



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	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
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
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
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
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	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
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	Cioccolata 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 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
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
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	230	962	20,057 g/100g	1,577 g/100g	12,627 g/100g	3,406 g/100g	8,645 g/100g	1,337 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	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
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
1112	Italiano	211	885	17,235 g/100g	2,105 g/100g	11,524 g/100g	6,667 g/100g	9,235 g/100g	0,961 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	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
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	194	812	21,641 g/100g	3,501 g/100g	7,001 g/100g	3,681 g/100g	10,270 g/100g	1,385 g/100g	1,80
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
1138	Hüttengaudi	265	1.110	20,551 g/100g	1,490 g/100g	15,404 g/100g	7,492 g/100g	10,323 g/100g	2,082 g/100g	1,70
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	199	833	20,505 g/100g	2,034 g/100g	9,164 g/100g	1,580 g/100g	7,677 g/100g	1,043 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
1205	Panini Salami	269	1.125	21,195 g/100g	1,369 g/100g	14,836 g/100g	8,548 g/100g	12,092 g/100g	1,370 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
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	15,635 g/100g	0,886 g/100g	15,104 g/100g	4,320 g/100g	11,693 g/100g	0,826 g/100g	1,30

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
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
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
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
1259	Brotzeit	205	860	10,162 g/100g	2,565 g/100g	14,730 g/100g	3,737 g/100g	8,046 g/100g	1,976 g/100g	0,80
1267	Heißes Kakaotrunk (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
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	10,053 g/100g	2,591 g/100g	8,220 g/100g	4,737 g/100g	6,074 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*	230	962	20,057 g/100g	1,577 g/100g	12,627 g/100g	3,406 g/100g	8,645 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
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	11,440 g/100g	0,965 g/100g	16,699 g/100g	5,638 g/100g	12,823 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
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	Sojanka	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
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
1455	Heißes Kakaotrunk (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 Kakaotrunk 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
1493	Brezel Schnittlauch	269	1.127	31,339 g/100g	1,525 g/100g	13,164 g/100g	7,312 g/100g	5,551 g/100g	1,273 g/100g	2,60
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	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
2006	Bauernstange	209	873	38,717 g/100g	2,426 g/100g	1,568 g/100g	0,585 g/100g	7,502 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
2017	Volkkornbrot	176	736	33,349 g/100g	0,706 g/100g	0,909 g/100g	0,142 g/100g	5,213 g/100g	1,428 g/100g	2,80
2020	Roggenmischbrot	197	826	39,685 g/100g	2,409 g/100g	0,730 g/100g	0,115 g/100g	5,635 g/100g	1,242 g/100g	3,30
2061	Unser Handgeschöpftes	192	802	38,108 g/100g	2,512 g/100g	0,747 g/100g	0,119 g/100g	5,768 g/100g	1,194 g/100g	3,20
2072	Zwiebelbrot	223	933	39,478 g/100g	2,336 g/100g	3,607 g/100g	1,518 g/100g	6,006 g/100g	1,237 g/100g	3,30

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
2138	Nussbrot	259	1.085	32,437 g/100g	2,320 g/100g	9,416 g/100g	1,004 g/100g	8,706 g/100g	0,208 g/100g	2,70
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
2145	Quarkstollen	307	1.287	44,400 g/100g	21,985 g/100g	11,066 g/100g	4,249 g/100g	6,788 g/100g	0,785 g/100g	3,70
2203	Winterbrot	235	983	37,778 g/100g	9,175 g/100g	5,413 g/100g	0,653 g/100g	6,261 g/100g	0,944 g/100g	3,10
2208	Weihnachtsgebäck	453	1.898	56,000 g/100g	39,000 g/100g	23,000 g/100g	14,000 g/100g	5,600 g/100g	1,600 g/100g	4,70
2211	Mohnstollen	361	1.512	29,539 g/100g	13,803 g/100g	22,496 g/100g	9,379 g/100g	7,943 g/100g	0,432 g/100g	2,50
2221	Weißbrot	227	951	43,546 g/100g	1,539 g/100g	2,170 g/100g	1,020 g/100g	6,531 g/100g	1,214 g/100g	3,60
2222	100%er - Roggenbrot	215	902	42,848 g/100g	3,958 g/100g	0,853 g/100g	0,132 g/100g	6,034 g/100g	1,263 g/100g	3,60
2223	Roggenmischbrot	196	820	39,166 g/100g	2,252 g/100g	0,733 g/100g	0,118 g/100g	5,693 g/100g	1,376 g/100g	3,30
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
2226	Mehrkornbrot	220	920	33,204 g/100g	2,186 g/100g	4,967 g/100g	0,613 g/100g	7,877 g/100g	1,084 g/100g	2,80
2234	Mandelstollen	422	1.765	40,220 g/100g	15,380 g/100g	25,012 g/100g	11,475 g/100g	7,589 g/100g	0,528 g/100g	3,40
2235	Original Weihnachtsstollen ohne Dekor 1500g	365	1.529	45,466 g/100g	23,235 g/100g	16,940 g/100g	8,857 g/100g	5,950 g/100g	0,584 g/100g	3,80
2236	Original Weihnachtsstollen ohne Dekor 1000g	360	1.508	45,892 g/100g	23,453 g/100g	16,163 g/100g	8,354 g/100g	6,006 g/100g	0,590 g/100g	3,80
2237	Original Weihnachtsstollen mit Dekor 1500g	376	1.576	46,781 g/100g	25,706 g/100g	17,847 g/100g	9,513 g/100g	5,564 g/100g	0,546 g/100g	3,90
2238	Original Weihnachtsstollen mit Dekor 1000g	376	1.573	46,742 g/100g	25,606 g/100g	17,772 g/100g	9,462 g/100g	5,583 g/100g	0,548 g/100g	3,90
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
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
2299	Urkruste	224	936	39,337 g/100g	1,722 g/100g	2,492 g/100g	0,378 g/100g	8,335 g/100g	1,296 g/100g	3,30
2302	Original Weihnachtstollen mit Dekor 500g	376	1.573	46,734 g/100g	25,587 g/100g	17,758 g/100g	9,452 g/100g	5,587 g/100g	0,549 g/100g	3,90
2324	Original Weihnachtsstollen Scheiben	378	1.584	46,903 g/100g	26,408 g/100g	18,113 g/100g	9,709 g/100g	5,396 g/100g	0,527 g/100g	3,90
2325	Mandelstollen	429	1.797	40,644 g/100g	16,629 g/100g	25,858 g/100g	12,160 g/100g	7,280 g/100g	0,506 g/100g	3,40
2349	Erfurter Roggenkracher	220	920	44,214 g/100g	2,682 g/100g	0,813 g/100g	0,128 g/100g	6,270 g/100g	1,383 g/100g	3,70
2354	Thüringer Mischbrot	209	877	41,393 g/100g	1,831 g/100g	1,218 g/100g	0,149 g/100g	6,059 g/100g	1,451 g/100g	3,40
2368	1766er Brot	238	996	45,752 g/100g	2,806 g/100g	1,102 g/100g	0,208 g/100g	8,362 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	Milchhörnchen	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	218	914	41,682 g/100g	2,514 g/100g	1,177 g/100g	0,416 g/100g	7,839 g/100g	1,472 g/100g	3,50
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
4008	Sesambrotchen	268	1.122	41,852 g/100g	1,138 g/100g	6,506 g/100g	1,049 g/100g	8,429 g/100g	1,221 g/100g	3,50
4010	Dinkelherz	257	1.075	36,640 g/100g	1,122 g/100g	6,649 g/100g	0,870 g/100g	10,427 g/100g	1,145 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	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
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
4015	Ciabattabrötchen	214	897	41,151 g/100g	1,497 g/100g	1,273 g/100g	0,217 g/100g	7,665 g/100g	1,365 g/100g	3,40
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
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
4023	Schrippen	230	964	45,179 g/100g	1,348 g/100g	1,564 g/100g	0,282 g/100g	6,926 g/100g	1,300 g/100g	3,80
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
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	283	1.186	40,454 g/100g	1,714 g/100g	6,771 g/100g	1,382 g/100g	11,755 g/100g	1,374 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
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
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
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	0,531 g/100g	3,80
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. 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
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
4065	Fruchtplunder	257	1.075	40,223 g/100g	24,228 g/100g	9,081 g/100g	4,924 g/100g	2,676 g/100g	0,243 g/100g	3,40
4073	Reformationsbrötchen	322	1.349	50,042 g/100g	25,805 g/100g	10,878 g/100g	6,087 g/100g	4,483 g/100g	0,475 g/100g	4,20
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	1,240 g/100g	3,20
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
4083	Rosinenbrötchen	270	1.130	44,251 g/100g	13,138 g/100g	4,637 g/100g	2,078 g/100g	10,970 g/100g	1,387 g/100g	3,70
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	0,833 g/100g	4,30
4087	Stollenkonfekt	382	1.598	47,649 g/100g	28,172 g/100g	18,172 g/100g	9,742 g/100g	5,380 g/100g	0,488 g/100g	4,00

4089	Käse-Schinken-Brötchen	266	1.115	24,036 g/100g	0,871 g/100g	11,923 g/100g	7,059 g/100g	15,002 g/100g	2,273 g/100g	2,00
4092	Erdbeerfruchtplunder	192	802	25,566 g/100g	10,805 g/100g	8,119 g/100g	3,592 g/100g	3,179 g/100g	0,356 g/100g	2,10
4094	Partyring	258	1.078	42,373 g/100g	1,331 g/100g	5,134 g/100g	0,979 g/100g	8,415 g/100g	1,252 g/100g	3,50
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	1.008	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
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
4104	Spritzkuchen	152	637	24,361 g/100g	8,972 g/100g	3,696 g/100g	2,250 g/100g	4,333 g/100g	0,556 g/100g	2,00
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
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	236	990	39,270 g/100g	1,472 g/100g	4,038 g/100g	1,017 g/100g	8,490 g/100g	1,981 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	962	18,344 g/100g	1,571 g/100g	13,157 g/100g	7,639 g/100g	8,797 g/100g	1,247 g/100g	1,50
4166	Handbrot Salami-Käse	259	1.084	13,751 g/100g	1,833 g/100g	17,853 g/100g	9,693 g/100g	10,488 g/100g	1,098 g/100g	1,10
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
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	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
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
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	240	1.004	39,230 g/100g	1,642 g/100g	4,426 g/100g	0,761 g/100g	8,445 g/100g	1,394 g/100g	3,30
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	54,299 g/100g	46,977 g/100g	12,726 g/100g	2,437 g/100g	6,189 g/100g	0,184 g/100g	4,50
6006	Eierschecke 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
6009	Amerikaner	346	1.447	43,923 g/100g	25,746 g/100g	16,827 g/100g	12,175 g/100g	3,720 g/100g	1,378 g/100g	3,70
6010	Lebkuchenkonfekt	383	1.603	57,832 g/100g	45,412 g/100g	13,454 g/100g	6,439 g/100g	5,670 g/100g	0,220 g/100g	4,80
6021	Schwarzwälder Kirschschnitte	251	1.052	26,314 g/100g	19,763 g/100g	14,591 g/100g	9,286 g/100g	3,423 g/100g	0,252 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
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	260	1.090	26,610 g/100g	15,507 g/100g	12,619 g/100g	2,827 g/100g	8,228 g/100g	0,262 g/100g	2,20
6039	Schweinsohren	444	1.858	43,826 g/100g	16,070 g/100g	27,732 g/100g	15,353 g/100g	4,341 g/100g	0,774 g/100g	3,70
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
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
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
6063	Kleckselkuchen traditionell	238	997	32,200 g/100g	20,105 g/100g	8,828 g/100g	3,068 g/100g	6,271 g/100g	0,290 g/100g	2,70
6065	Wochenendkuchen	208	869	28,976 g/100g	20,157 g/100g	7,192 g/100g	4,053 g/100g	6,275 g/100g	0,287 g/100g	2,40
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
6076	Bratpfelkuchen traditionell	230	963	30,171 g/100g	19,132 g/100g	10,657 g/100g	1,429 g/100g	2,692 g/100g	0,191 g/100g	2,50
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
6101	Baumkuchen	488	2.042	48,000 g/100g	34,000 g/100g	30,000 g/100g	20,000 g/100g	6,800 g/100g	0,280 g/100g	4,00
6108	Marmorkuchen	447	1.870	42,020 g/100g	24,317 g/100g	28,909 g/100g	7,528 g/100g	4,402 g/100g	0,703 g/100g	3,50
6122	Knusperstreuselkuchen traditionell	267	1.119	36,853 g/100g	18,235 g/100g	11,719 g/100g	5,856 g/100g	2,886 g/100g	0,325 g/100g	3,10
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
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
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
6404	Sternentaler	410	1.717	42,380 g/100g	36,823 g/100g	22,011 g/100g	7,307 g/100g	8,793 g/100g	0,089 g/100g	3,50
6427	Marzipan-Mohnsahneschnitte	295	1.236	24,131 g/100g	17,691 g/100g	20,207 g/100g	9,687 g/100g	4,179 g/100g	0,246 g/100g	2,00
6496	Stachelbeer-Streuselschnitte	195	814	30,809 g/100g	10,780 g/100g	6,249 g/100g	3,009 g/100g	2,672 g/100g	0,261 g/100g	2,60
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
6530	Stollenschnitte	225	940	31,464 g/100g	16,614 g/100g	8,130 g/100g	3,354 g/100g	5,106 g/100g	0,856 g/100g	2,60
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
6555	Spekulatius-Eiche	323	1.353	36,356 g/100g	19,578 g/100g	17,482 g/100g	10,068 g/100g	4,930 g/100g	0,509 g/100g	3,00
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
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	1.805	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
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