



# 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	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Proteinheiten
1098	1 Paar Wiener	275	1.151	7.600 g/100g	0,500 g/100g	21,000 g/100g	8,900 g/100g	14,400 g/100g	2,400 g/100g	0,60
1099	1 Paar Wiener mit Brötchen	259	1.086	20,905 g/100g	0,762 g/100g	14,145 g/100g	5,870 g/100g	11,801 g/100g	2,034 g/100g	1,70
2222	100%er - Roggenbrot	209	873	41,536 g/100g	3,979 g/100g	0,847 g/100g	0,109 g/100g	5,391 g/100g	1,263 g/100g	3,50
2368	1766er Brot	236	987	46,016 g/100g	2,905 g/100g	1,056 g/100g	0,199 g/100g	7,494 g/100g	1,550 g/100g	3,80
4282	1766er Brötchen	240	1.003	39,213 g/100g	1,656 g/100g	4,426 g/100g	0,761 g/100g	8,425 g/100g	1,393 g/100g	3,30
6188	Apfelkuchen traditionell	220	921	35,115 g/100g	16,011 g/100g	7,162 g/100g	3,474 g/100g	2,784 g/100g	0,261 g/100g	2,90
4063	Apfeltasche	308	1.291	31,947 g/100g	8,136 g/100g	18,216 g/100g	8,676 g/100g	3,457 g/100g	0,620 g/100g	2,70
2001	Baguette	214	895	43,209 g/100g	0,858 g/100g	0,811 g/100g	0,219 g/100g	6,607 g/100g	1,329 g/100g	3,60
1417	Bauernfrühstück	124	519	7,074 g/100g	0,435 g/100g	7,725 g/100g	0,372 g/100g	6,608 g/100g	0,008 g/100g	0,60
2006	Bauernstange	207	869	38,531 g/100g	2,581 g/100g	1,568 g/100g	0,579 g/100g	7,285 g/100g	1,265 g/100g	3,20
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
1114	Bockwurst mit Brötchen	245	1.027	17,676 g/100g	1,092 g/100g	15,246 g/100g	7,354 g/100g	9,064 g/100g	2,009 g/100g	1,50
1388	Bohneneintopf	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
1092	Boulettenbrötchen	230	962	20,053 g/100g	1,580 g/100g	12,627 g/100g	3,406 g/100g	8,641 g/100g	1,337 g/100g	1,70
1338	Bratkartoffeln	86	358	14,600 g/100g	0,700 g/100g	2,100 g/100g	0,200 g/100g	1,900 g/100g	0,005 g/100g	1,20
1062	Braunbär-Becher	190	797	28,100 g/100g	26,828 g/100g	7,003 g/100g	4,970 g/100g	3,321 g/100g	0,707 g/100g	2,30
1493	Brezel Schnittlauch	308	1.289	40,914 g/100g	3,366 g/100g	12,363 g/100g	6,148 g/100g	7,978 g/100g	1,461 g/100g	3,40
4000	Brezeln	296	1.238	55,612 g/100g	3,979 g/100g	3,265 g/100g	0,510 g/100g	10,102 g/100g	9,707 g/100g	4,60
1259	Brotzeit	205	859	10,138 g/100g	2,585 g/100g	14,730 g/100g	3,736 g/100g	8,018 g/100g	1,975 g/100g	0,80
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
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
6592	Butterkekse Heidesand	414	1.735	61,167 g/100g	31,550 g/100g	16,621 g/100g	9,947 g/100g	4,159 g/100g	0,342 g/100g	5,10
6601	Butterkekse schwarz/weiß	431	1.805	58,616 g/100g	25,215 g/100g	19,072 g/100g	11,417 g/100g	5,067 g/100g	0,384 g/100g	4,90
4031	Butter-Laugenspitze	409	1.711	43,410 g/100g	4,546 g/100g	21,251 g/100g	14,773 g/100g	9,887 g/100g	1,341 g/100g	3,60
1453	Cappuccino (L)	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
1032	Cappuccino (M)	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
1055	Chocolate 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
4015	Ciabattabrötchen	214	897	41,205 g/100g	1,257 g/100g	1,284 g/100g	0,216 g/100g	7,579 g/100g	1,389 g/100g	3,40
1061	Ciocolata Stracciata	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
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
1393	Da steppt die Beere	129	541	17,990 g/100g	15,123 g/100g	4,776 g/100g	2,426 g/100g	2,675 g/100g	0,082 g/100g	1,50
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
4010	Dinkelherz	258	1.081	36,315 g/100g	1,176 g/100g	6,851 g/100g	0,911 g/100g	10,601 g/100g	1,149 g/100g	3,00
2139	Dinkel-Joghurt-Vollkornbrot	236	986	32,405 g/100g	4,444 g/100g	6,610 g/100g	0,981 g/100g	8,465 g/100g	1,410 g/100g	2,70
6179	Donut Vanille	419	1.755	41,600 g/100g	17,900 g/100g	25,900 g/100g	14,200 g/100g	4,500 g/100g	0,569 g/100g	3,50
4178	Doppelbrötchen	231	967	45,469 g/100g	1,245 g/100g	1,490 g/100g	0,276 g/100g	7,003 g/100g	1,358 g/100g	3,80
1532	Doppeltes Lottchen	210	881	24,286 g/100g	1,332 g/100g	8,703 g/100g	1,536 g/100g	7,905 g/100g	0,989 g/100g	2,00
6040	Eclairs	232	971	22,214 g/100g	13,331 g/100g	14,794 g/100g	8,130 g/100g	2,649 g/100g	0,382 g/100g	1,90
6493	Eierlikör-Eiche	375	1.572	36,302 g/100g	27,038 g/100g	23,676 g/100g	13,875 g/100g	4,378 g/100g	0,319 g/100g	3,00
6174	Eierlikör-Sahneschnitte	304	1.272	29,170 g/100g	22,401 g/100g	19,113 g/100g	9,187 g/100g	3,654 g/100g	0,242 g/100g	2,40
6006	Eierschecke traditionell	204	855	25,969 g/100g	14,868 g/100g	8,559 g/100g	4,105 g/100g	5,488 g/100g	0,283 g/100g	2,20
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
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
1196	Erbseneintopf	94	393	9,700 g/100g	1,100 g/100g	2,600 g/100g	0,900 g/100g	6,000 g/100g	0,850 g/100g	0,80
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
6552	Erdbeer-Buttermilch-Torte	198	829	27,000 g/100g	18,700 g/100g	8,100 g/100g	4,000 g/100g	3,900 g/100g	0,200 g/100g	2,30
1186	Erdbeer-Dream	185	775	25,081 g/100g	21,917 g/100g	8,501 g/100g	6,019 g/100g	1,398 g/100g	0,066 g/100g	2,10
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
6096	Erdbeerherz	198	828	32,195 g/100g	24,412 g/100g	6,323 g/100g	0,796 g/100g	1,678 g/100g	1,281 g/100g	2,70
2349	Erfurter Roggenkracher	218	914	43,984 g/100g	2,874 g/100g	0,813 g/100g	0,120 g/100g	6,002 g/100g	1,373 g/100g	3,70
1386	Feines Ragout vom Schwein	112	470	4,641 g/100g	0,997 g/100g	5,714 g/100g	3,655 g/100g	10,583 g/100g	1,352 g/100g	0,40
1070	Feines Würzfleisch	90	377	4,900 g/100g	1,100 g/100g	3,800 g/100g	2,300 g/100g	9,000 g/100g	1,300 g/100g	0,40
1121	Fischbrötchen	164	686	16,184 g/100g	1,369 g/100g	6,303 g/100g	0,136 g/100g	9,900 g/100g	0,437 g/100g	1,30
1012	Fitnesssalat mit Hähnchenstreifen	50	208	4,096 g/100g	1,690 g/100g	1,474 g/100g	0,145 g/100g	4,688 g/100g	0,316 g/100g	0,30
6524	Frankfurter Kranz klein	384	1.608	38,858 g/100g	29,205 g/100g	24,224 g/100g	9,386 g/100g	2,728 g/100g	0,315 g/100g	3,20
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
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
4065	Fruchtplunder	248	1.039	38,865 g/100g	20,878 g/100g	8,587 g/100g	4,121 g/100g	2,848 g/100g	0,258 g/100g	3,20
6024	Fruchtschecke	189	793	24,707 g/100g	14,516 g/100g	8,239 g/100g	3,936 g/100g	3,777 g/100g	0,231 g/100g	2,10
1004	Frühstück deftig	158	663	15,783 g/100g	2,364 g/100g	7,748 g/100g	4,531 g/100g	5,982 g/100g	0,660 g/100g	1,30
1327	Frühstück Fitness	168	704	12,297 g/100g	2,228 g/100g	10,080 g/100g	4,600 g/100g	6,850 g/100g	0,313 g/100g	1,00
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	133	557	17,640 g/100g	6,900 g/100g	5,553 g/100g	3,083 g/100g	2,732 g/100g	0,459 g/100g	1,50
1058	Frühstück Hallo Wach	111	466	13,700 g/100g	4,158 g/100g	4,556 g/100g	2,288 g/100g	3,557 g/100g	0,419 g/100g	1,10
1324	Frühstück Mediterran	167	700	16,710 g/100g	3,733 g/100g	8,024 g/100g	4,154 g/100g	6,623 g/100g	0,277 g/100g	1,40
1325	Frühstück Rustikal	166	695	12,978 g/100g	2,033 g/100g	9,481 g/100g	4,360 g/100g	6,946 g/100g	0,915 g/100g	1,10
1276	Frühstück Schlemmer	153	639	13,972 g/100g	5,795 g/100g	8,126 g/100g	3,874 g/100g	5,650 g/100g	0,559 g/100g	1,20
1003	Frühstück schnell	153	640	16,762 g/100g	2,946 g/100g	7,553 g/100g	4,521 g/100g	4,080 g/100g	0,495 g/100g	1,40
1328	Frühstück Sternenbäck Spezial	110	461	11,015 g/100g	4,023 g/100g	5,288 g/100g	2,358 g/100g	4,388 g/100g	0,220 g/100g	0,90
1002	Frühstück süß	165	690	20,357 g/100g	8,994 g/100g	7,566 g/100g	3,639 g/100g	3,383 g/100g	0,143 g/100g	1,70
1326	Frühstücksteller	139	582	10,013 g/100g	2,625 g/100g	8,220 g/100g	4,842 g/100g	5,938 g/100g	0,571 g/100g	0,80
4253	Fußball-Laugenbrötchen	283	1.183	49,400 g/100g	4,900 g/100g	4,300 g/100g	0,700 g/100g	9,300 g/100g	2,470 g/100g	4,10
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
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
6088	Glücksmoment	386	1.614	33,924 g/100g	23,659 g/100g	25,965 g/100g	15,137 g/100g	4,281 g/100g	0,361 g/100g	2,80
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
4293	Goldweck	224	940	43,154 g/100g	1,020 g/100g	1,928 g/100g	0,314 g/100g	6,743 g/100g	1,470 g/100g	3,60
1057	Gouda-Stern	231	966	23,752 g/100g	1,181 g/100g	10,821 g/100g	4,626 g/100g	8,851 g/100g	1,361 g/100g	2,00
4080	Gourmetbrötchen	270	1.130	36,597 g/100g	1,502 g/100g	7,199 g/100g	1,331 g/100g	11,241 g/100g	1,303 g/100g	3,00

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
6042	Granatsplitter	387	1.618	35,264 g/100g	26,096 g/100g	25,093 g/100g	14,047 g/100g	4,342 g/100g	0,315 g/100g	2,90
1116	Grilled Chicken	194	812	21,665 g/100g	3,395 g/100g	7,006 g/100g	3,680 g/100g	10,232 g/100g	1,396 g/100g	1,80
4136	Grillkonfekt	244	1.023	41,826 g/100g	2,277 g/100g	4,164 g/100g	0,716 g/100g	6,498 g/100g	1,451 g/100g	3,50
1425	Gulaschsuppe	66	275	6,200 g/100g	2,100 g/100g	1,800 g/100g	0,600 g/100g	5,100 g/100g	1,630 g/100g	0,50
1427	Hackfleischbällchen m. Pfeffercremesauce	201	841	12,383 g/100g	1,377 g/100g	14,263 g/100g	7,681 g/100g	5,756 g/100g	1,159 g/100g	1,00
4106	Hahnekamm	326	1.365	49,179 g/100g	26,352 g/100g	12,259 g/100g	5,953 g/100g	3,803 g/100g	0,444 g/100g	4,10
1236	Hamburger Schnitzel	246	1.029	15,582 g/100g	0,931 g/100g	15,104 g/100g	4,318 g/100g	11,631 g/100g	0,823 g/100g	1,30
4036	Handbrot des Monats	205	857	17,870 g/100g	1,813 g/100g	10,997 g/100g	3,239 g/100g	7,692 g/100g	0,900 g/100g	1,50
1067	Heißes Früchtchen	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
1456	Heißes Kakaogetränk XL mit Sahne	53	220	7,312 g/100g	6,641 g/100g	2,047 g/100g	1,493 g/100g	1,203 g/100g	0,129 g/100g	0,60
1455	Heißes Kakaogetränk (L)	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
1267	Heißes Kakaogetränk (M)	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
1107	Heißes Kakaogetränk mit Sahne	56	233	7,298 g/100g	6,635 g/100g	2,385 g/100g	1,731 g/100g	1,212 g/100g	0,129 g/100g	0,60
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
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
1287	Hühnerfriskassee	98	409	9,943 g/100g	1,500 g/100g	2,927 g/100g	1,286 g/100g	7,725 g/100g	0,750 g/100g	0,80
1138	Hüttengaudi	265	1.109	20,542 g/100g	1,497 g/100g	15,404 g/100g	7,492 g/100g	10,313 g/100g	2,081 g/100g	1,70
1112	Italiano	211	885	17,256 g/100g	2,015 g/100g	11,528 g/100g	6,667 g/100g	9,203 g/100g	0,970 g/100g	1,40
4236	Jogging Schleife	244	1.021	38,537 g/100g	2,662 g/100g	4,921 g/100g	0,616 g/100g	8,588 g/100g	1,287 g/100g	3,20
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
4016	Kaiserbrötchen	231	967	45,469 g/100g	1,245 g/100g	1,490 g/100g	0,276 g/100g	7,003 g/100g	1,358 g/100g	3,80
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
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
2013	Kartoffelbrot	201	841	40,178 g/100g	1,023 g/100g	0,651 g/100g	0,097 g/100g	6,438 g/100g	1,315 g/100g	3,30
4097	Kartoffelbrötchen	241	1.008	45,972 g/100g	2,077 g/100g	1,616 g/100g	0,264 g/100g	8,066 g/100g	1,703 g/100g	3,80
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
4005	Käsebrötchen	273	1.143	29,456 g/100g	0,841 g/100g	11,199 g/100g	7,237 g/100g	12,649 g/100g	1,514 g/100g	2,50
1239	Käsebrötchen Spezial	276	1.154	25,645 g/100g	0,900 g/100g	13,071 g/100g	6,645 g/100g	12,884 g/100g	1,252 g/100g	2,10
6029	Käsekuchen	218	915	28,306 g/100g	19,223 g/100g	8,263 g/100g	4,693 g/100g	7,374 g/100g	0,312 g/100g	2,40
6547	Käse-Sahne-Torte	266	1.113	28,000 g/100g	17,000 g/100g	15,000 g/100g	8,900 g/100g	4,800 g/100g	0,260 g/100g	2,30
4089	Käse-Schinken-Brötchen	264	1.103	23,922 g/100g	0,757 g/100g	11,923 g/100g	7,078 g/100g	14,430 g/100g	2,178 g/100g	2,00
1241	Kassler	99	413	7,689 g/100g	0,701 g/100g	4,983 g/100g	1,586 g/100g	5,781 g/100g	1,196 g/100g	0,60
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
6595	Kirsch-Eclair	278	1.166	20,581 g/100g	16,061 g/100g	20,473 g/100g	12,853 g/100g	3,146 g/100g	0,222 g/100g	1,70
4056	Kirschplunder	329	1.376	45,272 g/100g	18,649 g/100g	13,963 g/100g	6,746 g/100g	4,392 g/100g	0,513 g/100g	3,80
6063	Kleckselkuchen traditionell	239	999	32,334 g/100g	20,161 g/100g	8,815 g/100g	3,076 g/100g	6,269 g/100g	0,265 g/100g	2,70
1068	Kleiner Eisspaß	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
4099	Knoten	295	1.234	46,037 g/100g	8,794 g/100g	6,409 g/100g	3,081 g/100g	11,496 g/100g	1,414 g/100g	3,80
6105	Knusperriegel Cranberry	415	1.736	57,351 g/100g	27,993 g/100g	17,624 g/100g	8,224 g/100g	5,351 g/100g	0,366 g/100g	4,80
6122	Knusperstreuselkuchen traditionell	264	1.104	36,899 g/100g	17,990 g/100g	11,323 g/100g	5,717 g/100g	2,876 g/100g	0,318 g/100g	3,10
1428	Kohlroulade	87	366	9,618 g/100g	2,653 g/100g	4,162 g/100g	1,674 g/100g	2,400 g/100g	0,880 g/100g	0,80
4033	Kornstange	284	1.190	40,218 g/100g	1,736 g/100g	6,930 g/100g	1,415 g/100g	11,874 g/100g	1,376 g/100g	3,40
1019	Kraftpaket	222	929	25,067 g/100g	1,540 g/100g	9,070 g/100g	1,122 g/100g	9,310 g/100g	1,317 g/100g	2,10
1255	Kraftpaket belegt mit Hähnchenschnitte	202	846	20,940 g/100g	1,406 g/100g	8,155 g/100g	1,819 g/100g	10,440 g/100g	1,008 g/100g	1,70
1189	Kraftprotz	226	946	18,795 g/100g	1,288 g/100g	12,534 g/100g	5,260 g/100g	9,084 g/100g	0,834 g/100g	1,60
4197	Kräppelchen	329	1.379	43,393 g/100g	9,551 g/100g	13,627 g/100g	3,963 g/100g	7,129 g/100g	0,997 g/100g	3,60
4078	Kümmelbrötchen	216	903	40,897 g/100g	1,109 g/100g	2,005 g/100g	0,246 g/100g	6,803 g/100g	7,888 g/100g	3,40
4029	Kürbiskernbrötchen	278	1.166	35,890 g/100g	1,668 g/100g	9,331 g/100g	1,788 g/100g	10,772 g/100g	1,033 g/100g	3,00
1452	Latte Macchiato (L)	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
1024	Latte Macchiato (M)	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
4155	Laugen-Landbrötchen	335	1.400	55,343 g/100g	3,977 g/100g	7,500 g/100g	1,136 g/100g	9,432 g/100g	2,114 g/100g	4,60
4074	Laugenpeitsche	256	1.073	41,653 g/100g	0,565 g/100g	6,394 g/100g	0,924 g/100g	6,271 g/100g	2,180 g/100g	3,50
1184	Laugenpeitsche belegt	238	997	20,961 g/100g	0,711 g/100g	12,268 g/100g	4,620 g/100g	10,351 g/100g	2,170 g/100g	1,70
4011	Laugenstange	290	1.213	55,825 g/100g	4,321 g/100g	4,093 g/100g	0,569 g/100g	1,751 g/100g	2,506 g/100g	4,70
1489	Laugenstange Philadelphia	334	1.397	46,138 g/100g	2,955 g/100g	11,591 g/100g	5,909 g/100g	9,887 g/100g	2,443 g/100g	3,80
4182	Laugenzopf	231	968	42,274 g/100g	1,345 g/100g	3,178 g/100g	1,445 g/100g	6,659 g/100g	3,293 g/100g	3,50
6072	Mandarinschnitte	209	875	26,681 g/100g	18,515 g/100g	10,422 g/100g	3,665 g/100g	1,840 g/100g	0,315 g/100g	2,20
2134	Mandelstollen 500g	464	1.942	44,228 g/100g	16,629 g/100g	27,479 g/100g	12,551 g/100g	8,442 g/100g	0,587 g/100g	3,70
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
6108	Marmorkuchen	449	1.879	40,164 g/100g	23,457 g/100g	29,968 g/100g	7,627 g/100g	4,463 g/100g	0,675 g/100g	3,30
4185	Mehrfrucht-Berliner	383	1.602	57,131 g/100g	31,724 g/100g	14,317 g/100g	4,800 g/100g	5,959 g/100g	0,836 g/100g	4,80
2226	Mehrkornbrot	221	924	33,404 g/100g	2,282 g/100g	5,012 g/100g	0,623 g/100g	7,654 g/100g	1,072 g/100g	2,80
4076	Mehrkornbrötchen	280	1.171	39,160 g/100g	1,656 g/100g	7,770 g/100g	1,054 g/100g	10,611 g/100g	1,275 g/100g	3,30
1056	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
4001	Milchhörchen	344	1.439	53,807 g/100g	10,277 g/100g	7,481 g/100g	3,598 g/100g	13,218 g/100g	1,623 g/100g	4,50
1223	Milchkaffee (L)	42	176	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,429 g/100g	2,282 g/100g		0,30
1130	Milchkaffee (M)	42	176	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,429 g/100g	2,282 g/100g		0,30
4019	Minibaguettebrötchen	241	1.010	48,781 g/100g	0,966 g/100g	0,914 g/100g	0,247 g/100g	7,446 g/100g	1,498 g/100g	4,10
4014	Mohnbrötchen	262	1.095	40,946 g/100g	1,492 g/100g	5,951 g/100g	0,783 g/100g	8,450 g/100g	1,220 g/100g	3,40
6030	Mohnkuchen	255	1.067	26,562 g/100g	15,231 g/100g	12,053 g/100g	2,594 g/100g	8,158 g/100g	0,253 g/100g	2,20
4059	Mohnschnecke	368	1.541	41,349 g/100g	19,241 g/100g	18,759 g/100g	7,032 g/100g	6,733 g/100g	0,322 g/100g	3,40
2248	Mohnzopf groß	303	1.270	46,055 g/100g	8,929 g/100g	8,572 g/100g	3,278 g/100g	8,331 g/100g	0,841 g/100g	3,80
2225	Mohnzopf klein	298	1.248	47,136 g/100g	9,069 g/100g	7,704 g/100g	3,236 g/100g	8,024 g/100g	0,860 g/100g	3,90
2138	Nussbrot	259	1.082	32,311 g/100g	2,430 g/100g	9,414 g/100g	0,999 g/100g	8,622 g/100g	0,206 g/100g	2,70
1416	Omelette	154	643	1,285 g/100g	0,231 g/100g	12,053 g/100g	0,505 g/100g	10,229 g/100g	0,010 g/100g	0,10
1205	Panini Salami	267	1.120	21,222 g/100g	1,249 g/100g	14,842 g/100g	8,908 g/100g	11,749 g/100g	1,457 g/100g	1,80
6166	Papageienkuchen	399	1.671	39,343 g/100g	24,783 g/100g	24,379 g/100g	3,040 g/100g	5,417 g/100g	0,643 g/100g	3,30
4295	Papageien-Muffin	347	1.452	42,707 g/100g	26,713 g/100g	17,635 g/100g	2,304 g/100g	4,078 g/100g	0,858 g/100g	3,60
4095	Partykranz	379	1.588	29,720 g/100g	10,967 g/100g	23,148 g/100g	7,468 g/100g	11,302 g/100g	0,585 g/100g	2,50
4094	Partying	258	1.081	42,241 g/100g	1,342 g/100g	5,224 g/100g	0,998 g/100g	8,482 g/100g	1,253 g/100g	3,50

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
1398	Pasta	356	1.489	72,000 g/100g	3,500 g/100g	1,000 g/100g	0,400 g/100g	12,000 g/100g	0,010 g/100g	6,00
1381	Pasta m. Bolognese	262	1.095	49,067 g/100g	4,058 g/100g	2,065 g/100g	0,877 g/100g	9,931 g/100g	0,325 g/100g	4,10
1382	Pasta m. Tomatensauce	252	1.053	50,367 g/100g	4,200 g/100g	0,933 g/100g	0,400 g/100g	8,433 g/100g	0,573 g/100g	4,20
1380	Pasta m.Käsesauce	277	1.158	48,738 g/100g	2,895 g/100g	3,858 g/100g	2,204 g/100g	10,047 g/100g	0,401 g/100g	4,10
1379	Pasta m.Käsesauce u.Filetstreifen	257	1.076	42,389 g/100g	2,610 g/100g	4,122 g/100g	2,286 g/100g	11,133 g/100g	0,486 g/100g	3,50
1378	Pasta mit Gulasch	265	1.110	49,297 g/100g	2,303 g/100g	2,115 g/100g	0,263 g/100g	10,442 g/100g	0,007 g/100g	4,10
4105	Persipanplunder	393	1.647	48,417 g/100g	22,825 g/100g	18,776 g/100g	7,439 g/100g	6,484 g/100g	0,496 g/100g	4,00
4112	Pfannkuchen glas. mit Pflaumenmus	279	1.170	51,386 g/100g	26,480 g/100g	5,120 g/100g	2,146 g/100g	5,606 g/100g	0,764 g/100g	4,30
4055	Pfannkuchen/Berliner	327	1.371	51,063 g/100g	26,148 g/100g	10,734 g/100g	2,968 g/100g	5,527 g/100g	0,747 g/100g	4,30
1289	Pizza-Snack Classico	285	1.192	28,900 g/100g	4,600 g/100g	13,400 g/100g	7,200 g/100g	10,600 g/100g	1,650 g/100g	2,40
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
1222	Premium Pizza Caprese	255	1.068	37,800 g/100g	4,400 g/100g	6,200 g/100g	3,700 g/100g	9,500 g/100g	1,770 g/100g	3,10
1278	Premium Pizza Salami	297	1.245	34,200 g/100g	2,800 g/100g	10,400 g/100g	5,400 g/100g	13,700 g/100g	2,430 g/100g	2,90
4061	Puddingschnecke	318	1.331	45,355 g/100g	21,437 g/100g	12,703 g/100g	6,094 g/100g	4,592 g/100g	0,420 g/100g	3,80
1021	Putenmax	198	827	18,654 g/100g	3,820 g/100g	9,572 g/100g	4,299 g/100g	8,191 g/100g	1,470 g/100g	1,60
1447	Putenmedaillon	103	432	10,514 g/100g	1,286 g/100g	3,570 g/100g	2,214 g/100g	7,154 g/100g	0,893 g/100g	0,90
4081	Quarkbällchen	312	1.308	35,893 g/100g	18,199 g/100g	15,351 g/100g	3,259 g/100g	7,271 g/100g	1,006 g/100g	3,00
4058	Quarkkamm	354	1.481	41,928 g/100g	17,459 g/100g	17,539 g/100g	7,284 g/100g	6,204 g/100g	0,507 g/100g	3,50
1011	Reis	150	629	33,200 g/100g	0,100 g/100g	0,400 g/100g	0,100 g/100g	2,900 g/100g	14,600 g/100g	2,80
6025	Rhabarberschnitte	210	880	32,019 g/100g	13,586 g/100g	7,362 g/100g	3,551 g/100g	2,823 g/100g	0,236 g/100g	2,70
1183	Rogg'n Egg	199	833	20,483 g/100g	2,053 g/100g	9,164 g/100g	1,579 g/100g	7,651 g/100g	1,042 g/100g	1,70
4002	Roggenbrötchen	218	913	41,617 g/100g	2,567 g/100g	1,177 g/100g	0,413 g/100g	7,764 g/100g	1,469 g/100g	3,50
2020	Roggenmischbrot	196	821	39,478 g/100g	2,582 g/100g	0,730 g/100g	0,108 g/100g	5,394 g/100g	1,233 g/100g	3,30
2223	Roggenmischbrot	195	815	38,977 g/100g	2,409 g/100g	0,733 g/100g	0,111 g/100g	5,473 g/100g	1,367 g/100g	3,20
6206	Rollenkeks	451	1.888	54,968 g/100g	29,607 g/100g	22,713 g/100g	12,544 g/100g	5,540 g/100g	0,122 g/100g	4,60
4083	Rosinenbrötchen	275	1.151	45,124 g/100g	13,397 g/100g	4,724 g/100g	2,117 g/100g	11,092 g/100g	1,399 g/100g	3,80
2016	Rübli Eck	233	974	28,881 g/100g	2,488 g/100g	8,412 g/100g	1,131 g/100g	8,093 g/100g	0,901 g/100g	2,40
1384	Rührei mit Schinken	210	881	0,800 g/100g	0,103 g/100g	16,927 g/100g	2,490 g/100g	14,180 g/100g	1,306 g/100g	0,10
1059	Salami-Stern	222	931	25,169 g/100g	1,384 g/100g	10,005 g/100g	2,993 g/100g	7,123 g/100g	1,321 g/100g	2,10
1005	Salatteller groß	36	151	4,617 g/100g	1,941 g/100g	1,233 g/100g	0,074 g/100g	1,275 g/100g	0,224 g/100g	0,40
6012	Sandzunge	450	1.885	51,528 g/100g	26,209 g/100g	25,113 g/100g	15,601 g/100g	3,873 g/100g	0,068 g/100g	4,30
1054	Sanfter Engel	114	478	17,206 g/100g	17,155 g/100g	4,277 g/100g	3,716 g/100g	1,577 g/100g	0,052 g/100g	1,40
1258	Schinkenmettwurstbrötchen	231	966	44,792 g/100g	1,231 g/100g	1,710 g/100g	0,372 g/100g	7,150 g/100g	1,376 g/100g	3,70
1101	Schinken-Stern	181	756	24,293 g/100g	1,198 g/100g	5,362 g/100g	0,725 g/100g	7,864 g/100g	1,488 g/100g	2,00
6083	Schmandkuchen traditionell	200	836	23,357 g/100g	11,861 g/100g	10,123 g/100g	6,027 g/100g	3,517 g/100g	0,294 g/100g	1,90
1368	Schokihammer	267	1.120	29,793 g/100g	24,724 g/100g	14,664 g/100g	11,628 g/100g	3,341 g/100g	0,240 g/100g	2,50
6546	Schokosahnetorte	274	1.149	24,000 g/100g	14,000 g/100g	18,000 g/100g	11,000 g/100g	4,400 g/100g	0,160 g/100g	2,00
4023	Schrippen	230	964	45,167 g/100g	1,358 g/100g	1,564 g/100g	0,282 g/100g	6,911 g/100g	1,299 g/100g	3,80
1227	Schwedisch gut	226	945	22,181 g/100g	18,470 g/100g	14,137 g/100g	10,240 g/100g	2,379 g/100g	0,197 g/100g	1,80
1094	Schweineschnitzel paniert	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
6039	Schweinsohren	462	1.936	47,458 g/100g	22,067 g/100g	27,856 g/100g	17,120 g/100g	5,157 g/100g	0,944 g/100g	4,00
4008	Sesambrötchen	272	1.141	40,908 g/100g	1,220 g/100g	7,152 g/100g	1,181 g/100g	8,901 g/100g	1,228 g/100g	3,40
1336	Snack des Monats*	314	1.313	26,075 g/100g	4,563 g/100g	19,433 g/100g	9,100 g/100g	8,282 g/100g	1,525 g/100g	2,20
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
1467	Spiegelei mit 2 Eier	205	857	0,923 g/100g		17,231 g/100g	1,000 g/100g	12,000 g/100g	0,019 g/100g	0,10
4104	Spritzkuchen	448	1.876	28,400 g/100g	14,900 g/100g	36,000 g/100g	14,600 g/100g	3,200 g/100g	0,330 g/100g	2,40
1523	Sternen Mehl Dinkel	356	1.489	67,000 g/100g	1,100 g/100g	1,600 g/100g	0,300 g/100g	15,600 g/100g	0,030 g/100g	5,60
1466	Sternen Mehl Roggen	334	1.400	67,200 g/100g	6,700 g/100g	1,300 g/100g	0,180 g/100g	8,300 g/100g	0,003 g/100g	5,60
1464	Sternen Mehl Weizen	352	1.473	72,000 g/100g	1,100 g/100g	1,100 g/100g	0,165 g/100g	10,600 g/100g	0,030 g/100g	6,00
1440	Sternenburger	207	868	15,290 g/100g	4,453 g/100g	11,962 g/100g	3,809 g/100g	9,021 g/100g	1,001 g/100g	1,30
1371	Strammer Max	244	1.020	11,221 g/100g	0,849 g/100g	16,699 g/100g	5,663 g/100g	11,944 g/100g	1,699 g/100g	0,90
1013	Strammes Mäxchen	172	719	19,080 g/100g	1,303 g/100g	6,330 g/100g	1,130 g/100g	8,837 g/100g	1,207 g/100g	1,60
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
4086	Streuselnschnecken	338	1.415	51,839 g/100g	24,766 g/100g	11,050 g/100g	5,978 g/100g	6,634 g/100g	0,792 g/100g	4,30
1397	Sülze	151	632	9,995 g/100g	2,877 g/100g	9,886 g/100g	2,296 g/100g	5,662 g/100g	0,867 g/100g	0,80
2250	Süßer Zopf groß	294	1.230	46,718 g/100g	8,918 g/100g	6,448 g/100g	3,108 g/100g	10,452 g/100g	1,272 g/100g	3,90
2249	Süßer Zopf klein	281	1.177	44,606 g/100g	8,516 g/100g	6,163 g/100g	2,970 g/100g	10,121 g/100g	1,233 g/100g	3,70
2354	Thüringer Mischbrot	209	874	41,259 g/100g	1,944 g/100g	1,219 g/100g	0,145 g/100g	5,902 g/100g	1,445 g/100g	3,40
2061	Unser Handgeschöpftes	190	797	37,896 g/100g	2,689 g/100g	0,747 g/100g	0,112 g/100g	5,519 g/100g	1,185 g/100g	3,20
2299	Urkruste	223	934	39,190 g/100g	1,858 g/100g	2,489 g/100g	0,372 g/100g	8,319 g/100g	1,297 g/100g	3,30
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
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
2017	Vollkornbrot	176	735	33,337 g/100g	0,717 g/100g	0,909 g/100g	0,142 g/100g	5,198 g/100g	1,427 g/100g	2,80
4012	Vollkornbrötchen	232	973	33,384 g/100g	1,671 g/100g	4,922 g/100g	0,603 g/100g	10,136 g/100g	1,592 g/100g	2,80
4283	Walnuss-Plunder	400	1.673	45,102 g/100g	18,772 g/100g	20,895 g/100g	6,651 g/100g	6,759 g/100g	0,474 g/100g	3,80
2221	Weißbrot	230	961	43,942 g/100g	1,586 g/100g	2,197 g/100g	1,030 g/100g	6,639 g/100g	1,239 g/100g	3,70
6109	Zitronen-Sahne-Schnitte	280	1.174	25,645 g/100g	17,402 g/100g	18,066 g/100g	11,489 g/100g	3,903 g/100g	0,273 g/100g	2,10
6044	Zupfkuchen traditionell	254	1.064	33,559 g/100g	17,697 g/100g	9,951 g/100g	4,707 g/100g	6,825 g/100g	0,327 g/100g	2,80
4051	Zwetschgendatschi	255	1.069	39,940 g/100g	20,410 g/100g	9,009 g/100g	4,336 g/100g	2,972 g/100g	0,249 g/100g	3,30
2072	Zwiebelbrot	222	928	39,431 g/100g	2,446 g/100g	3,600 g/100g	1,515 g/100g	5,638 g/100g	1,234 g/100g	3,30