



# 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
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
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
1004	Frühstück deftig	160	669	15,846 g/100g	2,474 g/100g	7,831 g/100g	4,597 g/100g	6,098 g/100g	0,244 g/100g	1,30
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
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
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
1013	Strammes Mäxchen	174	728	19,547 g/100g	1,312 g/100g	6,344 g/100g	1,132 g/100g	8,893 g/100g	1,221 g/100g	1,60
1019	Kraftpaket	224	939	25,554 g/100g	1,550 g/100g	9,084 g/100g	1,125 g/100g	9,370 g/100g	1,331 g/100g	2,10
1021	Putenmax	203	850	20,311 g/100g	3,219 g/100g	8,622 g/100g	1,344 g/100g	9,590 g/100g	1,616 g/100g	1,70
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
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 (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
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
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	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
1055	Chocolocate 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	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	231	966	23,815 g/100g	1,118 g/100g	10,825 g/100g	4,629 g/100g	8,794 g/100g	1,357 g/100g	2,00
1058	Frühstück Hallo Wach	112	470	13,742 g/100g	4,232 g/100g	4,612 g/100g	2,367 g/100g	3,607 g/100g	0,144 g/100g	1,10
1059	Salami-Stern	224	937	25,235 g/100g	1,318 g/100g	10,008 g/100g	2,609 g/100g	7,386 g/100g	1,237 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	Ciocololata 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	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
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	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
1068	Kleiner Eispaß	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
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
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	Honest Bio Tee/Limo	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
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
1092	Boulettenbrötchen	231	968	20,340 g/100g	1,591 g/100g	12,632 g/100g	3,407 g/100g	8,670 g/100g	1,342 g/100g	1,70
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
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	262	1.095	21,326 g/100g	0,770 g/100g	14,157 g/100g	5,872 g/100g	11,852 g/100g	2,047 g/100g	1,80
1101	Schinken-Stern	181	757	24,356 g/100g	1,134 g/100g	5,366 g/100g	0,729 g/100g	7,807 g/100g	1,484 g/100g	2,00
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
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
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	247	1.036	18,125 g/100g	1,101 g/100g	15,259 g/100g	7,356 g/100g	9,118 g/100g	2,023 g/100g	1,50
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
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
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
1163	Pizzastick	187	782	25,324 g/100g	3,825 g/100g	5,758 g/100g	3,083 g/100g	7,434 g/100g	1,528 g/100g	2,10
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
1183	Rogg'n Egg	198	831	20,264 g/100g	1,979 g/100g	9,145 g/100g	1,540 g/100g	7,841 g/100g	1,093 g/100g	1,70
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
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
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
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
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
1200	Eierlikör Speiseeis	163	683	27,403 g/100g	16,782 g/100g	5,440 g/100g	3,506 g/100g	0,802 g/100g	0,040 g/100g	2,30
1205	Panini Salami	268	1.121	21,256 g/100g	1,198 g/100g	14,839 g/100g	8,551 g/100g	11,735 g/100g	1,376 g/100g	1,80
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	238	995	22,322 g/100g	1,113 g/100g	11,094 g/100g	7,106 g/100g	11,352 g/100g	1,522 g/100g	1,90
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
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
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
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
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
1236	Hamburger Schnitzel	246	1.031	15,654 g/100g	0,888 g/100g	15,105 g/100g	4,320 g/100g	11,696 g/100g	0,826 g/100g	1,30
1239	Käsebrötchen Spezial	279	1.167	26,285 g/100g	0,912 g/100g	13,090 g/100g	6,648 g/100g	12,961 g/100g	1,271 g/100g	2,20
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
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	236	990	45,972 g/100g	1,254 g/100g	1,744 g/100g	0,378 g/100g	7,293 g/100g	1,411 g/100g	3,80
1259	Brotzeit	205	860	10,171 g/100g	2,566 g/100g	14,730 g/100g	3,737 g/100g	8,048 g/100g	1,976 g/100g	0,80
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
1276	Frühstück Schlemmer	153	642	14,008 g/100g	5,858 g/100g	8,174 g/100g	3,912 g/100g	5,716 g/100g	0,319 g/100g	1,20
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
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
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
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
1303	Schülerbrötchen mit Salami	223	933	22,747 g/100g	1,560 g/100g	11,299 g/100g	2,679 g/100g	6,891 g/100g	1,050 g/100g	1,90

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Proteinheiten
1304	Schülerbrötchen mit Salami und Käse	223	934	22,683 g/100g	1,496 g/100g	11,229 g/100g	3,200 g/100g	7,173 g/100g	1,092 g/100g	1,90
1305	Schülerbrötchen mit Käse	223	935	22,620 g/100g	1,433 g/100g	11,158 g/100g	3,721 g/100g	7,454 g/100g	1,134 g/100g	1,90
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	167	700	13,028 g/100g	2,121 g/100g	9,548 g/100g	4,373 g/100g	7,073 g/100g	0,573 g/100g	1,10
1326	Frühstücksteller	140	585	10,068 g/100g	2,592 g/100g	8,221 g/100g	4,737 g/100g	6,076 g/100g	0,550 g/100g	0,80
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
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
1336	Snack des Monats*	211	883	17,281 g/100g	1,977 g/100g	11,526 g/100g	6,669 g/100g	8,968 g/100g	0,966 g/100g	1,40
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
1349	Quarkbällchen-Erdbeerspieß	177	742	22,886 g/100g	8,666 g/100g	7,093 g/100g	1,664 g/100g	5,095 g/100g	0,658 g/100g	1,90
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	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
1371	Strammer Max	248	1.038	11,460 g/100g	0,967 g/100g	16,699 g/100g	5,638 g/100g	12,826 g/100g	1,837 g/100g	1,00
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
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
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
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
1384	Rührei mit Schinken	214	897	0,955 g/100g	0,258 g/100g	16,927 g/100g	2,465 g/100g	14,954 g/100g	1,436 g/100g	0,10
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
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	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
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
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
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
1403	Fladenbrot Klassik	192	804	24,541 g/100g	2,062 g/100g	7,204 g/100g	1,832 g/100g	6,447 g/100g	1,224 g/100g	2,00
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
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
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
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 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
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
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
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
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
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
1454	Käsebrezel Spezial	265	1.111	28,771 g/100g	1,052 g/100g	11,247 g/100g	5,797 g/100g	11,182 g/100g	1,355 g/100g	2,40
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
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
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
1466	Sternen Mehl Roggen	338	1.415	67,800 g/100g	6,200 g/100g	1,300 g/100g	0,200 g/100g	9,000 g/100g	0,030 g/100g	5,70
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
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
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
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
2001	Baguette	219	916	44,227 g/100g	0,884 g/100g	0,833 g/100g	0,224 g/100g	6,786 g/100g	1,365 g/100g	3,70
2006	Bauernstange	209	876	38,891 g/100g	2,215 g/100g	1,560 g/100g	0,584 g/100g	7,569 g/100g	1,273 g/100g	3,20
2013	Kartoffelbrot	210	880	42,138 g/100g	0,981 g/100g	0,684 g/100g	0,107 g/100g	6,682 g/100g	1,353 g/100g	3,50
2020	Roggenmischbrot	198	828	39,760 g/100g	2,415 g/100g	0,732 g/100g	0,115 g/100g	5,645 g/100g	1,242 g/100g	3,30
2061	Unser Handgeschöpftes	192	804	38,178 g/100g	2,518 g/100g	0,748 g/100g	0,119 g/100g	5,777 g/100g	1,194 g/100g	3,20
2062	Bäcker Eck	228	953	39,161 g/100g	2,514 g/100g	3,489 g/100g	0,459 g/100g	7,132 g/100g	0,945 g/100g	3,30
2138	Nussbrot	263	1.100	32,726 g/100g	2,372 g/100g	9,565 g/100g	1,025 g/100g	8,919 g/100g	0,226 g/100g	2,70
2221	Weißbrot	227	951	43,564 g/100g	1,540 g/100g	2,170 g/100g	1,020 g/100g	6,533 g/100g	1,214 g/100g	3,60
2222	100%er - Roggenbrot	216	905	42,973 g/100g	3,967 g/100g	0,855 g/100g	0,132 g/100g	6,052 g/100g	1,263 g/100g	3,60
2223	Roggenmischbrot	196	821	39,192 g/100g	2,253 g/100g	0,734 g/100g	0,118 g/100g	5,697 g/100g	1,376 g/100g	3,30
2225	Mohnzopf klein	246	1.028	45,297 g/100g	1,341 g/100g	2,837 g/100g	0,431 g/100g	7,570 g/100g	1,353 g/100g	3,80
2226	Mehrkornbrot	220	921	33,263 g/100g	2,190 g/100g	4,968 g/100g	0,613 g/100g	7,885 g/100g	1,085 g/100g	2,80
2248	Mohnzopf groß	252	1.056	44,263 g/100g	1,395 g/100g	3,827 g/100g	0,543 g/100g	7,888 g/100g	1,321 g/100g	3,70
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
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
2298	Dinkelvollkornbrot	209	874	30,224 g/100g	2,389 g/100g	5,141 g/100g	0,625 g/100g	7,480 g/100g	1,038 g/100g	2,50
2299	Urkruste	224	937	39,363 g/100g	1,724 g/100g	2,493 g/100g	0,378 g/100g	8,339 g/100g	1,296 g/100g	3,30
2322	Feta-Oliven-Baguette	223	934	34,465 g/100g	1,125 g/100g	5,709 g/100g	2,162 g/100g	7,053 g/100g	1,674 g/100g	2,90
2349	Erfurter Roggenkracher	220	922	44,298 g/100g	2,688 g/100g	0,814 g/100g	0,128 g/100g	6,282 g/100g	1,384 g/100g	3,70
2354	Thüringer Mischbrot	210	878	41,445 g/100g	1,835 g/100g	1,219 g/100g	0,149 g/100g	6,067 g/100g	1,451 g/100g	3,50
2368	1766er Brot	238	998	45,846 g/100g	2,813 g/100g	1,104 g/100g	0,208 g/100g	8,375 g/100g	1,553 g/100g	3,80
4000	Brezeln	230	962	42,027 g/100g	1,327 g/100g	3,157 g/100g	1,434 g/100g	6,599 g/100g	10,252 g/100g	3,50
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
4002	Roggenbrötchen	217	909	41,180 g/100g	2,398 g/100g	1,138 g/100g	0,333 g/100g	8,181 g/100g	1,576 g/100g	3,40
4005	Käsebrötchen	277	1.159	30,232 g/100g	0,856 g/100g	11,222 g/100g	7,241 g/100g	12,743 g/100g	1,538 g/100g	2,50
4008	Sesambrötchen	273	1.144	42,927 g/100g	1,159 g/100g	6,538 g/100g	1,054 g/100g	8,559 g/100g	1,254 g/100g	3,60
4010	Dinkelherz	246	1.030	36,647 g/100g	2,835 g/100g	4,844 g/100g	0,665 g/100g	11,535 g/100g	1,204 g/100g	3,10
4011	Laugenstange	261	1.092	47,725 g/100g	1,514 g/100g	3,586 g/100g	1,631 g/100g	7,501 g/100g	5,071 g/100g	4,00
4012	Vollkornbrötchen	242	1.011	34,663 g/100g	1,737 g/100g	5,136 g/100g	0,629 g/100g	10,549 g/100g	1,647 g/100g	2,90
4014	Mohnbrötchen	267	1.117	42,013 g/100g	1,513 g/100g	5,982 g/100g	0,788 g/100g	8,579 g/100g	1,253 g/100g	3,50
4015	Ciabattabrötchen	213	890	41,272 g/100g	1,155 g/100g	1,278 g/100g	0,222 g/100g	6,949 g/100g	1,378 g/100g	3,40

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäueren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
4016	Kaiserbrötchen	237	991	46,667 g/100g	1,269 g/100g	1,525 g/100g	0,282 g/100g	7,149 g/100g	1,395 g/100g	3,90
4019	Minibaguettebrötchen	243	1.018	49,140 g/100g	0,982 g/100g	0,926 g/100g	0,249 g/100g	7,540 g/100g	1,517 g/100g	4,10
4023	Schrippen	235	982	46,113 g/100g	1,393 g/100g	1,583 g/100g	0,285 g/100g	7,009 g/100g	1,313 g/100g	3,80
4029	Kürbiskernbrötchen	280	1.173	36,311 g/100g	1,635 g/100g	9,290 g/100g	1,743 g/100g	10,858 g/100g	1,049 g/100g	3,00
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
4033	Kornstange	282	1.181	40,454 g/100g	1,887 g/100g	6,587 g/100g	1,362 g/100g	11,868 g/100g	1,380 g/100g	3,40
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
4040	Limettenkamm	331	1.384	45,388 g/100g	24,278 g/100g	14,638 g/100g	8,379 g/100g	3,676 g/100g	0,458 g/100g	3,80
4055	Pfannkuchen/Berliner	325	1.361	50,687 g/100g	26,097 g/100g	10,669 g/100g	2,940 g/100g	5,456 g/100g	0,737 g/100g	4,20
4058	Quarktasche	354	1.481	41,928 g/100g	17,459 g/100g	17,539 g/100g	7,284 g/100g	6,204 g/100g	0,525 g/100g	3,50
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	0,338 g/100g	3,40
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	318	1.331	45,355 g/100g	21,437 g/100g	12,703 g/100g	6,094 g/100g	4,592 g/100g	0,442 g/100g	3,80
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
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
4076	Mehrkornbrötchen	273	1.143	38,508 g/100g	1,583 g/100g	7,498 g/100g	1,003 g/100g	10,274 g/100g	1,245 g/100g	3,20
4078	Kümmelbrötchen	221	924	41,964 g/100g	1,130 g/100g	2,036 g/100g	0,251 g/100g	6,933 g/100g	7,920 g/100g	3,50
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
4083	Rosinenbrötchen	284	1.188	46,963 g/100g	14,858 g/100g	4,782 g/100g	2,140 g/100g	11,235 g/100g	1,406 g/100g	3,90
4084	Semmelbrösel* 250g	237	991	46,667 g/100g	1,269 g/100g	1,525 g/100g	0,282 g/100g	7,149 g/100g	1,395 g/100g	3,90
4086	Streuselschnecken	338	1.415	51,839 g/100g	24,766 g/100g	11,050 g/100g	5,978 g/100g	6,634 g/100g	0,833 g/100g	4,30
4089	Käse-Schinken-Brötchen	269	1.128	24,664 g/100g	0,884 g/100g	11,941 g/100g	7,062 g/100g	15,078 g/100g	2,292 g/100g	2,10
4092	Erdbeerfruchtplunder	195	815	26,012 g/100g	10,869 g/100g	3,702 g/100g	3,702 g/100g	3,091 g/100g	0,368 g/100g	2,20
4094	Partyring	322	1.346	37,238 g/100g	14,415 g/100g	15,268 g/100g	7,393 g/100g	7,569 g/100g	0,670 g/100g	3,10
4095	Partykranz	378	1.582	30,036 g/100g	10,940 g/100g	22,932 g/100g	7,424 g/100g	11,144 g/100g	0,582 g/100g	2,50
4097	Kartoffelbrötchen	241	1.010	45,946 g/100g	2,163 g/100g	1,694 g/100g	0,341 g/100g	8,046 g/100g	1,698 g/100g	3,80
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
4105	Persipanplunder	393	1.647	48,417 g/100g	22,825 g/100g	18,776 g/100g	7,440 g/100g	6,484 g/100g	0,496 g/100g	4,00
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
4136	Grillkonfekt	235	986	39,311 g/100g	1,406 g/100g	3,986 g/100g	1,013 g/100g	8,280 g/100g	1,987 g/100g	3,30
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
4163	Handbrot Schinken-Käse	230	963	18,379 g/100g	1,574 g/100g	13,158 g/100g	7,639 g/100g	8,802 g/100g	1,247 g/100g	1,50
4166	Handbrot Salami-Käse	259	1.084	13,776 g/100g	1,835 g/100g	17,853 g/100g	9,693 g/100g	10,491 g/100g	1,098 g/100g	1,10
4178	Doppelbrötchen	237	991	46,667 g/100g	1,269 g/100g	1,525 g/100g	0,282 g/100g	7,149 g/100g	1,395 g/100g	3,90
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
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
4214	Kirschtzopf	280	1.173	48,325 g/100g	8,957 g/100g	5,678 g/100g	0,326 g/100g	7,283 g/100g	0,831 g/100g	4,00
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
4237	Laugenkastanien	243	1.016	40,401 g/100g	1,506 g/100g	4,835 g/100g	1,542 g/100g	7,341 g/100g	1,367 g/100g	3,40
4239	Aprikosenquarkbällchen	327	1.369	30,695 g/100g	18,137 g/100g	20,435 g/100g	3,676 g/100g	4,879 g/100g	0,655 g/100g	2,60
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
4282	1766er Brötchen	247	1.034	41,065 g/100g	1,399 g/100g	4,495 g/100g	0,643 g/100g	8,221 g/100g	1,477 g/100g	3,40
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	0,491 g/100g	3,80
4293	Goldweck	225	941	43,266 g/100g	0,908 g/100g	1,934 g/100g	0,320 g/100g	6,643 g/100g	1,463 g/100g	3,60
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
6004	Mailänder Herz	363	1.519	54,298 g/100g	46,976 g/100g	12,727 g/100g	2,439 g/100g	6,190 g/100g	0,185 g/100g	4,50
6006	Eierschnecke traditionell	220	919	26,962 g/100g	17,098 g/100g	9,940 g/100g	4,940 g/100g	5,293 g/100g	0,270 g/100g	2,20
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
6025	Rhabarberschnitte	210	878	31,864 g/100g	13,520 g/100g	7,377 g/100g	3,541 g/100g	2,825 g/100g	0,247 g/100g	2,70
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
6030	Mohnkuchen	261	1.093	27,204 g/100g	16,725 g/100g	12,843 g/100g	2,714 g/100g	7,819 g/100g	0,263 g/100g	2,30
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
6046	Apfelkuchen mit Decke	192	805	35,608 g/100g	23,179 g/100g	4,184 g/100g	1,965 g/100g	1,882 g/100g	0,282 g/100g	3,00
6072	Mandarinenschnitte	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
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
6082	Kirschkuchen traditionell	212	886	33,796 g/100g	16,147 g/100g	6,754 g/100g	3,214 g/100g	2,691 g/100g	0,254 g/100g	2,80
6083	Schmandkuchen traditionell	202	848	23,018 g/100g	12,559 g/100g	10,628 g/100g	6,271 g/100g	3,471 g/100g	0,292 g/100g	1,90
6088	Glücksmoment	391	1.636	31,419 g/100g	26,607 g/100g	28,406 g/100g	16,706 g/100g	2,962 g/100g	0,170 g/100g	2,60
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
6112	Regenbogentaler	427	1.787	75,169 g/100g	56,865 g/100g	12,154 g/100g	6,100 g/100g	3,039 g/100g	0,059 g/100g	6,30
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	0,661 g/100g	3,30
6167	Nougatcremiring	507	2.123	53,077 g/100g	27,518 g/100g	30,714 g/100g	16,078 g/100g	4,177 g/100g	0,060 g/100g	4,40
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
6188	Apfelkuchen traditionell	219	918	34,937 g/100g	15,936 g/100g	7,179 g/100g	3,464 g/100g	2,787 g/100g	0,273 g/100g	2,90
6255	Erdbeer-Eiche	247	1.034	30,666 g/100g	20,529 g/100g	12,363 g/100g	7,314 g/100g	2,793 g/100g	0,235 g/100g	2,60
6263	Dinkel-Sanddorn-Aprikose- Sahneschnitte	306	1.280	31,074 g/100g	21,419 g/100g	18,246 g/100g	7,617 g/100g	4,003 g/100g	0,222 g/100g	2,60
6393	Orangen-Sahneschnitte	215	900	27,074 g/100g	18,326 g/100g	10,359 g/100g	6,357 g/100g	3,078 g/100g	0,274 g/100g	2,30
6453	Kirmeskuchen traditionell	273	1.141	33,886 g/100g	21,880 g/100g	12,603 g/100g	5,983 g/100g	5,561 g/100g	0,299 g/100g	2,80
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
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
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
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
6592	Butterkekse Heidesand	414	1.732	61,072 g/100g	31,509 g/100g	16,590 g/100g	9,929 g/100g	4,152 g/100g	0,342 g/100g	5,10
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
6601	Butterkekse schwarz/weiß	431	1.803	58,561 g/100g	25,192 g/100g	19,054 g/100g	11,407 g/100g	5,062 g/100g	0,384 g/100g	4,90
6617	Erdbeerzauber	193	806	24,055 g/100g	16,326 g/100g	9,807 g/100g	3,864 g/100g	1,874 g/100g	0,282 g/100g	2,00