



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. Broteinheiten
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	1.085	20,361 g/100g	0,609 g/100g	14,145 g/100g	5,871 g/100g	12,215 g/100g	2,028 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	235	986	45,424 g/100g	2,714 g/100g	1,056 g/100g	0,200 g/100g	7,953 g/100g	1,544 g/100g	3,80
4282	1766er Brötchen	239	1.001	38,198 g/100g	1,362 g/100g	4,426 g/100g	0,763 g/100g	9,200 g/100g	1,382 g/100g	3,20
6585	Aktions-Donut	463	1.940	48,400 g/100g	19,700 g/100g	27,700 g/100g	15,300 g/100g	4,600 g/100g	0,579 g/100g	4,00
6009	Amerikaner	260	1.087	50,591 g/100g	31,125 g/100g	4,321 g/100g	0,524 g/100g	3,473 g/100g	1,409 g/100g	4,20
4063	Apfeltasche	308	1.289	31,169 g/100g	7,918 g/100g	18,216 g/100g	8,678 g/100g	4,048 g/100g	0,612 g/100g	2,60
2001	Baguette	213	892	41,720 g/100g	0,441 g/100g	0,811 g/100g	0,222 g/100g	7,739 g/100g	1,313 g/100g	3,50
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	867	37,962 g/100g	2,422 g/100g	1,568 g/100g	0,580 g/100g	7,718 g/100g	1,259 g/100g	3,20
6008	Bienenstich	228	956	32,454 g/100g	12,388 g/100g	8,384 g/100g	2,730 g/100g	4,718 g/100g	0,389 g/100g	2,70
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
1114	Bockwurst mit Brötchen	245	1.025	17,095 g/100g	0,929 g/100g	15,246 g/100g	7,354 g/100g	9,506 g/100g	2,003 g/100g	1,40
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	961	19,602 g/100g	1,454 g/100g	12,626 g/100g	3,407 g/100g	8,984 g/100g	1,332 g/100g	1,60
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	9,976 g/100g	2,540 g/100g	14,728 g/100g	3,734 g/100g	8,141 g/100g	1,973 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. 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
6592	Butterkekse Heidesand	414	1.734	60,465 g/100g	31,354 g/100g	16,621 g/100g	9,948 g/100g	4,693 g/100g	0,335 g/100g	5,00
6601	Butterkekse schwarz/weiß	431	1.803	57,828 g/100g	24,994 g/100g	19,072 g/100g	11,419 g/100g	5,665 g/100g	0,376 g/100g	4,80
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	895	40,045 g/100g	0,933 g/100g	1,284 g/100g	0,219 g/100g	8,460 g/100g	1,377 g/100g	3,30
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
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	6,850 g/100g	0,910 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	230	964	43,919 g/100g	0,811 g/100g	1,489 g/100g	0,278 g/100g	8,182 g/100g	1,342 g/100g	3,70
1532	Doppeltes Lottchen	210	879	23,498 g/100g	1,111 g/100g	8,703 g/100g	1,537 g/100g	8,504 g/100g	0,980 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
6006	Eierschecke traditionell	204	854	25,768 g/100g	14,818 g/100g	8,561 g/100g	4,109 g/100g	5,624 g/100g	0,281 g/100g	2,10
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
6255	Erdbeer-Eiche	235	984	28,927 g/100g	18,802 g/100g	11,741 g/100g	6,938 g/100g	2,868 g/100g	0,231 g/100g	2,40
4092	Erdbeerfruchtplunder	191	801	25,122 g/100g	10,681 g/100g	8,119 g/100g	3,593 g/100g	3,517 g/100g	0,351 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	32,068 g/100g	24,377 g/100g	6,318 g/100g	0,791 g/100g	1,774 g/100g	1,280 g/100g	2,70
6069	Erdbeersahneschnitte	242	1.013	24,292 g/100g	17,418 g/100g	14,530 g/100g	9,258 g/100g	3,350 g/100g	0,185 g/100g	2,00
6617	Erdbeerzauber	192	806	23,942 g/100g	16,292 g/100g	9,804 g/100g	3,861 g/100g	1,959 g/100g	0,281 g/100g	2,00
2349	Erfurter Roggenkracher	218	913	43,366 g/100g	2,701 g/100g	0,813 g/100g	0,122 g/100g	6,472 g/100g	1,367 g/100g	3,60
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	685	15,669 g/100g	1,225 g/100g	6,303 g/100g	0,137 g/100g	10,292 g/100g	0,432 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	38,838 g/100g	29,185 g/100g	24,224 g/100g	9,386 g/100g	2,738 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	251	1.052	38,258 g/100g	21,204 g/100g	9,034 g/100g	4,918 g/100g	3,170 g/100g	0,244 g/100g	3,20
6368	Fruchttorteleetis	169	708	27,701 g/100g	14,659 g/100g	5,127 g/100g	3,575 g/100g	2,082 g/100g	0,144 g/100g	2,30
2145	Frühlingstriezel	298	1.249	41,575 g/100g	20,815 g/100g	11,464 g/100g	8,356 g/100g	6,486 g/100g	1,555 g/100g	3,50
1004	Frühstück deftig	158	662	15,316 g/100g	2,233 g/100g	7,748 g/100g	4,532 g/100g	6,337 g/100g	0,655 g/100g	1,30
1327	Frühstück Fitness	168	703	11,959 g/100g	2,133 g/100g	10,080 g/100g	4,601 g/100g	7,107 g/100g	0,309 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	556	17,285 g/100g	6,801 g/100g	5,553 g/100g	3,083 g/100g	3,001 g/100g	0,456 g/100g	1,40
1058	Frühstück Hallo Wach	111	466	13,384 g/100g	4,069 g/100g	4,556 g/100g	2,288 g/100g	3,797 g/100g	0,415 g/100g	1,10
1324	Frühstück Mediterran	166	694	16,263 g/100g	3,608 g/100g	7,903 g/100g	4,082 g/100g	6,922 g/100g	0,252 g/100g	1,40
1325	Frühstück Rustikal	164	688	12,603 g/100g	1,928 g/100g	9,331 g/100g	4,270 g/100g	7,181 g/100g	0,886 g/100g	1,10
1276	Frühstück Schlemmer	152	638	13,703 g/100g	5,719 g/100g	8,126 g/100g	3,874 g/100g	5,854 g/100g	0,556 g/100g	1,10
1003	Frühstück schnell	153	639	16,282 g/100g	2,812 g/100g	7,553 g/100g	4,522 g/100g	4,445 g/100g	0,490 g/100g	1,40
1328	Frühstück Sternenbäck Spezial	110	459	10,787 g/100g	3,960 g/100g	5,251 g/100g	2,337 g/100g	4,548 g/100g	0,211 g/100g	0,90
1002	Frühstück süß	165	689	20,007 g/100g	8,896 g/100g	7,566 g/100g	3,640 g/100g	3,648 g/100g	0,139 g/100g	1,70
1326	Frühstücksteller	139	582	9,904 g/100g	2,594 g/100g	8,220 g/100g	4,842 g/100g	6,021 g/100g	0,570 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	369	1.544	35,169 g/100g	24,722 g/100g	23,479 g/100g	13,356 g/100g	4,396 g/100g	0,369 g/100g	2,90
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
4293	Goldweck	227	952	42,678 g/100g	0,718 g/100g	1,959 g/100g	0,321 g/100g	7,711 g/100g	1,482 g/100g	3,60
1057	Gouda-Stern	232	972	23,485 g/100g	1,011 g/100g	10,839 g/100g	4,630 g/100g	9,394 g/100g	1,367 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
6042	Granatsplitter	386	1.618	35,162 g/100g	26,050 g/100g	25,093 g/100g	14,047 g/100g	4,414 g/100g	0,314 g/100g	2,90
1116	Grilled Chicken	194	811	21,154 g/100g	3,252 g/100g	7,006 g/100g	3,682 g/100g	10,620 g/100g	1,391 g/100g	1,80
4136	Grillkonfekt	244	1.022	41,209 g/100g	2,104 g/100g	4,164 g/100g	0,717 g/100g	6,967 g/100g	1,444 g/100g	3,40
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
6272	Hafer-Knusperkuchen	353	1.480	35,318 g/100g	18,774 g/100g	20,100 g/100g	3,586 g/100g	6,766 g/100g	0,493 g/100g	2,90
1236	Hamburger Schnitzel	246	1.029	15,438 g/100g	0,891 g/100g	15,104 g/100g	4,319 g/100g	11,739 g/100g	0,822 g/100g	1,30
4036	Handbrot des Monats	238	995	15,815 g/100g	1,607 g/100g	15,208 g/100g	7,031 g/100g	8,848 g/100g	1,228 g/100g	1,30
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	Hühnerfrikassee	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	258	1.081	20,053 g/100g	1,355 g/100g	14,754 g/100g	7,103 g/100g	10,470 g/100g	1,967 g/100g	1,70
1112	Italiano	211	884	16,823 g/100g	1,894 g/100g	11,528 g/100g	6,668 g/100g	9,532 g/100g	0,965 g/100g	1,40
4236	Jogging Schleife	241	1.011	37,240 g/100g	2,365 g/100g	4,881 g/100g	0,613 g/100g	9,265 g/100g	1,265 g/100g	3,10
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
4016	Kaiserbrötchen	230	964	43,919 g/100g	0,811 g/100g	1,489 g/100g	0,278 g/100g	8,182 g/100g	1,342 g/100g	3,70
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	200	839	39,272 g/100g	0,770 g/100g	0,651 g/100g	0,099 g/100g	7,127 g/100g	1,305 g/100g	3,30
4097	Kartoffelbrötchen	240	1.006	44,949 g/100g	1,791 g/100g	1,616 g/100g	0,266 g/100g	8,844 g/100g	1,692 g/100g	3,70
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	272	1.141	28,453 g/100g	0,560 g/100g	11,199 g/100g	7,239 g/100g	13,412 g/100g	1,503 g/100g	2,40
1239	Käsebrötchen Spezial	275	1.152	24,818 g/100g	0,668 g/100g	13,071 g/100g	6,646 g/100g	13,513 g/100g	1,243 g/100g	2,10
6029	Käsekuchen	218	914	28,146 g/100g	19,190 g/100g	8,266 g/100g	4,701 g/100g	7,462 g/100g	0,311 g/100g	2,30
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	263	1.102	23,110 g/100g	0,530 g/100g	11,923 g/100g	7,079 g/100g	15,047 g/100g	2,169 g/100g	1,90
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
6453	Kirmeskuchen traditionell	274	1.146	33,666 g/100g	21,994 g/100g	12,735 g/100g	6,243 g/100g	5,738 g/100g	0,287 g/100g	2,80
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	331	1.388	44,294 g/100g	18,856 g/100g	14,397 g/100g	7,519 g/100g	5,000 g/100g	0,494 g/100g	3,70
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	294	1.232	44,728 g/100g	8,428 g/100g	6,409 g/100g	3,084 g/100g	12,491 g/100g	1,400 g/100g	3,70
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	1.188	39,265 g/100g	1,470 g/100g	6,930 g/100g	1,417 g/100g	12,598 g/100g	1,365 g/100g	3,30
1019	Kraftpaket	222	927	24,436 g/100g	1,364 g/100g	9,070 g/100g	1,123 g/100g	9,790 g/100g	1,310 g/100g	2,00
1255	Kraftpaket belegt mit Hähnchenschnitte	202	845	20,373 g/100g	1,247 g/100g	8,155 g/100g	1,820 g/100g	10,871 g/100g	1,002 g/100g	1,70
1189	Kraftprotz	226	945	18,180 g/100g	1,116 g/100g	12,534 g/100g	5,261 g/100g	9,551 g/100g	0,827 g/100g	1,50
4078	Kümmelbrötchen	215	900	39,517 g/100g	0,722 g/100g	2,004 g/100g	0,248 g/100g	7,852 g/100g	7,873 g/100g	3,30
4029	Kürbiskernbrötchen	278	1.164	34,896 g/100g	1,389 g/100g	9,331 g/100g	1,790 g/100g	11,528 g/100g	1,022 g/100g	2,90
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	258	1.080	41,565 g/100g	0,618 g/100g	6,623 g/100g	0,853 g/100g	6,247 g/100g	1,976 g/100g	3,50
1184	Laugenpeitsche belegt	239	1.000	20,918 g/100g	0,736 g/100g	12,379 g/100g	4,586 g/100g	10,340 g/100g	2,071 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	230	964	40,846 g/100g	0,945 g/100g	3,178 g/100g	1,448 g/100g	7,744 g/100g	3,277 g/100g	3,40
6072	Mandarinenschnitte	209	875	26,562 g/100g	18,478 g/100g	10,422 g/100g	3,665 g/100g	1,928 g/100g	0,314 g/100g	2,20
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	220	922	32,767 g/100g	2,104 g/100g	5,012 g/100g	0,625 g/100g	8,138 g/100g	1,065 g/100g	2,70
4076	Mehrkornbrötchen	291	1.218	37,212 g/100g	1,432 g/100g	9,225 g/100g	1,239 g/100g	11,820 g/100g	1,207 g/100g	3,10
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	Milchhörnchen	343	1.435	52,277 g/100g	9,849 g/100g	7,481 g/100g	3,601 g/100g	14,381 g/100g	1,607 g/100g	4,40
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	240	1.006	47,099 g/100g	0,495 g/100g	0,914 g/100g	0,250 g/100g	8,725 g/100g	1,479 g/100g	3,90
4014	Mohnbrötchen	261	1.092	39,566 g/100g	1,106 g/100g	5,951 g/100g	0,785 g/100g	9,499 g/100g	1,206 g/100g	3,30
6030	Mohnkuchen	255	1.069	26,254 g/100g	15,277 g/100g	12,166 g/100g	2,799 g/100g	8,339 g/100g	0,247 g/100g	2,20
4059	Mohnschnecke	373	1.561	40,437 g/100g	19,774 g/100g	19,471 g/100g	8,299 g/100g	7,204 g/100g	0,299 g/100g	3,40
2248	Mohnzopf groß	303	1.267	44,752 g/100g	8,564 g/100g	8,572 g/100g	3,280 g/100g	9,321 g/100g	0,827 g/100g	3,70
2225	Mohnzopf klein	297	1.245	45,798 g/100g	8,695 g/100g	7,704 g/100g	3,238 g/100g	9,041 g/100g	0,846 g/100g	3,80
2138	Nussbrot	258	1.081	31,823 g/100g	2,273 g/100g	9,414 g/100g	1,000 g/100g	9,000 g/100g	0,201 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
6393	Orangen-Sahnenschnitte	210	879	25,924 g/100g	18,247 g/100g	10,435 g/100g	6,446 g/100g	2,859 g/100g	0,222 g/100g	2,20
1205	Panini Salami	267	1.119	20,643 g/100g	1,086 g/100g	14,842 g/100g	8,909 g/100g	12,190 g/100g	1,450 g/100g	1,70
6166	Papageienkuchen	399	1.670	39,343 g/100g	24,783 g/100g	24,358 g/100g	3,019 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	17,621 g/100g	2,289 g/100g	4,078 g/100g	0,858 g/100g	3,60
4095	Partykranz	381	1.597	29,247 g/100g	11,184 g/100g	23,464 g/100g	8,029 g/100g	11,563 g/100g	0,574 g/100g	2,40
4094	Partyring	257	1.078	40,852 g/100g	0,954 g/100g	5,224 g/100g	1,000 g/100g	9,537 g/100g	1,238 g/100g	3,40
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

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
4112	Pfannkuchen glas. mit Pflaumenmus	276	1.155	49,193 g/100g	25,105 g/100g	5,274 g/100g	2,217 g/100g	6,419 g/100g	0,785 g/100g	4,10
4055	Pfannkuchen/Berliner	323	1.353	49,265 g/100g	25,971 g/100g	10,726 g/100g	2,968 g/100g	6,139 g/100g	0,743 g/100g	4,10
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
1526	Portionshefe	357	1.493	19,000 g/100g	14,000 g/100g	5,700 g/100g	0,900 g/100g	43,700 g/100g	0,300 g/100g	1,60
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	320	1.340	44,504 g/100g	21,576 g/100g	13,044 g/100g	6,702 g/100g	5,133 g/100g	0,405 g/100g	3,70
1021	Putenmax	197	826	18,253 g/100g	3,708 g/100g	9,572 g/100g	4,300 g/100g	8,495 g/100g	1,466 g/100g	1,50
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	15,349 g/100g	3,257 g/100g	7,271 g/100g	1,006 g/100g	3,00
4058	Quarkkamm	353	1.479	41,163 g/100g	17,245 g/100g	17,538 g/100g	7,284 g/100g	6,785 g/100g	0,499 g/100g	3,40
4187	Quarkteighase	332	1.390	38,788 g/100g	10,180 g/100g	15,255 g/100g	9,376 g/100g	9,002 g/100g	1,186 g/100g	3,20
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	214	898	31,332 g/100g	14,063 g/100g	7,966 g/100g	4,626 g/100g	3,158 g/100g	0,218 g/100g	2,60
1183	Rogg'n Egg	198	829	20,013 g/100g	1,954 g/100g	9,159 g/100g	1,578 g/100g	7,866 g/100g	1,033 g/100g	1,70
4002	Roggenbrötchen	216	904	40,640 g/100g	2,362 g/100g	1,168 g/100g	0,412 g/100g	8,212 g/100g	1,450 g/100g	3,40
2020	Roggenmischbrot	196	820	38,923 g/100g	2,426 g/100g	0,730 g/100g	0,109 g/100g	5,816 g/100g	1,227 g/100g	3,20
2223	Roggenmischbrot	194	814	38,401 g/100g	2,247 g/100g	0,733 g/100g	0,113 g/100g	5,911 g/100g	1,361 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	274	1.148	44,019 g/100g	13,096 g/100g	4,726 g/100g	2,124 g/100g	11,911 g/100g	1,388 g/100g	3,70
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	224	938	24,888 g/100g	1,205 g/100g	10,024 g/100g	2,998 g/100g	7,695 g/100g	1,000 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
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
6147	Schaum das Schaf	295	1.234	68,850 g/100g	68,133 g/100g	0,156 g/100g	0,055 g/100g	3,304 g/100g	0,118 g/100g	5,70
1258	Schinkenmettwurstbrötchen	230	962	43,266 g/100g	0,803 g/100g	1,709 g/100g	0,374 g/100g	8,311 g/100g	1,359 g/100g	3,60
1101	Schinken-Stern	182	763	24,021 g/100g	1,025 g/100g	5,380 g/100g	0,730 g/100g	8,416 g/100g	1,495 g/100g	2,00
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	229	960	43,676 g/100g	0,941 g/100g	1,564 g/100g	0,284 g/100g	8,044 g/100g	1,283 g/100g	3,60
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	1.138	39,517 g/100g	0,830 g/100g	7,152 g/100g	1,183 g/100g	9,958 g/100g	1,213 g/100g	3,30
1336	Snack des Monats*	257	1.075	13,567 g/100g	2,155 g/100g	18,646 g/100g	8,312 g/100g	8,672 g/100g	1,315 g/100g	1,10
1424	Soljanka	63	265	5,100 g/100g	4,400 g/100g	3,000 g/100g	1,300 g/100g	2,800 g/100g	0,000 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	351	1.467	69,500 g/100g	0,400 g/100g	1,100 g/100g	0,170 g/100g	12,500 g/100g	0,003 g/100g	5,80
1440	Sternenburger	208	872	15,276 g/100g	4,439 g/100g	12,107 g/100g	3,850 g/100g	8,964 g/100g	1,050 g/100g	1,30
1371	Strammer Max	244	1.020	11,071 g/100g	0,807 g/100g	16,699 g/100g	5,663 g/100g	12,058 g/100g	1,697 g/100g	0,90
1013	Strammes Mäxchen	171	717	18,475 g/100g	1,133 g/100g	6,330 g/100g	1,131 g/100g	9,296 g/100g	1,200 g/100g	1,50
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
6047	Streuselkuchen gefüllt	243	1.015	37,308 g/100g	17,248 g/100g	8,628 g/100g	5,074 g/100g	3,177 g/100g	0,296 g/100g	3,10
4086	Streuselschnecke	342	1.433	50,926 g/100g	25,225 g/100g	11,696 g/100g	7,126 g/100g	7,127 g/100g	0,770 g/100g	4,20
1397	Sülze mit Bratkartoffeln	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	293	1.227	45,389 g/100g	8,546 g/100g	6,448 g/100g	3,111 g/100g	11,462 g/100g	1,257 g/100g	3,80
2249	Süßer Zopf klein	280	1.174	43,337 g/100g	8,161 g/100g	6,163 g/100g	2,972 g/100g	11,085 g/100g	1,220 g/100g	3,60
2354	Thüringer Mischbrot	208	872	40,362 g/100g	1,692 g/100g	1,218 g/100g	0,146 g/100g	6,584 g/100g	1,435 g/100g	3,40
2061	Unser Handgeschöpftes	189	791	37,580 g/100g	2,552 g/100g	0,719 g/100g	0,108 g/100g	5,510 g/100g	1,185 g/100g	3,10
2299	Urkruste	223	933	39,019 g/100g	1,801 g/100g	2,489 g/100g	0,372 g/100g	8,452 g/100g	1,295 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	179	748	33,186 g/100g	0,817 g/100g	1,005 g/100g	0,125 g/100g	5,445 g/100g	1,251 g/100g	2,80
4012	Vollkornbrötchen	233	976	32,664 g/100g	1,557 g/100g	4,939 g/100g	0,621 g/100g	10,873 g/100g	1,587 g/100g	2,70
4283	Walnuss-Plunder	399	1.671	44,302 g/100g	18,548 g/100g	20,895 g/100g	6,652 g/100g	7,367 g/100g	0,465 g/100g	3,70
2221	Weißbrot	229	958	42,543 g/100g	1,195 g/100g	2,197 g/100g	1,033 g/100g	7,702 g/100g	1,224 g/100g	3,50
6065	Wochenendkuchen	208	872	31,206 g/100g	20,201 g/100g	5,974 g/100g	2,692 g/100g	6,754 g/100g	0,323 g/100g	2,60
6044	Zupfkuchen traditionell	256	1.073	33,200 g/100g	17,649 g/100g	10,146 g/100g	5,823 g/100g	7,210 g/100g	0,303 g/100g	2,80
2072	Zwiebelbrot	221	926	38,708 g/100g	2,243 g/100g	3,600 g/100g	1,516 g/100g	6,188 g/100g	1,226 g/100g	3,20