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

Stand: 07.05.2021

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäueren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
2213	1/4 Schwabenlaib	221	927	40,766 g/100g	1,261 g/100g	2,629 g/100g	0,277 g/100g	6,602 g/100g	1,503 g/100g	3,40
4282	1766er Brötchen	263	1.102	43,707 g/100g	1,929 g/100g	4,859 g/100g	0,768 g/100g	8,515 g/100g	1,516 g/100g	3,60
6009	Amerikaner	323	1.352	55,210 g/100g	32,135 g/100g	8,708 g/100g	2,434 g/100g	4,534 g/100g	1,278 g/100g	4,60
4309	Ananas-Mandarinen-Schmand-Streusel	295	1.237	43,660 g/100g	22,009 g/100g	10,610 g/100g	6,637 g/100g	5,395 g/100g	0,625 g/100g	3,60
6416	Apfelkuchen Vegan	168	704	28,100 g/100g	17,200 g/100g	5,000 g/100g	2,100 g/100g	1,500 g/100g	0,100 g/100g	2,30
4063	Apfeltasche	324	1.355	38,692 g/100g	18,711 g/100g	16,796 g/100g	6,974 g/100g	3,544 g/100g	0,518 g/100g	3,20
2025	Bäckerroggen	215	901	42,081 g/100g	2,371 g/100g	0,983 g/100g	0,161 g/100g	6,861 g/100g	1,337 g/100g	3,50
2041	Bauernbrot Schweizer Art	218	914	44,006 g/100g	1,746 g/100g	0,804 g/100g	0,141 g/100g	6,531 g/100g	1,358 g/100g	3,70
4265	Bauern-Brotzeit	172	721	16,858 g/100g	2,361 g/100g	6,834 g/100g	3,344 g/100g	9,948 g/100g	1,496 g/100g	1,40
4055	Berliner mit Fruchtfüllung	321	1.344	48,999 g/100g	19,111 g/100g	10,603 g/100g	4,145 g/100g	5,785 g/100g	0,175 g/100g	4,10
6398	Blätterteig-Käsegebäck	398	1.666	10,630 g/100g	0,175 g/100g	30,979 g/100g	20,651 g/100g	19,672 g/100g	4,279 g/100g	0,90
6628	Bobbes	457	1.912	53,646 g/100g	25,209 g/100g	23,523 g/100g	4,219 g/100g	6,687 g/100g	0,114 g/100g	4,50
1338	Bratkartoffeln	112	470	13,668 g/100g	0,486 g/100g	5,568 g/100g	2,682 g/100g	1,845 g/100g	0,273 g/100g	1,10
1533	Brezel Black Pepper	338	1.416	47,869 g/100g	1,612 g/100g	12,356 g/100g	1,604 g/100g	7,407 g/100g	2,444 g/100g	4,00
1535	Brezel Cheese&Onion	337	1.410	47,939 g/100g	1,562 g/100g	11,996 g/100g	1,814 g/100g	7,777 g/100g	2,492 g/100g	4,00
1494	Brezel Gouda	284	1.191	29,194 g/100g	2,247 g/100g	13,540 g/100g	8,068 g/100g	11,306 g/100g	1,420 g/100g	2,40
1534	Brezel Pizza	334	1.398	48,279 g/100g	1,872 g/100g	11,636 g/100g	1,614 g/100g	7,517 g/100g	2,646 g/100g	4,00
1498	Brezel Salami	280	1.174	31,206 g/100g	2,575 g/100g	13,037 g/100g	6,560 g/100g	9,425 g/100g	1,328 g/100g	2,60
1493	Brezel Schnittlauch	275	1.153	40,334 g/100g	3,608 g/100g	8,637 g/100g	4,507 g/100g	8,607 g/100g	1,483 g/100g	3,40
4000	Brezeln	342	1.432	64,319 g/100g	4,603 g/100g	3,776 g/100g	0,590 g/100g	11,684 g/100g	5,857 g/100g	5,40
4116	Brioche	329	1.377	53,262 g/100g	11,579 g/100g	8,210 g/100g	1,263 g/100g	8,737 g/100g	0,705 g/100g	4,40
1522	Buntes 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
2081	Butterbrezel Werk	318	1.333	35,739 g/100g	1,254 g/100g	16,646 g/100g	9,180 g/100g	5,596 g/100g	2,645 g/100g	3,00
4035	Buttercroissant	390	1.634	38,589 g/100g	4,239 g/100g	23,044 g/100g	13,696 g/100g	6,196 g/100g	1,277 g/100g	3,20
4060	Buttercroissant mit Schokocreme	411	1.721	45,345 g/100g	13,147 g/100g	21,725 g/100g	12,144 g/100g	8,579 g/100g	1,003 g/100g	3,80
4171	Buttercroissant Vanilla	291	1.216	37,700 g/100g	7,500 g/100g	12,200 g/100g	7,300 g/100g	6,400 g/100g	0,900 g/100g	3,10
6592	Butterkekse Heidesand	414	1.732	60,545 g/100g	32,110 g/100g	16,486 g/100g	9,850 g/100g	4,796 g/100g	0,341 g/100g	5,00
6601	Butterkekse schwarz/weiß	430	1.798	57,837 g/100g	25,805 g/100g	18,894 g/100g	11,292 g/100g	5,780 g/100g	0,384 g/100g	4,80
4248	Butter-Rosi	279	1.169	49,857 g/100g	19,152 g/100g	5,128 g/100g	0,344 g/100g	6,959 g/100g	0,844 g/100g	4,20
1360	Caesars Salat	93	390	4,694 g/100g	0,958 g/100g	3,488 g/100g	1,912 g/100g	10,261 g/100g	0,613 g/100g	0,40
1453	Cappuccino XL	50	209	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,792 g/100g	2,581 g/100g	0,001 g/100g	0,30
1032	Cappuccino groß	50	209	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,792 g/100g	2,581 g/100g	0,001 g/100g	0,30
1275	Cappuccino klein	50	209	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,792 g/100g	2,581 g/100g	0,001 g/100g	0,30
4015	Ciabattabrötchen	206	862	40,345 g/100g	1,089 g/100g	1,197 g/100g	0,208 g/100g	6,594 g/100g	1,245 g/100g	3,40
1089	Debreziner	255	1.070	1,000 g/100g	1,000 g/100g	23,500 g/100g	10,600 g/100g	10,300 g/100g	2,400 g/100g	0,10
6615	Delikatess-Bienenstich	311	1.303	30,000 g/100g	14,000 g/100g	19,000 g/100g	9,900 g/100g	5,300 g/100g	0,430 g/100g	2,50
6172	Delikatess-Erdbeersahneschnitte	172	718	28,000 g/100g	19,000 g/100g	5,400 g/100g	2,900 g/100g	2,500 g/100g	0,220 g/100g	2,30
2015	Dinkelbrot	210	881	40,617 g/100g	0,660 g/100g	0,994 g/100g	0,238 g/100g	7,691 g/100g	1,521 g/100g	3,40
2096	Dinkelbrot	210	881	40,618 g/100g	0,661 g/100g	0,993 g/100g	0,238 g/100g	7,690 g/100g	1,521 g/100g	3,40
4010	Dinkelherz	304	1.274	45,454 g/100g	1,091 g/100g	7,554 g/100g	0,944 g/100g	10,890 g/100g	1,389 g/100g	3,80
4274	Dinkelseele m. Grünkern	257	1.077	41,416 g/100g	0,686 g/100g	5,147 g/100g	0,745 g/100g	9,324 g/100g	1,349 g/100g	3,50
2003	Dinkel-Vollkornbrot	251	1.052	34,681 g/100g	1,615 g/100g	6,974 g/100g	0,804 g/100g	9,631 g/100g	0,772 g/100g	2,90
6626	Donut ChocolateCake	476	1.995	49,700 g/100g	24,900 g/100g	27,600 g/100g	13,100 g/100g	6,100 g/100g	0,513 g/100g	4,10
6620	Donut CocoaCreme	493	2.063	49,100 g/100g	25,600 g/100g	30,100 g/100g	16,100 g/100g	5,100 g/100g	0,536 g/100g	4,10
6625	Donut CremeBrulee	456	1.908	48,900 g/100g	23,100 g/100g	26,900 g/100g	14,500 g/100g	4,100 g/100g	0,670 g/100g	4,10
6623	Donut DecadentChocolate	459	1.921	47,600 g/100g	20,000 g/100g	26,700 g/100g	13,100 g/100g	5,800 g/100g	0,631 g/100g	4,00
6618	Donut Milka&Daim	420	1.760	46,000 g/100g	23,000 g/100g	24,000 g/100g	12,800 g/100g	4,500 g/100g	0,726 g/100g	3,80
6627	Donut Oreo	479	2.006	50,900 g/100g	23,100 g/100g	28,000 g/100g	14,500 g/100g	5,100 g/100g	0,600 g/100g	4,20
6621	Donut PartySprinkle	462	1.932	48,200 g/100g	18,700 g/100g	27,600 g/100g	15,000 g/100g	4,600 g/100g	0,586 g/100g	4,00
6624	Donut RaspberryCheesecake	399	1.669	45,300 g/100g	21,300 g/100g	21,600 g/100g	12,000 g/100g	5,100 g/100g	0,576 g/100g	3,80
6533	Donut Simpsons	464	1.944	47,800 g/100g	20,000 g/100g	28,200 g/100g	15,900 g/100g	4,400 g/100g	0,560 g/100g	4,00
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
1506	Dressing Joghurt 70ml	146	610	7,200 g/100g	5,600 g/100g	12,500 g/100g	1,700 g/100g	1,500 g/100g	1,000 g/100g	0,60
1505	Dressing Vinaigrette 70ml	96	402	6,700 g/100g	6,600 g/100g	7,700 g/100g	0,500 g/100g	0,200 g/100g	2,000 g/100g	0,60
1318	Eiskaffee	105	440	12,400 g/100g	12,348 g/100g	5,606 g/100g	4,745 g/100g	1,294 g/100g	0,053 g/100g	1,00
1356	Eiskakao	134	562	17,959 g/100g	17,378 g/100g	5,942 g/100g	5,021 g/100g	2,165 g/100g	0,151 g/100g	1,50
2070	Emmerbrot	205	859	36,033 g/100g	1,846 g/100g	2,112 g/100g	0,408 g/100g	7,527 g/100g	1,571 g/100g	3,00
4092	Erdbeerfruchtplunder	223	934	28,940 g/100g	8,191 g/100g	10,134 g/100g	4,625 g/100g	3,451 g/100g	2,317 g/100g	2,40
6096	Erdbeerherz	149	622	23,801 g/100g	14,589 g/100g	4,792 g/100g	2,115 g/100g	2,286 g/100g	2,591 g/100g	2,00
6363	Erdbeer-Joghurt-Sahne-Schnitte	205	859	21,000 g/100g	13,000 g/100g	12,000 g/100g	6,900 g/100g	3,400 g/100g	0,130 g/100g	1,80
1080	Filterkaffee groß	0	1	0,006 g/100g		0,006 g/100g		0,012 g/100g		0,00

1226	Filterkaffee klein	0	1	0,006 g/100g		0,006 g/100g		0,012 g/100g		0,00
1457	Filterkaffee XL	0	1	0,006 g/100g		0,006 g/100g		0,012 g/100g		0,00
1175	Fleischkäse Scheibe	289	1.210	0,100 g/100g	0,500 g/100g	27,200 g/100g	10,800 g/100g	11,900 g/100g	2,800 g/100g	0,00
1004	Frühstück deftig	159	666	16,113 g/100g	2,320 g/100g	7,711 g/100g	4,638 g/100g	5,914 g/100g	0,685 g/100g	1,30
1327	Frühstück Fitness	166	695	11,911 g/100g	1,902 g/100g	10,183 g/100g	4,428 g/100g	6,533 g/100g	0,613 g/100g	1,00
1231	Frühstück französisch	179	751	14,874 g/100g	6,008 g/100g	11,868 g/100g	7,390 g/100g	3,199 g/100g	0,361 g/100g	1,20
1232	Frühstück für kleine Gäste	135	566	17,848 g/100g	6,915 g/100g	5,707 g/100g	2,950 g/100g	2,731 g/100g	0,465 g/100g	1,50
1058	Frühstück Hallo Wach	111	464	13,931 g/100g	4,122 g/100g	4,470 g/100g	2,333 g/100g	3,361 g/100g	0,435 g/100g	1,20
1324	Frühstück Mediterran	166	694	16,126 g/100g	2,215 g/100g	8,344 g/100g	3,939 g/100g	6,241 g/100g	0,626 g/100g	1,30
1325	Frühstück Rustikal	166	697	13,092 g/100g	1,950 g/100g	9,561 g/100g	4,491 g/100g	6,798 g/100g	0,913 g/100g	1,10
1276	Frühstück Schlemmer	158	660	14,145 g/100g	5,574 g/100g	8,572 g/100g	4,200 g/100g	5,747 g/100g	0,599 g/100g	1,20
1003	Frühstück schnell	117	489	13,055 g/100g	3,086 g/100g	5,503 g/100g	3,124 g/100g	3,494 g/100g	0,356 g/100g	1,10
1328	Frühstück Sternenbäck Spezial	108	450	10,870 g/100g	3,930 g/100g	5,225 g/100g	2,225 g/100g	4,077 g/100g	0,438 g/100g	0,90
1002	Frühstück süß	165	690	20,271 g/100g	8,991 g/100g	7,759 g/100g	3,731 g/100g	3,063 g/100g	0,274 g/100g	1,70
1326	Frühstücksteller	139	581	9,809 g/100g	2,504 g/100g	8,239 g/100g	4,971 g/100g	6,052 g/100g	0,604 g/100g	0,80
6395	Gemüse-Quiche	139	581	13,134 g/100g	3,109 g/100g	6,934 g/100g	9,543 g/100g	5,265 g/100g	1,563 g/100g	1,10
2047	Genetztes Brot	212	889	40,834 g/100g	1,309 g/100g	1,086 g/100g	0,190 g/100g	7,418 g/100g	1,378 g/100g	3,40
6088	Glücksmoment	403	1.688	42,738 g/100g	31,923 g/100g	23,293 g/100g	13,168 g/100g	4,011 g/100g	0,311 g/100g	3,60
4293	Goldweck	227	950	43,985 g/100g	1,289 g/100g	1,873 g/100g	0,304 g/100g	6,517 g/100g	1,412 g/100g	3,70
1057	Gouda-Stern	236	986	23,965 g/100g	1,129 g/100g	11,280 g/100g	4,672 g/100g	8,775 g/100g	1,397 g/100g	2,00
6042	Granatsplitter dunkel	449	1.878	39,499 g/100g	28,261 g/100g	28,397 g/100g	14,040 g/100g	4,715 g/100g	0,357 g/100g	3,30
6036	Granatsplitter hell	446	1.866	42,219 g/100g	31,571 g/100g	27,844 g/100g	13,556 g/100g	5,308 g/100g	0,460 g/100g	3,50
4136	Grillkonfekt	260	1.089	45,497 g/100g	1,589 g/100g	3,961 g/100g	0,649 g/100g	8,256 g/100g	2,452 g/100g	3,80
2008	Großer Knautzer	224	937	43,077 g/100g	1,441 g/100g	1,222 g/100g	0,318 g/100g	7,657 g/100g	1,437 g/100g	3,60
2258	Gruß aus der Backstube	198	828	40,052 g/100g	1,649 g/100g	0,677 g/100g	0,108 g/100g	5,856 g/100g	1,159 g/100g	3,30
1108	halbes belegtes Kaiserbrötchen	232	971	18,441 g/100g	0,781 g/100g	13,469 g/100g	7,532 g/100g	8,876 g/100g	1,206 g/100g	1,50
4036	Handbrot des Monats	172	721	16,858 g/100g	2,361 g/100g	6,834 g/100g	3,344 g/100g	9,948 g/100g	1,496 g/100g	1,40
2230	Hausbrot	230	962	43,735 g/100g	1,220 g/100g	2,136 g/100g	0,220 g/100g	6,846 g/100g	1,341 g/100g	3,60
4131	Hefeschnecke mit Zimt	379	1.587	51,160 g/100g	22,385 g/100g	16,665 g/100g	6,700 g/100g	5,246 g/100g	0,532 g/100g	4,30
2033	Hefezopf	318	1.333	50,373 g/100g	14,563 g/100g	9,269 g/100g	1,392 g/100g	6,961 g/100g	0,949 g/100g	4,20
1455	Heißes Kakaogetränk XL	39	162	7,378 g/100g	6,673 g/100g	0,449 g/100g	0,367 g/100g	1,163 g/100g	0,131 g/100g	0,60
1267	Heißes Kakaogetränk groß	39	162	7,378 g/100g	6,673 g/100g	0,449 g/100g	0,367 g/100g	1,163 g/100g	0,131 g/100g	0,60
6022	Himbeerschnitte	187	784	31,000 g/100g	21,000 g/100g	5,700 g/100g	3,000 g/100g	2,700 g/100g	0,260 g/100g	2,60
2307	Holzofenkruste	210	880	42,474 g/100g	1,267 g/100g	0,708 g/100g	0,123 g/100g	6,555 g/100g	1,446 g/100g	3,50
1124	Hot Dog	218	913	22,084 g/100g	4,075 g/100g	10,230 g/100g	4,834 g/100g	8,600 g/100g	1,586 g/100g	1,80
1364	Iced Caramel Macchiato	37	154	3,589 g/100g	3,575 g/100g	1,760 g/100g	1,155 g/100g	1,664 g/100g	0,001 g/100g	0,30
1443	Iced Erdbeer-Smoothie	29	120	7,057 g/100g	6,436 g/100g	0,001 g/100g	0,000 g/100g	0,002 g/100g	0,015 g/100g	0,60
1422	Iced Mango-Smoothie	25	105	6,117 g/100g	4,069 g/100g	0,005 g/100g	0,001 g/100g	0,018 g/100g	0,035 g/100g	0,50
1395	Iced Mocha	35	148	3,168 g/100g	3,125 g/100g	1,765 g/100g	1,156 g/100g	1,679 g/100g	0,003 g/100g	0,30
1112	Italiano	208	872	16,935 g/100g	1,681 g/100g	11,496 g/100g	6,664 g/100g	8,835 g/100g	0,969 g/100g	1,40
4236	Jogging Schleife	303	1.269	43,063 g/100g	3,057 g/100g	8,592 g/100g	1,183 g/100g	10,271 g/100g	1,301 g/100g	3,60
1530	Joghurt Obstsalat Dessert	80	334	11,299 g/100g	8,724 g/100g	2,333 g/100g	1,503 g/100g	3,256 g/100g	0,081 g/100g	0,90
6381	Johannisbeer-Baiser-Kuchen	234	981	33,777 g/100g	25,578 g/100g	8,092 g/100g	2,101 g/100g	4,893 g/100g	0,231 g/100g	2,80
1023	Kaffee groß	0	1	0,006 g/100g		0,006 g/100g		0,012 g/100g		0,00
1044	Kaffee klein	0	1	0,006 g/100g		0,006 g/100g		0,012 g/100g		0,00
1450	Kaffee XL	0	1	0,006 g/100g		0,006 g/100g		0,012 g/100g		0,00
4016	Kaiserbrötchen	277	1.158	54,945 g/100g	1,492 g/100g	1,691 g/100g	0,320 g/100g	8,234 g/100g	1,581 g/100g	4,60
4021	Kaiserbrötchen getrocknet	235	985	46,702 g/100g	1,269 g/100g	1,437 g/100g	0,272 g/100g	6,998 g/100g	1,344 g/100g	3,90
2013	Kartoffelbrot	233	977	46,811 g/100g	1,212 g/100g	0,763 g/100g	0,109 g/100g	7,409 g/100g	1,366 g/100g	3,90
4153	Kartoffel-Knoten	321	1.343	59,531 g/100g	4,235 g/100g	3,177 g/100g	0,588 g/100g	10,588 g/100g	1,682 g/100g	5,00
1105	Kartoffelsalat	112	468	13,600 g/100g	4,700 g/100g	5,700 g/100g	0,400 g/100g	1,500 g/100g	1,700 g/100g	1,10
4039	Käsebrezel	265	1.112	32,958 g/100g	1,040 g/100g	9,652 g/100g	5,158 g/100g	10,670 g/100g	1,623 g/100g	2,70
4005	Käsebrötchen	346	1.450	45,706 g/100g	2,898 g/100g	13,971 g/100g	6,977 g/100g	8,145 g/100g	1,146 g/100g	3,80
6029	Käsekuchen	240	1.005	19,297 g/100g	13,020 g/100g	14,666 g/100g	5,462 g/100g	7,821 g/100g	0,246 g/100g	1,60
1144	Käselaugenstange	270	1.131	40,332 g/100g	3,121 g/100g	7,939 g/100g	3,857 g/100g	5,390 g/100g	0,357 g/100g	3,40
1149	Käselaugenstange mit Debreziner	266	1.112	23,663 g/100g	2,192 g/100g	14,624 g/100g	6,875 g/100g	7,694 g/100g	1,224 g/100g	2,00
1150	Käselaugenstange mit Speck	295	1.234	38,355 g/100g	2,779 g/100g	9,194 g/100g	4,633 g/100g	14,233 g/100g	2,248 g/100g	3,20
6125	Käse-Sahne-Torte	261	1.094	27,000 g/100g	17,000 g/100g	15,000 g/100g	8,900 g/100g	4,700 g/100g	0,260 g/100g	2,30
4043	Käse-Schinken-Croissant	320	1.338	26,300 g/100g	1,800 g/100g	18,900 g/100g	10,200 g/100g	10,000 g/100g	1,710 g/100g	2,20
4192	Käseseele	233	975	32,584 g/100g	0,708 g/100g	6,574 g/100g	3,802 g/100g	9,473 g/100g	1,429 g/100g	2,70
1444	Kokosnuss-Himbeersmoothie	31	131	5,237 g/100g	4,454 g/100g	1,081 g/100g	0,945 g/100g	0,119 g/100g	0,021 g/100g	0,40
2159	Kornciabatta	256	1.070	39,555 g/100g	1,155 g/100g	5,955 g/100g	0,977 g/100g	8,832 g/100g	1,570 g/100g	3,30
1120	Körnerbrezel	339	1.419	33,717 g/100g	1,317 g/100g	16,491 g/100g	2,361 g/100g	11,306 g/100g	2,389 g/100g	2,80
1019	Kraftpaket	206	863	21,893 g/100g	1,175 g/100g	8,358 g/100g	3,664 g/100g	10,276 g/100g	1,255 g/100g	1,80
4235	Kürbiskracher	281	1.176	37,468 g/100g	0,780 g/100g	11,032 g/100g	2,001 g/100g	5,869 g/100g	1,226 g/100g	3,10
1024	Latte Macchiato groß	50	209	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,792 g/100g	2,581 g/100g	0,001 g/100g	0,30

1452	Latte Macchiato XL	50	209	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,792 g/100g	2,581 g/100g	0,001 g/100g	0,30
1017	Laugenbrezel mit Butter	299	1.251	38,357 g/100g	1,306 g/100g	13,031 g/100g	6,745 g/100g	5,977 g/100g	1,323 g/100g	3,20
4006	Laugencroissant	323	1.354	38,000 g/100g	4,300 g/100g	16,000 g/100g	10,000 g/100g	6,800 g/100g	1,300 g/100g	3,20
4183	Laugeneck	391	1.638	39,614 g/100g	2,769 g/100g	22,603 g/100g	10,626 g/100g	6,255 g/100g	1,332 g/100g	3,30
4003	Laugenknoten	286	1.197	51,311 g/100g	1,666 g/100g	4,542 g/100g	0,695 g/100g	8,010 g/100g	1,508 g/100g	4,30
1018	Laugenknoten mit Butter	287	1.203	39,060 g/100g	0,957 g/100g	11,302 g/100g	5,965 g/100g	6,071 g/100g	1,092 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
4011	Laugenstange	285	1.192	54,843 g/100g	4,245 g/100g	4,021 g/100g	0,558 g/100g	1,720 g/100g	1,894 g/100g	4,60
6056	Linzer Torte	487	2.041	47,430 g/100g	32,863 g/100g	29,498 g/100g	9,608 g/100g	6,902 g/100g	0,357 g/100g	4,00
6518	Marzipan-Torte	388	1.622	40,300 g/100g	28,500 g/100g	22,800 g/100g	11,300 g/100g	4,900 g/100g	0,100 g/100g	3,40
1421	Matcha Lime Crush	17	70	4,092 g/100g	2,345 g/100g	0,005 g/100g	0,001 g/100g	0,018 g/100g	0,035 g/100g	0,30
1377	Maultaschen	164	689	11,102 g/100g	1,905 g/100g	10,754 g/100g	4,810 g/100g	5,855 g/100g	1,008 g/100g	0,90
1130	Milchkaffee groß	42	174	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,494 g/100g	2,152 g/100g	0,001 g/100g	0,30
1223	Milchkaffee XL	42	174	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,494 g/100g	2,152 g/100g	0,001 g/100g	0,30
1237	Milchreis Rote Grütze Dessert	104	437	20,179 g/100g	13,721 g/100g	1,421 g/100g	0,900 g/100g	2,143 g/100g	0,119 g/100g	1,70
4019	Minibaguettebrötchen	246	1.030	49,922 g/100g	1,041 g/100g	0,961 g/100g	0,256 g/100g	7,308 g/100g	1,558 g/100g	4,20
4014	Mohnbrötchen	297	1.243	52,004 g/100g	1,412 g/100g	4,512 g/100g	0,633 g/100g	9,396 g/100g	1,490 g/100g	4,30
6389	Muffin des Monats	456	1.908	41,999 g/100g	23,361 g/100g	30,014 g/100g	5,086 g/100g	4,352 g/100g	0,865 g/100g	3,50
2160	Naturroggenbrot	221	926	44,345 g/100g	4,055 g/100g	0,850 g/100g	0,131 g/100g	5,887 g/100g	1,405 g/100g	3,70
6549	Nuss-Buttercreme-Torte	343	1.435	33,000 g/100g	21,000 g/100g	22,000 g/100g	10,000 g/100g	3,500 g/100g	0,230 g/100g	2,80
4173	Nußschnecke	356	1.490	43,088 g/100g	19,457 g/100g	17,405 g/100g	5,762 g/100g	5,727 g/100g	0,390 g/100g	3,60
2040	Nusszopf	338	1.416	50,859 g/100g	21,401 g/100g	11,008 g/100g	2,599 g/100g	7,231 g/100g	0,564 g/100g	4,20
1257	Oktoberfest-Brezel	254	1.063	24,119 g/100g	1,401 g/100g	14,143 g/100g	6,279 g/100g	7,038 g/100g	1,290 g/100g	2,00
6605	Omas Rührkuchen Marmor	456	1.908	42,458 g/100g	25,854 g/100g	28,487 g/100g	3,872 g/100g	6,867 g/100g	0,758 g/100g	3,50
6603	Omas Rührkuchen Zitrone	466	1.951	44,371 g/100g	27,043 g/100g	29,150 g/100g	3,610 g/100g	6,420 g/100g	0,801 g/100g	3,70
1215	Panini Tomate Mozzarella	190	794	19,852 g/100g	1,835 g/100g	8,634 g/100g	2,986 g/100g	7,443 g/100g	1,203 g/100g	1,70
4095	Party Roggenrad 14 Stück	241	1.010	36,916 g/100g	2,484 g/100g	5,100 g/100g	0,797 g/100g	9,547 g/100g	1,236 g/100g	3,10
4094	Party Weizenrad 14 Stück	261	1.093	44,087 g/100g	1,345 g/100g	4,831 g/100g	0,726 g/100g	8,193 g/100g	1,228 g/100g	3,70
4306	Pekannusstasche	414	1.732	38,000 g/100g	11,000 g/100g	27,000 g/100g	10,000 g/100g	4,800 g/100g	0,450 g/100g	3,20
6192	Pfauenauge	382	1.598	56,341 g/100g	45,631 g/100g	13,749 g/100g	3,034 g/100g	6,513 g/100g	0,282 g/100g	4,70
1020	Pizzafleischkäse Scheibe	131	549	1,400 g/100g	0,900 g/100g	8,400 g/100g	8,400 g/100g	12,600 g/100g	1,300 g/100g	0,10
1163	Pizzastick	209	876	26,305 g/100g	3,833 g/100g	7,405 g/100g	4,241 g/100g	8,313 g/100g	1,622 g/100g	2,20
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
4081	Quarkbällchen	313	1.309	35,932 g/100g	18,238 g/100g	15,351 g/100g	3,259 g/100g	7,271 g/100g	1,000 g/100g	3,00
2034	Quarkstreusel	347	1.452	54,097 g/100g	20,488 g/100g	11,015 g/100g	4,877 g/100g	6,569 g/100g	0,590 g/100g	4,50
2170	Roggenkruste	181	758	35,449 g/100g	2,664 g/100g	0,791 g/100g	0,130 g/100g	5,659 g/100g	1,521 g/100g	3,00
4305	Rosenbrötchen dunkel	314	1.313	63,649 g/100g	1,765 g/100g	1,059 g/100g	0,235 g/100g	9,530 g/100g	2,235 g/100g	5,30
4129	Rosenbrötchen hell	311	1.300	63,178 g/100g	1,647 g/100g	0,941 g/100g	0,235 g/100g	9,530 g/100g	2,353 g/100g	5,30
6186	Roulade des Monats	286	1.198	30,927 g/100g	21,287 g/100g	15,601 g/100g	8,207 g/100g	5,226 g/100g	0,325 g/100g	2,60
1059	Salami-Stern	225	943	25,979 g/100g	1,303 g/100g	9,889 g/100g	3,161 g/100g	7,196 g/100g	1,309 g/100g	2,20
1500	Salat Hähnchenbruststreifen	61	254	1,104 g/100g	0,677 g/100g	2,829 g/100g	1,808 g/100g	7,346 g/100g	0,184 g/100g	0,10
1503	Salat Käse	69	290	3,698 g/100g	2,065 g/100g	4,070 g/100g	2,168 g/100g	3,939 g/100g	0,518 g/100g	0,30
1502	Salat Mexikana	60	250	4,948 g/100g	1,681 g/100g	2,058 g/100g	0,548 g/100g	4,648 g/100g	0,656 g/100g	0,40
1501	Salat Tomate Mozzarella	53	224	1,916 g/100g	1,585 g/100g	3,110 g/100g	2,224 g/100g	3,947 g/100g	0,206 g/100g	0,20
1409	San Lucar	52	216	11,000 g/100g	10,000 g/100g	0,500 g/100g	0,100 g/100g	0,600 g/100g	0,010 g/100g	0,90
1430	San Lucar Smoothie	47	197	10,000 g/100g	9,400 g/100g	0,500 g/100g	0,100 g/100g	0,500 g/100g	0,010 g/100g	0,80
1433	San Lucar Smoothie	77	324	13,000 g/100g	12,000 g/100g	2,500 g/100g	2,100 g/100g	0,600 g/100g	0,010 g/100g	1,10
1054	Sanfter Engel	112	468	17,206 g/100g	17,155 g/100g	4,181 g/100g	3,716 g/100g	1,239 g/100g	0,052 g/100g	1,40
1101	Schinken-Stern	191	800	25,334 g/100g	1,270 g/100g	6,258 g/100g	0,950 g/100g	7,376 g/100g	1,462 g/100g	2,10
6015	Schokobanane	328	1.373	34,828 g/100g	25,564 g/100g	18,480 g/100g	8,573 g/100g	4,539 g/100g	0,859 g/100g	2,90
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
2046	Schwabenkorn	246	1.031	36,835 g/100g	1,420 g/100g	5,752 g/100g	0,880 g/100g	9,164 g/100g	1,183 g/100g	3,10
2028	Schwäbisches Landbrot	227	950	44,088 g/100g	1,769 g/100g	0,922 g/100g	0,154 g/100g	7,974 g/100g	1,243 g/100g	3,70
6523	Schwarzwälder Kirschtorte	250	1.045	25,100 g/100g	11,400 g/100g	15,100 g/100g	8,400 g/100g	3,200 g/100g	0,200 g/100g	2,10
1094	Schweineschnitzel paniert	184	772	13,645 g/100g	1,814 g/100g	9,458 g/100g	1,958 g/100g	11,181 g/100g	1,122 g/100g	1,10
4030	Seele	232	973	43,359 g/100g	1,120 g/100g	2,340 g/100g	0,397 g/100g	7,383 g/100g	2,942 g/100g	3,60
4184	Seele belegt	205	859	18,491 g/100g	0,713 g/100g	10,219 g/100g	5,964 g/100g	9,246 g/100g	1,416 g/100g	1,50
4008	Sesambrötchen	301	1.258	52,516 g/100g	1,425 g/100g	5,031 g/100g	0,786 g/100g	8,974 g/100g	1,488 g/100g	4,40
1336	Snack des Monats*	225	942	21,251 g/100g	1,834 g/100g	11,427 g/100g	3,470 g/100g	8,903 g/100g	1,508 g/100g	1,80
1438	Spaghetti Bolognese	148	621	17,974 g/100g	0,379 g/100g	4,915 g/100g	1,128 g/100g	7,351 g/100g	0,438 g/100g	1,50
1439	Spaghetti Napoli	212	886	40,371 g/100g	13,188 g/100g	2,089 g/100g	1,166 g/100g	6,686 g/100g	2,340 g/100g	3,40
2157	Steinofenbaguette	208	872	39,963 g/100g	0,929 g/100g	1,657 g/100g	0,185 g/100g	6,474 g/100g	1,343 g/100g	3,30
1523	Sternen Mehl Dinkel	349	1.460	68,900 g/100g	0,760 g/100g	1,300 g/100g	0,190 g/100g	12,390 g/100g		5,70

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
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
1524	Sternen Semmelbrösel	353	1.476	69,700 g/100g	4,900 g/100g	1,200 g/100g	0,200 g/100g	12,400 g/100g	1,250 g/100g	5,80
4308	Sternen-Spitz	289	1.210	36,339 g/100g	1,326 g/100g	10,565 g/100g	1,356 g/100g	9,231 g/100g	1,146 g/100g	3,00
1371	Strammer Max	192	803	13,683 g/100g	0,796 g/100g	11,877 g/100g	4,721 g/100g	7,313 g/100g	1,347 g/100g	1,10
1013	Strammes Mäxchen	213	891	18,826 g/100g	0,834 g/100g	11,097 g/100g	6,112 g/100g	8,891 g/100g	1,124 g/100g	1,60
4054	Streusel	366	1.531	55,214 g/100g	23,717 g/100g	12,212 g/100g	6,708 g/100g	7,536 g/100g	0,932 g/100g	4,60
6023	Streusel gefüllt	276	1.155	40,251 g/100g	16,866 g/100g	10,262 g/100g	5,849 g/100g	4,894 g/100g	0,600 g/100g	3,40
1084	Tiger-Chicken Brötchen	202	847	24,095 g/100g	4,244 g/100g	6,634 g/100g	2,040 g/100g	10,768 g/100g	0,806 g/100g	2,00
4012	Vollkornbrötchen	265	1.112	38,187 g/100g	2,055 g/100g	5,560 g/100g	0,721 g/100g	11,680 g/100g	1,814 g/100g	3,20
6159	Wochenendkuchen	368	1.540	34,093 g/100g	20,121 g/100g	23,122 g/100g	2,845 g/100g	5,251 g/100g	0,641 g/100g	2,80
4271	Wrap Curry-Huhn	204	855	17,453 g/100g	2,063 g/100g	12,213 g/100g	1,901 g/100g	6,021 g/100g	0,530 g/100g	1,50
1531	Zollern Eck	267	1.118	21,495 g/100g	5,005 g/100g	16,707 g/100g	6,395 g/100g	7,371 g/100g	1,571 g/100g	1,80