Latte Macchiato groß	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
1029	Kakao	39	162	7,378 g/100g	6,673 g/100g	0,449 g/100g	0,367 g/100g	1,163 g/100g	0,131 g/100g	0,60
1030	Portion Sahne	333	1.394	6,000 g/100g	6,000 g/100g	34,000 g/100g	24,000 g/100g	2,000 g/100g	0,100 g/100g	0,50
1032	Cappuccino groß	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
1042	Eiskaffee	105	441	12,539 g/100g	12,486 g/100g	5,560 g/100g	4,652 g/100g	1,280 g/100g	0,054 g/100g	1,00
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
1053	Cassis Sorbet	182	763	39,405 g/100g	25,459 g/100g	1,292 g/100g	0,714 g/100g	1,830 g/100g	0,074 g/100g	3,30
1054	Sanfter Engel	112	468	17,206 g/100g	17,155 g/100g	4,181 g/100g	3,716 g/100g	1,239 g/100g	0,052 g/100g	1,40
1055	Chocolade Chips	279	1.170	39,568 g/100g	25,378 g/100g	11,103 g/100g	8,903 g/100g	4,181 g/100g	0,269 g/100g	3,30
1056	Pfirsich Melba	219	916	23,190 g/100g	19,041 g/100g	12,904 g/100g	9,463 g/100g	2,201 g/100g	0,180 g/100g	1,90
1057	Gouda-Stern	238	995	23,576 g/100g	1,242 g/100g	11,543 g/100g	4,830 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	949	25,535 g/100g	1,403 g/100g	9,930 g/100g	2,780 g/100g	7,876 g/100g	1,240 g/100g	2,10
1060	Eiskakao	134	562	18,097 g/100g	17,517 g/100g	5,895 g/100g	4,929 g/100g	2,151 g/100g	0,152 g/100g	1,50
1061	Ciocolata Stracciatella	303	1.267	39,486 g/100g	25,297 g/100g	14,103 g/100g	8,822 g/100g	3,532 g/100g	0,180 g/100g	3,30
1062	Braunbär-Becher	191	798	28,005 g/100g	26,749 g/100g	7,140 g/100g	5,065 g/100g	3,224 g/100g	0,692 g/100g	2,30
1063	Citronen Sorbet	175	734	39,405 g/100g	27,243 g/100g	0,886 g/100g	0,389 g/100g	1,424 g/100g	0,123 g/100g	3,30
1064	Crème Vanilla	273	1.144	35,595 g/100g	21,973 g/100g	12,967 g/100g	10,768 g/100g	3,208 g/100g	0,212 g/100g	3,00
1065	Strawberry Cream	223	932	38,270 g/100g	26,919 g/100g	6,238 g/100g	4,849 g/100g	2,397 g/100g	0,099 g/100g	3,20
1067	Vanilleeis mit heißen Himbeeren	227	951	22,600 g/100g	18,154 g/100g	13,861 g/100g	10,143 g/100g	2,414 g/100g	0,192 g/100g	1,90
1068	Kindereis	219	917	32,381 g/100g	27,215 g/100g	9,108 g/100g	6,972 g/100g	1,431 g/100g	0,053 g/100g	2,70
1069	Pizzaschnitte Hawaii	159	668	22,671 g/100g	5,568 g/100g	3,940 g/100g	2,319 g/100g	7,341 g/100g	1,478 g/100g	1,90
1076	Frozen Joghurt	208	871	33,324 g/100g	21,568 g/100g	5,670 g/100g	3,146 g/100g	4,262 g/100g	0,180 g/100g	2,80
1077	Crème Mango Joghurt	212	888	38,676 g/100g	26,108 g/100g	4,859 g/100g	3,713 g/100g	2,559 g/100g	0,123 g/100g	3,20
1078	Vanille Speiseeis	176	735	32,016 g/100g	25,919 g/100g	3,666 g/100g	2,708 g/100g	3,108 g/100g	0,128 g/100g	2,70
1082	Kakao Speiseeis	188	788	32,105 g/100g	26,008 g/100g	4,731 g/100g	3,240 g/100g	3,818 g/100g	0,749 g/100g	2,70
1083	Pizzaschnitte Schinken	160	671	22,074 g/100g	3,507 g/100g	4,165 g/100g	2,478 g/100g	7,540 g/100g	1,607 g/100g	1,80
1085	Erdbeer Speiseeis	144	604	33,435 g/100g	19,798 g/100g	0,473 g/100g	0,224 g/100g	0,890 g/100g	0,128 g/100g	2,80
1094	Schnitzel	224	937	15,600 g/100g	7,000 g/100g	9,600 g/100g	1,800 g/100g	18,600 g/100g	1,540 g/100g	1,30
1101	Schinken-Stern	195	818	24,983 g/100g	1,368 g/100g	6,733 g/100g	1,111 g/100g	7,683 g/100g	1,588 g/100g	2,10
1105	Kartoffelsalat	150	630	14,000 g/100g	4,000 g/100g	10,000 g/100g	1,000 g/100g	1,300 g/100g	1,200 g/100g	1,20
1107	Heißes Kakaogetränk mit Sahne	64	267	7,260 g/100g	6,616 g/100g	3,325 g/100g	2,393 g/100g	1,235 g/100g	0,128 g/100g	0,60
1108	halbes belegtes Kaiserbrötchen	200	836	18,172 g/100g	1,257 g/100g	8,727 g/100g	3,523 g/100g	11,452 g/100g	1,754 g/100g	1,50
1111	Himmelblau Speiseeis	173	726	27,403 g/100g	16,782 g/100g	5,440 g/100g	3,506 g/100g	3,285 g/100g	0,838 g/100g	2,30
1112	Italiano	208	869	16,453 g/100g	1,935 g/100g	11,542 g/100g	6,687 g/100g	9,001 g/100g	0,916 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	242	1.012	19,849 g/100g	1,189 g/100g	13,807 g/100g	6,777 g/100g	9,097 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
1118	Fischers Fritz	221	927	20,188 g/100g	1,956 g/100g	11,921 g/100g	4,423 g/100g	7,735 g/100g	1,139 g/100g	1,70
1121	Fischbrötchen	162	680	15,553 g/100g	1,461 g/100g	6,336 g/100g	0,261 g/100g	10,100 g/100g	0,435 g/100g	1,30
1125	Pizzaschnitte vegetarisch	152	635	21,979 g/100g	3,821 g/100g	3,790 g/100g	2,313 g/100g	6,289 g/100g	1,454 g/100g	1,80
1130	Milchkaffee groß	42	176	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,429 g/100g	2,282 g/100g		0,30
1150	Käselaugenstange mit Speck	252	1.055	27,500 g/100g	1,127 g/100g	9,266 g/100g	5,376 g/100g	13,675 g/100g	2,118 g/100g	2,30
1163	Pizzaschnitte Salami	174	728	22,074 g/100g	3,538 g/100g	5,727 g/100g	3,141 g/100g	7,540 g/100g	1,476 g/100g	1,80
1164	Cappuccino mit Sahne	60	253	3,735 g/100g	3,730 g/100g	3,864 g/100g	2,465 g/100g	2,727 g/100g	0,003 g/100g	0,30
1175	Fleischkäse Scheibe	277	1.160	0,300 g/100g	0,300 g/100g	26,300 g/100g	10,300 g/100g	10,700 g/100g	1,800 g/100g	0,00
1179	gekochtes Ei	153	640	0,600 g/100g	0,500 g/100g	11,000 g/100g	3,300 g/100g	13,100 g/100g	0,320 g/100g	0,10
1186	Erdbeereisbecher	185	776	25,012 g/100g	21,859 g/100g	8,600 g/100g	6,088 g/100g	1,328 g/100g	0,055 g/100g	2,10
1188	Pizzaschnitte Mozzarella	158	663	19,810 g/100g	3,273 g/100g	5,094 g/100g	3,186 g/100g	7,423 g/100g	1,475 g/100g	1,70
1194	Mango Speiseeis	189	790	35,121 g/100g	29,024 g/100g	3,400 g/100g	2,264 g/100g	3,818 g/100g	0,749 g/100g	2,90
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	11,779 g/100g	1,310 g/100g	1,70
1206	Kinderbecher	162	677	31,012 g/100g	21,480 g/100g	3,786 g/100g	2,697 g/100g	0,542 g/100g	0,093 g/100g	2,60
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
1214	Gemischtes Eis	235	983	29,179 g/100g	24,336 g/100g	11,942 g/100g	9,768 g/100g	2,252 g/100g	0,144 g/100g	2,40
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
1223	Milchkaffee XL	42	176	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,429 g/100g	2,282 g/100g		0,30
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	132	554	17,294 g/100g	6,928 g/100g	5,581 g/100g	3,122 g/100g	2,854 g/100g	0,459 g/100g	1,40
1239	Käsebrötchen Spezial	263	1.100	24,541 g/100g	0,926 g/100g	11,702 g/100g	5,565 g/100g	13,797 g/100g	1,224 g/100g	2,00
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	18,172 g/100g	1,257 g/100g	8,727 g/100g	3,523 g/100g	11,452 g/100g	1,754 g/100g	1,50
1267	Heißes Kakaogetränk groß	39	162	7,378 g/100g	6,673 g/100g	0,449 g/100g	0,367 g/100g	1,163 g/100g	0,131 g/100g	0,60
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
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	220	923	21,252 g/100g	1,572 g/100g	11,608 g/100g	2,778 g/100g	7,108 g/100g	1,009 g/100g	1,80
1304	Schülerbrötchen mit Salami und Käse	221	924	21,189 g/100g	1,508 g/100g	11,537 g/100g	3,300 g/100g	7,390 g/100g	1,052 g/100g	1,80
1305	Schülerbrötchen mit Käse	221	925	21,125 g/100g	1,445 g/100g	11,467 g/100g	3,821 g/100g	7,671 g/100g	1,094 g/100g	1,80
1323	Laugenbrezel überbacken	283	1.183	18,179 g/100g	0,693 g/100g	16,483 g/100g	11,072 g/100g	15,078 g/100g	1,732 g/100g	1,50
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								

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
1365	Vitaminbecher	122	509	19,110 g/100g	16,721 g/100g	3,640 g/100g	2,480 g/100g	2,261 g/100g	0,046 g/100g	1,60
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
1419	Goldenes 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
1452	Latte Macchiato XL	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
1453	Cappuccino XL	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
1454	Käsebrezel Spezial	254	1.062	27,863 g/100g	1,125 g/100g	10,015 g/100g	5,008 g/100g	11,940 g/100g	1,355 g/100g	2,30
1455	Heißes Kakaogetränk XL	39	162	7,378 g/100g	6,673 g/100g	0,449 g/100g	0,367 g/100g	1,163 g/100g	0,131 g/100g	0,60
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
2004	Speckbogen	220	920	39,553 g/100g	1,057 g/100g	2,469 g/100g	0,952 g/100g	7,740 g/100g	1,531 g/100g	3,30
2006	Bauernstange	206	863	37,941 g/100g	0,460 g/100g	1,571 g/100g	0,536 g/100g	7,824 g/100g	1,253 g/100g	3,20
2013	Kartoffelbrot	208	872	41,151 g/100g	0,868 g/100g	0,760 g/100g	0,153 g/100g	7,006 g/100g	1,355 g/100g	3,40
2017	Vollkornbrot	194	812	38,348 g/100g	0,249 g/100g	0,891 g/100g	0,053 g/100g	6,214 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	824	38,959 g/100g	0,372 g/100g	0,795 g/100g	0,068 g/100g	5,953 g/100g	1,187 g/100g	3,20
2066	Kürbiskernbrot	225	943	33,429 g/100g	0,745 g/100g	4,735 g/100g	0,766 g/100g	9,914 g/100g	1,293 g/100g	2,80
2138	Nussbrot	274	1.146	31,448 g/100g	1,787 g/100g	10,786 g/100g	1,148 g/100g	10,251 g/100g	1,268 g/100g	2,60
2139	Dinkel-Joghurt-Vollkornbrot	243	1.017	34,263 g/100g	4,010 g/100g	6,647 g/100g	1,035 g/100g	8,645 g/100g	1,337 g/100g	2,90
2145	Quarkstollen	308	1.288	44,033 g/100g	21,592 g/100g	11,155 g/100g	4,472 g/100g	6,992 g/100g	0,793 g/100g	3,70
2221	Weißbrot	226	945	42,379 g/100g	0,867 g/100g	2,074 g/100g	0,833 g/100g	7,547 g/100g	1,274 g/100g	3,50
2222	Roggenbrot	183	766	36,676 g/100g	0,055 g/100g	0,719 g/100g	0,025 g/100g	4,848 g/100g	1,224 g/100g	2,70
2223	Roggenmischbrot	189	793	37,801 g/100g	0,306 g/100g	0,749 g/100g	0,080 g/100g	5,457 g/100g	1,291 g/100g	3,20
2225	Mohnzopf klein	242	1.013	41,894 g/100g	1,380 g/100g	3,738 g/100g	0,659 g/100g	8,107 g/100g	1,260 g/100g	3,50
2226	Mehrkornbrot	221	926	32,677 g/100g	1,218 g/100g	5,043 g/100g	0,614 g/100g	8,569 g/100g	1,080 g/100g	2,70
2229	Käsezopf klein	298	1.246	38,447 g/100g	15,043 g/100g	12,237 g/100g	6,172 g/100g	7,430 g/100g	0,628 g/100g	3,20
2230	Hausbrot	197	824	38,538 g/100g	0,610 g/100g	0,780 g/100g	0,127 g/100g	6,498 g/100g	1,186 g/100g	3,20
2245	Bierkrüstchen	197	825	36,962 g/100g	0,742 g/100g	1,118 g/100g	0,151 g/100g	7,116 g/100g	1,354 g/100g	3,10
2249	Süsser Zopf klein	288	1.207	47,172 g/100g	9,352 g/100g	6,664 g/100g	3,421 g/100g	8,116 g/100g	0,885 g/100g	3,90
2250	Süsser Zopf	288	1.207	47,172 g/100g	9,352 g/100g	6,664 g/100g	3,421 g/100g	8,116 g/100g	0,885 g/100g	3,90
2253	Rosinenzopf klein	262	1.099	45,847 g/100g	14,096 g/100g	4,831 g/100g	2,381 g/100g	7,025 g/100g	0,794 g/100g	3,80
2254	Rosinenzopf	262	1.099	45,847 g/100g	14,096 g/100g	4,831 g/100g	2,381 g/100g	7,025 g/100g	0,794 g/100g	3,80
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
2350	1/2 Roggenbäck	179	750	35,951 g/100g	0,042 g/100g	0,710 g/100g	0,005 g/100g	4,576 g/100g	1,078 g/100g	3,00
2368	1766er Brot	205	860	39,240 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	206	861	36,827 g/100g	1,303 g/100g	2,959 g/100g	1,440 g/100g	6,421 g/100g	9,652 g/100g	3,10
4001	Milchhörnchen	288	1.207	47,172 g/100g	9,352 g/100g	6,664 g/100g	3,421 g/100g	8,116 g/100g	0,885 g/100g	3,90
4002	Roggenbrötchen	210	879	38,334 g/100g	1,061 g/100g	1,904 g/100g	0,334 g/100g	7,449 g/100g	1,353 g/100g	3,20
4003	Laugenknollen	233	974	41,624 g/100g	1,487 g/100g	3,355 g/100g	1,635 g/100g	7,309 g/100g	1,498 g/100g	3,50
4005	Käsebrötchen	257	1.077	28,119 g/100g	0,873 g/100g	9,541 g/100g	5,928 g/100g	13,756 g/100g	1,481 g/100g	2,30
4008	Sesambrotchen	271	1.134	39,763 g/100g	1,175 g/100g	7,481 g/100g	1,291 g/100g	9,078 g/100g	1,166 g/100g	3,30
4010	Dinkelherz	266	1.114	36,346 g/100g	2,292 g/100g	7,390 g/100g	0,974 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	1,547 g/100g	6,868 g/100g	6,038 g/100g	3,30
4012	Vollkornbrötchen	242	1.012	34,052 g/100g	2,277 g/100g	5,246 g/100g	0,781 g/100g	10,942 g/100g	1,636 g/100g	2,80
4013	Kuchenbrötchen	270	1.131	44,762 g/100g	7,592 g/100g	6,063 g/100g	3,107 g/100g	7,541 g/100g	0,797 g/100g	3,70
4014	Mohnbrötchen	262	1.096	39,106 g/100g	1,537 g/100g	6,583 g/100g	0,972 g/100g	9,002 g/100g	1,175 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	263	1.100	49,322 g/100g	1,472 g/100g	2,499 g/100g	0,556 g/100g	8,663 g/100g	1,485 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	230	962	42,831 g/100g	1,457 g/100g	2,370 g/100g	0,600 g/100g	7,463 g/100g	1,285 g/100g	3,60
4024	Partybrötchen hell	224	938	43,110 g/100g	1,281 g/100g	1,589 g/100g	0,450 g/100g	7,513 g/100g	1,324 g/100g	3,60
4029	Kürbiskernbrötchen	272	1.137	33,130 g/100g	1,661 g/100g	9,030 g/100g	1,681 g/100g	12,095 g/100g	1,024 g/100g	2,80
4033	Kornstange	280	1.174	39,570 g/100g	1,924 g/100g	6,661 g/100g	1,432 g/100g	12,133 g/100g	1,379 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	3,00
4039	Käsebrezel	249	1.041	30,895 g/100g	1,117 g/100g	8,231 g/100g	5,183 g/100g	11,632 g/100g	1,557 g/100g	2,60
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	5,475 g/100g	4,183 g/100g	0,527 g/100g	3,10
4055	Pfannkuchen	298	1.247	53,251 g/100g	30,542 g/100g	6,265 g/100g	2,256 g/100g	5,742 g/100g	0,738 g/100g	4,40
4059	Mohnschnecke	367	1.538	41,467 g/100g	19,962 g/100g	18,557 g/100g	7,230 g/100g	6,908 g/100g	0,337 g/100g	3,50
4060	Buttercroissant m. Schokocreme	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	319	1.337	44,766 g/100g	20,769 g/100g	12,960 g/100g	6,393 g/100g	4,944 g/100g	0,437 g/100g	3,70
4063	Apfeltasche	307	1.285	31,161 g/100g	7,729 g/100g	18,279 g/100g	8,755 g/100g	3,737 g/100g	0,620 g/100g	2,60
4065	Fruchtplunder	266	1.115	32,103 g/100g	11,053 g/100g	13,138 g/100g	6,440 g/100g	4,083 g/100g	0,536 g/100g	2,70
4068	Sachsenschnegge	304	1.271	43,282 g/100g	22,081 g/100g	12,044 g/100g	5,585 g/100g	4,673 g/100g	0,439 g/100g	3,60
4076	Mehrkornbrötchen	273	1.143	34,702 g/100g	1,656 g/100g	9,014 g/100g	1,260 g/100g	10,780 g/100g	1,228 g/100g	2,90
4077	Pfannkuchen m. Glasur + Mehrfuchtfüllung	296	1.238	50,297 g/100g	27,865 g/100g	7,421 g/100g	2,424 g/100g	5,672 g/100g	0,729 g/100g	4,20
4081	Quarkbällchen	350	1.463	33,580 g/100g	17,066 g/100g	20,850 g/100g	4,031 g/100g	6,787 g/100g	0,939 g/100g	2,80
4083	Rosinenbrötchen	262	1.099	45,847 g/100g	14,096 g/100g	4,831 g/100g	2,381 g/100g	7,025 g/100g	0,794 g/100g	3,80
4086	Streuselnschnecke	333	1.392	56,006 g/100g	26,185 g/100g	8,882 g/100g	3,159 g/100g	5,783 g/100g	0,534 g/100g	4,70
4089	Käse-Schinken-Brötchen	254	1.062	22,953 g/100g	0,897 g/100g	10,580 g/100g	5,999 g/100g	15,898 g/100g	2,246 g/100g	1,90
4097	Kartoffelbrötchen	241	1.011	45,039 g/100g	2,291 g/100g	1,768 g/100g	0,352 g/100g	8,853 g/100g	1,481 g/100g	3,80
4099	Knoten	288	1.207	47,185 g/100g	9,366 g/100g	6,664 g/100g	3,421 g/100g	8,116 g/100g	0,885 g/100g	3,90

4178	Doppelbrötchen	231	968	43,412 g/100g	1,295 g/100g	2,200 g/100g	0,489 g/100g	7,625 g/100g	1,307 g/100g	3,60
4182	Laugenzopf	228	956	40,846 g/100g	1,459 g/100g	3,292 g/100g	1,604 g/100g	7,173 g/100g	3,293 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	42,200 g/100g	9,589 g/100g	13,714 g/100g	3,861 g/100g	7,561 g/100g	1,043 g/100g	3,50
4233	Pfannkuchen gez.m.Pflaumenmus	289	1.212	51,276 g/100g	28,567 g/100g	6,191 g/100g	2,256 g/100g	5,816 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	0,850 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	1,730 g/100g	7,967 g/100g	1,472 g/100g	3,40
4270	Mohnstriezel	314	1.313	40,141 g/100g	17,779 g/100g	12,657 g/100g	4,197 g/100g	7,681 g/100g	0,511 g/100g	3,30
4280	Johannisbeer-Schmand-Streusel	286	1.198	43,948 g/100g	21,339 g/100g	9,722 g/100g	8,879 g/100g	4,800 g/100g	1,567 g/100g	3,70
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	399	1.669	44,468 g/100g	19,284 g/100g	20,959 g/100g	6,773 g/100g	7,047 g/100g	0,474 g/100g	3,70
4285	Laugenfladen	223	935	42,793 g/100g	1,146 g/100g	1,612 g/100g	0,657 g/100g	7,456 g/100g	3,057 g/100g	3,60
4293	Goldweck	226	948	43,167 g/100g	1,294 g/100g	1,941 g/100g	0,363 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	4,741 g/100g	0,533 g/100g	10,767 g/100g	1,157 g/100g	3,20
4295	Papageien-Muffin	348	1.455	42,947 g/100g	26,913 g/100g	17,621 g/100g	2,289 g/100g	4,078 g/100g	0,859 g/100g	3,60
4296	Brownie- Muffin	391	1.637	40,207 g/100g	25,658 g/100g	22,953 g/100g	2,336 g/100g	5,409 g/100g	0,675 g/100g	3,40
6006	Eierschnecke traditionell	200	839	24,978 g/100g	15,053 g/100g	8,580 g/100g	4,289 g/100g	5,529 g/100g	0,272 g/100g	2,10
6012	Sandzungen	450	1.882	50,336 g/100g	25,839 g/100g	25,371 g/100g	15,897 g/100g	4,284 g/100g	0,041 g/100g	4,20
6021	Schwarzwälder Kirschschnitte	258	1.080	27,130 g/100g	19,270 g/100g	14,911 g/100g	9,481 g/100g	3,566 g/100g	0,286 g/100g	2,30
6022	Himbeerschnitte	184	771	31,000 g/100g	21,000 g/100g	5,300 g/100g	2,800 g/100g	2,800 g/100g	0,230 g/100g	2,60
6029	Käsekuchen	179	750	24,729 g/100g	16,204 g/100g	5,371 g/100g	2,787 g/100g	7,511 g/100g	0,363 g/100g	2,10
6030	Mohnkuchen	289	1.208	29,930 g/100g	15,915 g/100g	15,282 g/100g	4,944 g/100g	5,920 g/100g	0,256 g/100g	2,50
6032	Käse-Sahneschnitte	209	876	23,042 g/100g	16,103 g/100g	10,325 g/100g	6,329 g/100g	5,839 g/100g	0,235 g/100g	1,90
6039	Schweinsohren	443	1.856	42,174 g/100g	15,459 g/100g	28,210 g/100g	15,897 g/100g	4,769 g/100g	0,740 g/100g	3,50
6040	Eclairs	296	1.239	25,370 g/100g	17,708 g/100g	20,304 g/100g	14,162 g/100g	2,924 g/100g	0,332 g/100g	2,10
6041	Windbeutel gefüllt	289	1.209	15,523 g/100g	11,760 g/100g	23,841 g/100g	14,234 g/100g	3,634 g/100g	0,204 g/100g	1,30
6042	Granatsplitter	391	1.639	35,817 g/100g	25,739 g/100g	25,287 g/100g	14,385 g/100g	4,513 g/100g	0,345 g/100g	3,00
6044	Zupfkuchen traditionell	253	1.061	32,728 g/100g	17,021 g/100g	10,054 g/100g	5,016 g/100g	7,200 g/100g	0,404 g/100g	2,70
6052	Butterkuchen	366	1.531	37,923 g/100g	15,977 g/100g	21,056 g/100g	12,287 g/100g	5,503 g/100g	0,662 g/100g	3,20
6055	Erdbeertörtchen	240	1.005	30,399 g/100g	18,232 g/100g	12,205 g/100g	1,968 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	219	917	27,843 g/100g	16,711 g/100g	8,591 g/100g	2,153 g/100g	6,468 g/100g	0,282 g/100g	2,30
6072	Mandarinenschnitte	190	797	26,461 g/100g	19,099 g/100g	8,433 g/100g	3,309 g/100g	1,754 g/100g	0,421 g/100g	2,20
6075	Erdbeerfruchtschnitte	166	694	28,000 g/100g	19,000 g/100g	4,800 g/100g	2,500 g/100g	2,400 g/100g	0,220 g/100g	2,30
6076	Bratapfelkuchen traditionell	236	987	30,692 g/100g	19,526 g/100g	11,038 g/100g	1,458 g/100g	2,818 g/100g	0,199 g/100g	2,60
6080	Pflaumenkuchen traditionell mit Streusel	234	982	34,558 g/100g	11,918 g/100g	8,810 g/100g	4,517 g/100g	3,575 g/100g	0,261 g/100g	2,90
6083	Schmandkuchen traditionell	182	763	19,092 g/100g	10,510 g/100g	9,893 g/100g	5,857 g/100g	4,014 g/100g	0,293 g/100g	1,60
6108	Marmorkuchen	442	1.849	42,634 g/100g	25,969 g/100g	26,454 g/100g	8,431 g/100g	7,576 g/100g	0,663 g/100g	3,60
6112	Heidesandtaler	429	1.798	74,740 g/100g	56,890 g/100g	12,470 g/100g	6,624 g/100g	3,384 g/100g	0,073 g/100g	6,20
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	375	1.571	39,679 g/100g	36,285 g/100g	22,623 g/100g	14,250 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	6,328 g/100g	3,063 g/100g	0,334 g/100g	3,00
6135	Kokosquarkkuchen traditionell	269	1.125	28,362 g/100g	19,672 g/100g	14,361 g/100g	9,609 g/100g	5,797 g/100g	0,269 g/100g	2,40
6166	Papageienkuchen	399	1.670	39,328 g/100g	24,768 g/100g	24,371 g/100g	3,026 g/100g	5,417 g/100g	0,643 g/100g	3,30
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
6205	Plätzenteig Kinderbacken	465	1.948	50,352 g/100g	21,593 g/100g	26,509 g/100g	13,311 g/100g	5,806 g/100g	0,345 g/100g	4,20
6209	Sternenbäck-Haustorte	335	1.401	33,795 g/100g	25,118 g/100g	19,823 g/100g	9,640 g/100g	4,871 g/100g	0,341 g/100g	2,80
6319	Marzipanschnitte	405	1.696	46,906 g/100g	33,216 g/100g	20,926 g/100g	8,925 g/100g	6,443 g/100g	0,302 g/100g	3,90
6384	Sternenecke	473	1.982	45,454 g/100g	22,464 g/100g	29,906 g/100g	17,138 g/100g	5,067 g/100g	0,523 g/100g	3,80
6453	Kirmeskuchen traditionell	276	1.157	34,005 g/100g	22,429 g/100g	12,969 g/100g	6,590 g/100g	5,610 g/100g	0,294 g/100g	2,80
6464	Himbeer- Schlemmerei	268	1.120	25,745 g/100g	15,645 g/100g	15,974 g/100g	2,646 g/100g	4,620 g/100g	0,420 g/100g	2,10
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	360	1.507	39,473 g/100g	28,246 g/100g	21,060 g/100g	8,352 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
6581	Russischer Zupf- Ball	244	1.023	32,303 g/100g	17,854 g/100g	9,296 g/100g	4,605 g/100g	7,084 g/100g	0,381 g/100g	2,70
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	0,350 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
6610	Cacao-Carré	289	1.210	27,438 g/100g	16,302 g/100g	17,337 g/100g	10,339 g/100g	5,194 g/100g	0,448 g/100g	2,30