



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 | 164 | 686 | 20,413 g/100g | 9,007 g/100g | 7,609 g/100g | 3,805 g/100g | 3,039 g/100g | 0,144 g/100g | 1,70 |
| 1003 | Frühstück schnell | 135 | 567 | 17,298 g/100g | 3,027 g/100g | 5,361 g/100g | 3,267 g/100g | 4,043 g/100g | 0,510 g/100g | 1,40 |
| 1004 | Frühstück deftig | 159 | 666 | 15,856 g/100g | 2,430 g/100g | 7,800 g/100g | 4,709 g/100g | 6,007 g/100g | 0,273 g/100g | 1,30 |
| 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 |
| 1017 | Laugenbrezel mit Butter | 311 | 1.302 | 42,274 g/100g | 1,430 g/100g | 12,289 g/100g | 7,317 g/100g | 6,585 g/100g | 1,458 g/100g | 3,50 |
| 1018 | Laugenbrötchen mit Butter | 284 | 1.187 | 39,026 g/100g | 0,971 g/100g | 10,903 g/100g | 5,941 g/100g | 6,040 g/100g | 1,075 g/100g | 3,30 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 1057 | Gouda-Stern | 235 | 986 | 23,927 g/100g | 1,129 g/100g | 11,287 g/100g | 4,672 g/100g | 8,765 g/100g | 1,397 g/100g | 2,00 |
| 1058 | Frühstück Hallo Wach | 111 | 463 | 13,757 g/100g | 4,197 g/100g | 4,530 g/100g | 2,414 g/100g | 3,396 g/100g | 0,163 g/100g | 1,10 |
| 1059 | Salami-Stern | 227 | 948 | 25,938 g/100g | 1,303 g/100g | 9,896 g/100g | 2,764 g/100g | 7,517 g/100g | 1,226 g/100g | 2,20 |
| 1083 | Pizzaschnitte Schinken | 169 | 706 | 24,823 g/100g | 3,820 g/100g | 3,966 g/100g | 2,338 g/100g | 7,357 g/100g | 1,538 g/100g | 2,10 |
| 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 |
| 1094 | Schweineschnitz el paniert | 185 | 776 | 13,864 g/100g | 1,869 g/100g | 9,462 g/100g | 1,954 g/100g | 11,168 g/100g | 1,177 g/100g | 1,20 |
| 1096 | Pute & Egg | 242 | 1.014 | 19,531 g/100g | 3,375 g/100g | 13,612 g/100g | 3,959 g/100g | 10,060 g/100g | 1,502 g/100g | 1,60 |
| 1101 | Schinken-Stern | 191 | 800 | 25,294 g/100g | 1,270 g/100g | 6,264 g/100g | 0,950 g/100g | 7,366 g/100g | 1,462 g/100g | 2,10 |
| 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 |
| 1108 | halbes belegtes Kaiserbrötchen | 229 | 960 | 18,479 g/100g | 0,819 g/100g | 13,096 g/100g | 7,212 g/100g | 8,995 g/100g | 1,173 g/100g | 1,50 |
| 1120 | Körnerbrezel | 333 | 1.395 | 33,272 g/100g | 1,306 g/100g | 16,077 g/100g | 2,953 g/100g | 11,243 g/100g | 2,373 g/100g | 2,80 |
| 1124 | Hot Dog | 220 | 919 | 22,551 g/100g | 4,198 g/100g | 10,234 g/100g | 4,824 g/100g | 8,565 g/100g | 1,704 g/100g | 1,90 |
| 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 |
| 1145 | Milchreis Zimtzucker Dessert | 140 | 588 | 27,765 g/100g | 19,595 g/100g | 1,871 g/100g | 1,245 g/100g | 2,680 g/100g | 0,173 g/100g | 2,30 |
| 1150 | Käselaugenstan ge mit Speck | 249 | 1.041 | 28,123 g/100g | 1,044 g/100g | 8,954 g/100g | 5,130 g/100g | 13,022 g/100g | 2,120 g/100g | 2,30 |
| 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 |
| 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 |
| 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 |
| 1226 | Filterkaffee klein | 0 | 1 | 0,006 g/100g | | 0,006 g/100g | | 0,012 g/100g | | 0,00 |
| 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 | 133 | 557 | 17,686 g/100g | 6,911 g/100g | 5,557 g/100g | 3,165 g/100g | 2,708 g/100g | 0,459 g/100g | 1,50 |
| 1237 | Milchreis Rote Grütze Dessert | 105 | 439 | 20,015 g/100g | 13,192 g/100g | 1,515 g/100g | 0,969 g/100g | 2,261 g/100g | 0,128 g/100g | 1,70 |
| 1238 | Käsesahne Dessert | 172 | 720 | 23,942 g/100g | 17,281 g/100g | 6,806 g/100g | 4,069 g/100g | 3,351 g/100g | 0,242 g/100g | 2,00 |
| 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 |
| 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 |
| 1276 | Frühstück Schlemmer | 159 | 667 | 14,328 g/100g | 5,635 g/100g | 8,630 g/100g | 4,233 g/100g | 5,850 g/100g | 0,359 g/100g | 1,20 |
| 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 |
| 1324 | Frühstück Mediterran | 168 | 702 | 16,423 g/100g | 2,327 g/100g | 8,379 g/100g | 4,109 g/100g | 6,336 g/100g | 0,289 g/100g | 1,40 |
| 1325 | Frühstück Rustikal | 166 | 696 | 12,914 g/100g | 2,062 g/100g | 9,562 g/100g | 4,542 g/100g | 6,924 g/100g | 0,589 g/100g | 1,10 |
| 1326 | Frühstücksteller | 138 | 579 | 9,701 g/100g | 2,496 g/100g | 8,209 g/100g | 4,858 g/100g | 6,134 g/100g | 0,577 g/100g | 0,80 |
| 1327 | Frühstück Fitness | 168 | 702 | 12,123 g/100g | 1,972 g/100g | 10,252 g/100g | 4,537 g/100g | 6,593 g/100g | 0,350 g/100g | 1,00 |
| 1328 | Frühstück Sternenbäck Spezial | 109 | 455 | 11,022 g/100g | 3,985 g/100g | 5,255 g/100g | 2,309 g/100g | 4,123 g/100g | 0,259 g/100g | 0,90 |
| 1335 | Cold Brew Tea Himbeere Vanille | 3 | 11 | 0,243 g/100g | 0,232 g/100g | 0,066 g/100g | 0,011 g/100g | 0,110 g/100g | 0,001 g/100g | 0,00 |
| 1336 | Snack des Monats* | 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 |
| 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 |
| 1353 | Italienischer Salat | 67 | 279 | 4,312 g/100g | 1,196 g/100g | 3,300 g/100g | 2,314 g/100g | 4,369 g/100g | 0,307 g/100g | 0,40 |
| 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 |
| 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 |
| 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 |
| 1370 | Schwäbische Bruschetta | 214 | 895 | 13,386 g/100g | 0,960 g/100g | 13,345 g/100g | 3,930 g/100g | 9,617 g/100g | 1,379 g/100g | 1,10 |
| 1371 | Strammer Max | 192 | 803 | 13,697 g/100g | 0,796 g/100g | 11,873 g/100g | 4,720 g/100g | 7,312 g/100g | 1,347 g/100g | 1,10 |
| 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 |
| 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 |

| ArtNr | Bezeichnung | Brennwert/ 100g(kcal) | Brennwert/ 100g(kJ) | Nährwert. Kohlenhydrate | Nährwert. Zucker | Nährwert. Fett | Nährwert. ges. Fettsäuren | Nährwert. Eiweiss | Nährwert. Salz | Nährwert. Proteinheiten |
|-------|--|--------------------------|------------------------|----------------------------|---------------------|-------------------|------------------------------|----------------------|-------------------|----------------------------|
| 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 |
| 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 |
| 1423 | San Lucar Smoothie | 59 | 248 | 13,000 g/100g | 12,000 g/100g | 0,500 g/100g | 0,100 g/100g | 0,500 g/100g | 0,010 g/100g | 1,10 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 1490 | Milchreis Dessert | 108 | 452 | 19,000 g/100g | 9,900 g/100g | 2,100 g/100g | 1,400 g/100g | 3,000 g/100g | 0,180 g/100g | 1,60 |
| 1493 | Brezel Schnittlauch | 234 | 979 | 30,827 g/100g | 1,806 g/100g | 9,087 g/100g | 5,523 g/100g | 6,178 g/100g | 1,296 g/100g | 2,60 |
| 1494 | Brezel Gouda | 255 | 1.069 | 21,724 g/100g | 0,878 g/100g | 14,167 g/100g | 9,014 g/100g | 9,744 g/100g | 1,283 g/100g | 1,80 |
| 1498 | Brezel Salami | 251 | 1.050 | 23,372 g/100g | 1,137 g/100g | 13,672 g/100g | 6,989 g/100g | 8,034 g/100g | 1,075 g/100g | 1,90 |
| 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 |
| 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 |
| 1504 | Dressing Balsamico70ml | 131 | 548 | 11,700 g/100g | 10,000 g/100g | 9,400 g/100g | 0,700 g/100g | 0,100 g/100g | 1,900 g/100g | 1,00 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 1529 | Joghurt Erdbeer Dessert | 64 | 270 | 7,986 g/100g | 5,964 g/100g | 2,302 g/100g | 1,514 g/100g | 2,879 g/100g | 2,599 g/100g | 0,70 |
| 1530 | Joghurt Obstsalat Dessert | 85 | 355 | 8,989 g/100g | 8,976 g/100g | 3,465 g/100g | 2,278 g/100g | 4,333 g/100g | 0,123 g/100g | 0,70 |
| 2000 | Laugenbaguette | 233 | 977 | 46,721 g/100g | 0,763 g/100g | 1,069 g/100g | 0,303 g/100g | 7,060 g/100g | 1,464 g/100g | 3,90 |
| 2001 | Pariser Weißbrot | 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 |
| 2002 | Baguette Nature | 250 | 1.048 | 50,159 g/100g | 0,816 g/100g | 1,148 g/100g | 0,326 g/100g | 7,573 g/100g | 1,572 g/100g | 4,20 |
| 2003 | Dinkel- Vollkornbrot | 249 | 1.044 | 35,633 g/100g | 2,718 g/100g | 6,535 g/100g | 0,733 g/100g | 8,667 g/100g | 1,206 g/100g | 3,00 |
| 2013 | Kartoffelbrot | 236 | 987 | 47,373 g/100g | 1,233 g/100g | 0,762 g/100g | 0,107 g/100g | 7,436 g/100g | 1,311 g/100g | 3,90 |
| 2015 | Dinkelbrot | 212 | 888 | 41,376 g/100g | 1,131 g/100g | 0,966 g/100g | 0,233 g/100g | 7,436 g/100g | 1,521 g/100g | 3,40 |
| 2021 | Frühlingsbrot | 241 | 1.010 | 35,241 g/100g | 1,799 g/100g | 5,520 g/100g | 0,728 g/100g | 9,499 g/100g | 1,242 g/100g | 2,90 |
| 2025 | Bäckerroggen | 211 | 883 | 41,487 g/100g | 2,326 g/100g | 0,814 g/100g | 0,122 g/100g | 6,824 g/100g | 1,310 g/100g | 3,50 |
| 2028 | Schwäbisches Landbrot | 227 | 950 | 44,134 g/100g | 1,771 g/100g | 0,911 g/100g | 0,149 g/100g | 7,941 g/100g | 1,242 g/100g | 3,70 |
| 2032 | Hefezopf | 314 | 1.313 | 53,459 g/100g | 13,692 g/100g | 6,759 g/100g | 2,650 g/100g | 8,025 g/100g | 0,847 g/100g | 4,50 |
| 2034 | Quarkstreusel | 347 | 1.453 | 54,094 g/100g | 20,480 g/100g | 11,035 g/100g | 4,880 g/100g | 6,577 g/100g | 0,589 g/100g | 4,50 |
| 2039 | Vesperlaib | 200 | 837 | 38,638 g/100g | 1,897 g/100g | 0,903 g/100g | 0,237 g/100g | 6,890 g/100g | 1,191 g/100g | 3,20 |
| 2040 | Nusszopf | 326 | 1.367 | 50,838 g/100g | 21,379 g/100g | 9,852 g/100g | 2,453 g/100g | 6,894 g/100g | 0,555 g/100g | 4,20 |
| 2041 | Bauernbrot Schweizer Art | 218 | 914 | 44,070 g/100g | 1,744 g/100g | 0,783 g/100g | 0,134 g/100g | 6,522 g/100g | 1,357 g/100g | 3,70 |
| 2046 | Schwabenkorn | 249 | 1.043 | 37,548 g/100g | 1,436 g/100g | 5,830 g/100g | 0,885 g/100g | 8,961 g/100g | 1,205 g/100g | 3,10 |
| 2047 | Genetztes Brot | 215 | 898 | 42,042 g/100g | 1,334 g/100g | 0,844 g/100g | 0,133 g/100g | 7,413 g/100g | 1,321 g/100g | 3,50 |
| 2057 | Kaviar/Sardellen brot | 251 | 1.051 | 47,151 g/100g | 3,616 g/100g | 2,420 g/100g | 1,201 g/100g | 8,164 g/100g | 1,289 g/100g | 3,90 |
| 2059 | Wasserweißbrot | 222 | 930 | 43,506 g/100g | 1,312 g/100g | 1,500 g/100g | 0,232 g/100g | 6,749 g/100g | 1,392 g/100g | 3,60 |
| 2063 | Bauernbrot Schweizer Art | 196 | 822 | 39,663 g/100g | 1,569 g/100g | 0,705 g/100g | 0,121 g/100g | 5,870 g/100g | 1,222 g/100g | 3,30 |
| 2096 | Dinkelbrot | 212 | 888 | 41,376 g/100g | 1,132 g/100g | 0,966 g/100g | 0,233 g/100g | 7,436 g/100g | 1,521 g/100g | 3,40 |
| 2100 | Baguette Chili Paprika | 209 | 874 | 39,754 g/100g | 1,821 g/100g | 1,573 g/100g | 0,179 g/100g | 6,810 g/100g | 1,682 g/100g | 3,30 |
| 2105 | Hefezopf ohne Mandeln ohne Rosinen | 306 | 1.280 | 53,434 g/100g | 10,778 g/100g | 6,085 g/100g | 0,343 g/100g | 7,589 g/100g | 0,893 g/100g | 4,50 |
| 2157 | Steinofenbaguette | 206 | 863 | 39,601 g/100g | 0,939 g/100g | 1,621 g/100g | 0,174 g/100g | 6,416 g/100g | 1,314 g/100g | 3,30 |
| 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 |
| 2182 | 1766er Baguette | 206 | 864 | 40,069 g/100g | 1,734 g/100g | 0,953 g/100g | 0,194 g/100g | 6,842 g/100g | 1,158 g/100g | 3,30 |
| 2213 | 1/4 Schwabenlaib | 223 | 933 | 42,079 g/100g | 1,374 g/100g | 2,454 g/100g | 0,242 g/100g | 6,244 g/100g | 1,418 g/100g | 3,50 |
| 4000 | Brezeln | 274 | 1.147 | 50,421 g/100g | 1,616 g/100g | 3,731 g/100g | 1,707 g/100g | 7,790 g/100g | 5,577 g/100g | 4,20 |
| 4003 | Laugenknoten | 264 | 1.105 | 48,578 g/100g | 1,571 g/100g | 3,591 g/100g | 1,645 g/100g | 7,514 g/100g | 1,681 g/100g | 4,00 |
| 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 |
| 4007 | Laugenbrötchen | 262 | 1.097 | 49,473 g/100g | 1,140 g/100g | 2,818 g/100g | 0,459 g/100g | 7,591 g/100g | 1,364 g/100g | 4,10 |

| ArtNr | Bezeichnung | Brennwert/ 100g(kcal) | Brennwert/ 100g(kJ) | Nährwert. Kohlenhydrate | Nährwert. Zucker | Nährwert. Fett | Nährwert. ges. Fettsäuren | Nährwert. Eiweiss | Nährwert. Salz | Nährwert. Broteinheiten |
|-------|------------------------------------|--------------------------|------------------------|----------------------------|---------------------|-------------------|------------------------------|----------------------|-------------------|----------------------------|
| 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 |
| 4010 | Dinkelherz | 312 | 1.307 | 48,900 g/100g | 3,313 g/100g | 5,867 g/100g | 0,766 g/100g | 12,819 g/100g | 1,349 g/100g | 4,10 |
| 4011 | Laugenstange | 247 | 1.036 | 45,519 g/100g | 1,475 g/100g | 3,365 g/100g | 1,541 g/100g | 7,048 g/100g | 4,023 g/100g | 3,80 |
| 4012 | Vollkornbrötchen | 275 | 1.152 | 39,705 g/100g | 2,407 g/100g | 5,807 g/100g | 0,833 g/100g | 11,976 g/100g | 1,855 g/100g | 3,30 |
| 4014 | Mohnbrötchen | 297 | 1.242 | 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 |
| 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 |
| 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 |
| 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 |
| 4029 | Kürbiskernbrötchen | 324 | 1.355 | 41,078 g/100g | 1,966 g/100g | 11,050 g/100g | 2,175 g/100g | 12,713 g/100g | 1,116 g/100g | 3,40 |
| 4030 | Seele | 234 | 980 | 43,697 g/100g | 1,118 g/100g | 2,340 g/100g | 0,397 g/100g | 7,433 g/100g | 2,862 g/100g | 3,60 |
| 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 |
| 4036 | Handbrot des Monats | 202 | 846 | 21,330 g/100g | 2,163 g/100g | 8,000 g/100g | 2,615 g/100g | 9,870 g/100g | 1,594 g/100g | 1,80 |
| 4039 | Käsebrezel | 251 | 1.049 | 32,643 g/100g | 1,052 g/100g | 7,946 g/100g | 4,935 g/100g | 11,025 g/100g | 1,556 g/100g | 2,70 |
| 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 |
| 4054 | Streusel | 368 | 1.540 | 55,366 g/100g | 23,712 g/100g | 12,347 g/100g | 6,748 g/100g | 7,612 g/100g | 0,934 g/100g | 4,60 |
| 4055 | Berliner mit Fruchtfüllung | 324 | 1.358 | 49,658 g/100g | 17,541 g/100g | 10,434 g/100g | 3,195 g/100g | 6,529 g/100g | 0,916 g/100g | 4,10 |
| 4056 | Kirschplunder | 311 | 1.302 | 43,285 g/100g | 16,676 g/100g | 12,923 g/100g | 6,363 g/100g | 4,319 g/100g | 0,605 g/100g | 3,60 |
| 4060 | Buttercroissant mit Schokocreame | 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 |
| 4063 | Apfeltasche | 324 | 1.355 | 38,691 g/100g | 18,711 g/100g | 16,796 g/100g | 6,974 g/100g | 3,544 g/100g | 0,513 g/100g | 3,20 |
| 4078 | Kümmelbrötchen | 229 | 961 | 42,962 g/100g | 1,599 g/100g | 2,219 g/100g | 0,276 g/100g | 7,385 g/100g | 7,665 g/100g | 3,60 |
| 4082 | Heidelbeer-Schmand-Streusel | 292 | 1.224 | 40,670 g/100g | 17,495 g/100g | 11,199 g/100g | 6,962 g/100g | 5,833 g/100g | 0,628 g/100g | 3,40 |
| 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 |
| 4101 | Käselaugenstange | 256 | 1.071 | 33,436 g/100g | 1,071 g/100g | 8,539 g/100g | 5,328 g/100g | 10,187 g/100g | 1,589 g/100g | 2,80 |
| 4129 | Rosenbrötchen | 276 | 1.156 | 50,274 g/100g | 1,476 g/100g | 4,043 g/100g | 1,059 g/100g | 7,711 g/100g | 1,364 g/100g | 4,20 |
| 4131 | Hefeschnecke mit Zimt | 379 | 1.589 | 51,154 g/100g | 22,372 g/100g | 16,698 g/100g | 6,705 g/100g | 5,258 g/100g | 0,531 g/100g | 4,30 |
| 4136 | Grillkonfekt | 258 | 1.080 | 45,493 g/100g | 1,624 g/100g | 3,708 g/100g | 0,944 g/100g | 8,259 g/100g | 2,396 g/100g | 3,80 |
| 4155 | Laugen-Landrötchen | 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 |
| 4161 | Puddingbrille | 276 | 1.157 | 39,926 g/100g | 17,488 g/100g | 11,198 g/100g | 5,596 g/100g | 3,350 g/100g | 0,433 g/100g | 3,30 |
| 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 |
| 4184 | Seele belegt | 181 | 758 | 23,918 g/100g | 0,775 g/100g | 5,070 g/100g | 2,797 g/100g | 8,892 g/100g | 1,390 g/100g | 2,00 |
| 4192 | Käseseele | 234 | 980 | 32,844 g/100g | 0,706 g/100g | 6,573 g/100g | 3,802 g/100g | 9,512 g/100g | 1,368 g/100g | 2,70 |
| 4196 | Nutella® Muffin | 436 | 1.825 | 49,200 g/100g | 27,700 g/100g | 24,100 g/100g | 3,200 g/100g | 5,300 g/100g | 0,460 g/100g | 4,10 |
| 4202 | Nussstick | 379 | 1.588 | 52,063 g/100g | 24,683 g/100g | 15,621 g/100g | 5,235 g/100g | 6,324 g/100g | 0,521 g/100g | 4,30 |
| 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 |
| 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 |
| 4265 | Bauern-Brotzeit | 155 | 649 | 17,418 g/100g | 2,369 g/100g | 4,420 g/100g | 1,931 g/100g | 10,420 g/100g | 1,527 g/100g | 1,50 |
| 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 |
| 4274 | Dinkelseele m. Grünkern | 258 | 1.078 | 41,567 g/100g | 0,925 g/100g | 5,135 g/100g | 0,743 g/100g | 9,273 g/100g | 1,365 g/100g | 3,50 |
| 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 |
| 4291 | Kartoffel-Krusti | 258 | 1.080 | 49,353 g/100g | 1,028 g/100g | 2,319 g/100g | 0,255 g/100g | 7,706 g/100g | 1,622 g/100g | 4,10 |
| 4292 | Roggen-Rosenbrötchen | 244 | 1.023 | 46,219 g/100g | 2,975 g/100g | 1,138 g/100g | 0,276 g/100g | 9,717 g/100g | 1,615 g/100g | 3,90 |
| 4293 | Goldweck | 227 | 949 | 43,917 g/100g | 1,289 g/100g | 1,884 g/100g | 0,304 g/100g | 6,500 g/100g | 1,412 g/100g | 3,70 |
| 4300 | Rustico | 286 | 1.196 | 18,174 g/100g | 1,375 g/100g | 17,338 g/100g | 9,291 g/100g | 13,934 g/100g | 2,137 g/100g | 1,50 |
| 4302 | Rhabarber-Erdbeer-Schmand-Streusel | 284 | 1.189 | 39,035 g/100g | 15,786 g/100g | 11,208 g/100g | 6,947 g/100g | 5,766 g/100g | 0,625 g/100g | 3,30 |
| 6007 | Schwäbische Apfelschnitte | 190 | 797 | 30,472 g/100g | 21,816 g/100g | 5,336 g/100g | 2,251 g/100g | 4,274 g/100g | 0,258 g/100g | 2,50 |
| 6008 | Bienenstich-Schnitte | 235 | 984 | 28,939 g/100g | 11,593 g/100g | 10,452 g/100g | 4,067 g/100g | 5,452 g/100g | 0,126 g/100g | 2,40 |
| 6009 | Amerikaner | 308 | 1.292 | 51,416 g/100g | 25,068 g/100g | 8,573 g/100g | 2,043 g/100g | 5,117 g/100g | 1,475 g/100g | 4,30 |
| 6015 | Schokobanane | 328 | 1.373 | 34,820 g/100g | 25,573 g/100g | 18,480 g/100g | 8,573 g/100g | 4,535 g/100g | 0,859 g/100g | 2,90 |
| 6023 | Streusel gefüllt | 276 | 1.158 | 40,243 g/100g | 16,848 g/100g | 10,311 g/100g | 5,856 g/100g | 4,913 g/100g | 0,598 g/100g | 3,40 |
| 6025 | Rhabarberschnitte | 191 | 801 | 28,411 g/100g | 10,782 g/100g | 6,729 g/100g | 3,270 g/100g | 2,717 g/100g | 0,246 g/100g | 2,40 |
| 6032 | Käse-Sahneschnitte | 220 | 919 | 28,031 g/100g | 17,891 g/100g | 9,918 g/100g | 5,670 g/100g | 4,137 g/100g | 0,249 g/100g | 2,30 |
| 6036 | Granatsplitter hell | 447 | 1.873 | 42,213 g/100g | 31,526 g/100g | 28,021 g/100g | 13,581 g/100g | 5,346 g/100g | 0,392 g/100g | 3,50 |
| 6042 | Granatsplitter dunkel | 450 | 1.885 | 39,495 g/100g | 28,224 g/100g | 28,552 g/100g | 14,062 g/100g | 4,743 g/100g | 0,285 g/100g | 3,30 |
| 6056 | Linzer Torte | 489 | 2.045 | 47,414 g/100g | 32,823 g/100g | 29,603 g/100g | 9,624 g/100g | 6,942 g/100g | 0,352 g/100g | 4,00 |
| 6069 | Erdbeersahneschnitte | 265 | 1.111 | 27,695 g/100g | 17,669 g/100g | 15,531 g/100g | 9,287 g/100g | 3,570 g/100g | 0,625 g/100g | 2,30 |
| 6075 | Erdbeerfruchtschnitte | 155 | 648 | 26,451 g/100g | 14,565 g/100g | 4,356 g/100g | 2,528 g/100g | 1,972 g/100g | 3,028 g/100g | 2,20 |
| 6088 | Glücksmoment | 399 | 1.669 | 41,909 g/100g | 30,991 g/100g | 23,132 g/100g | 12,964 g/100g | 4,083 g/100g | 0,317 g/100g | 3,50 |

| ArtNr | Bezeichnung | Brennwert/ 100g(kcal) | Brennwert/ 100g(kJ) | Nährwert. Kohlenhydrate | Nährwert. Zucker | Nährwert. Fett | Nährwert. ges. Fettsäuren | Nährwert. Eiweiss | Nährwert. Salz | Nährwert. Broteinheiten |
|-------|---------------------------|--------------------------|------------------------|----------------------------|---------------------|-------------------|------------------------------|----------------------|-------------------|----------------------------|
| 6159 | Wochenendkuchen | 375 | 1.569 | 36,847 g/100g | 23,895 g/100g | 22,452 g/100g | 3,057 g/100g | 5,505 g/100g | 0,393 g/100g | 3,10 |
| 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 |
| 6186 | Roulade des Monats | 247 | 1.032 | 33,234 g/100g | 23,669 g/100g | 10,633 g/100g | 6,035 g/100g | 3,907 g/100g | 0,286 g/100g | 2,80 |
| 6252 | Mailänder Hörnchen | 435 | 1.820 | 48,133 g/100g | 46,061 g/100g | 21,692 g/100g | 3,816 g/100g | 9,473 g/100g | 0,047 g/100g | 4,00 |
| 6395 | Gemüse-Quiche | 140 | 587 | 13,175 g/100g | 2,521 g/100g | 7,014 g/100g | 9,554 g/100g | 5,324 g/100g | 1,577 g/100g | 1,10 |
| 6398 | Blätterteig-Käsegebäck | 371 | 1.553 | 11,181 g/100g | 0,243 g/100g | 27,046 g/100g | 17,881 g/100g | 21,031 g/100g | 4,120 g/100g | 0,90 |
| 6419 | Käsekuchenschmitte | 238 | 998 | 20,819 g/100g | 13,766 g/100g | 13,990 g/100g | 5,215 g/100g | 7,331 g/100g | 0,261 g/100g | 1,70 |
| 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 |
| 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 |
| 6592 | Butterkekse Heidesand | 415 | 1.736 | 60,533 g/100g | 32,078 g/100g | 16,567 g/100g | 9,863 g/100g | 4,828 g/100g | 0,338 g/100g | 5,00 |
| 6601 | Butterkekse schwarz/weiß | 431 | 1.803 | 57,822 g/100g | 25,770 g/100g | 18,986 g/100g | 11,306 g/100g | 5,815 g/100g | 0,381 g/100g | 4,80 |
| 6603 | Omas Rührkuchen Zitrone | 470 | 1.969 | 44,361 g/100g | 26,943 g/100g | 29,589 g/100g | 3,670 g/100g | 6,470 g/100g | 0,502 g/100g | 3,70 |
| 6605 | Omas Rührkuchen Marmor | 460 | 1.925 | 42,449 g/100g | 25,759 g/100g | 28,904 g/100g | 3,929 g/100g | 6,914 g/100g | 0,473 g/100g | 3,50 |
| 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 |
| 6619 | Donut Mango | 404 | 1.692 | 53,300 g/100g | 29,200 g/100g | 19,000 g/100g | 10,500 g/100g | 4,100 g/100g | 0,560 g/100g | 4,40 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |