



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: 06.11.2020

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	163	683	20,274 g/100g	8,961 g/100g	7,588 g/100g	3,753 g/100g	3,034 g/100g	0,275 g/100g	1,70
1003	Frühstück schnell	117	489	13,015 g/100g	3,080 g/100g	5,511 g/100g	3,126 g/100g	3,513 g/100g	0,357 g/100g	1,10
1004	Frühstück deftig	157	657	15,585 g/100g	2,319 g/100g	7,713 g/100g	4,558 g/100g	5,930 g/100g	0,645 g/100g	1,30
1013	Strammes Mäxchen	213	892	18,774 g/100g	0,826 g/100g	11,107 g/100g	6,114 g/100g	8,916 g/100g	1,124 g/100g	1,60
1017	Laugenbrezel mit Butter	299	1.252	38,209 g/100g	1,284 g/100g	13,061 g/100g	6,750 g/100g	6,047 g/100g	1,324 g/100g	3,20
1018	Laugenbrötchen mit Butter	284	1.188	38,905 g/100g	0,953 g/100g	10,927 g/100g	5,945 g/100g	6,097 g/100g	1,075 g/100g	3,20
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	Pizzatefleischkäse 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	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
1058	Frühstück Hallo Wach	109	457	13,573 g/100g	4,122 g/100g	4,472 g/100g	2,312 g/100g	3,344 g/100g	0,414 g/100g	1,10
1059	Salami-Stern	227	949	25,979 g/100g	1,303 g/100g	9,889 g/100g	2,764 g/100g	7,527 g/100g	1,226 g/100g	2,20
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	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
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
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	18,427 g/100g	0,811 g/100g	13,106 g/100g	7,213 g/100g	9,019 g/100g	1,173 g/100g	1,50
1112	Italiano	208	873	16,870 g/100g	1,671 g/100g	11,509 g/100g	6,666 g/100g	8,866 g/100g	0,969 g/100g	1,40
1120	Körnerbrezel	339	1.420	33,603 g/100g	1,300 g/100g	16,515 g/100g	2,365 g/100g	11,361 g/100g	2,390 g/100g	2,80
1124	Hot Dog	218	914	22,009 g/100g	4,064 g/100g	10,245 g/100g	4,836 g/100g	8,635 g/100g	1,586 g/100g	1,80
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
1149	Käselaugenstange mit Debreziner	260	1.090	18,154 g/100g	1,010 g/100g	15,983 g/100g	7,636 g/100g	10,540 g/100g	1,984 g/100g	1,50
1150	Käselaugenstange mit Speck	262	1.096	28,285 g/100g	1,018 g/100g	10,438 g/100g	5,325 g/100g	12,768 g/100g	2,178 g/100g	2,40
1163	Pizzastick	209	876	26,244 g/100g	3,824 g/100g	7,418 g/100g	4,243 g/100g	8,342 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
1205	Panini Salami	246	1.030	23,881 g/100g	4,007 g/100g	11,568 g/100g	5,903 g/100g	10,918 g/100g	1,555 g/100g	2,00
1215	Panini Tomate Mozzarella	190	794	19,777 g/100g	1,824 g/100g	8,649 g/100g	2,989 g/100g	7,478 g/100g	1,203 g/100g	1,60
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
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	17,806 g/100g	6,909 g/100g	5,716 g/100g	2,952 g/100g	2,750 g/100g	0,465 g/100g	1,50
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
1257	Oktoberfest-Brezel	249	1.041	24,158 g/100g	1,516 g/100g	13,540 g/100g	6,127 g/100g	6,952 g/100g	1,342 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	158	661	14,162 g/100g	5,567 g/100g	8,577 g/100g	4,140 g/100g	5,802 g/100g	0,587 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
1322	Cold Brew Coffee	5	23	1,199 g/100g	1,169 g/100g			0,148 g/100g		0,10
1324	Frühstück Mediterran	166	694	16,170 g/100g	2,223 g/100g	8,298 g/100g	3,967 g/100g	6,264 g/100g	0,636 g/100g	1,30
1325	Frühstück Rustikal	165	689	12,700 g/100g	1,974 g/100g	9,494 g/100g	4,423 g/100g	6,864 g/100g	0,883 g/100g	1,10
1326	Frühstücksteller	139	583	9,808 g/100g	2,502 g/100g	8,240 g/100g	4,864 g/100g	6,139 g/100g	0,582 g/100g	0,80
1327	Frühstück Fitness	166	696	11,930 g/100g	1,893 g/100g	10,190 g/100g	4,429 g/100g	6,538 g/100g	0,615 g/100g	1,00
1328	Frühstück Sternbäck Spezial	108	451	10,889 g/100g	3,930 g/100g	5,212 g/100g	2,234 g/100g	4,086 g/100g	0,442 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*	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
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
1371	Strammer Max	192	803	13,673 g/100g	0,793 g/100g	11,881 g/100g	4,721 g/100g	7,318 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
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
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
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
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
1450	Kaffee XL	0	1	0,006 g/100g		0,006 g/100g		0,012 g/100g		0,00
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
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
1455	Heißes Kakaotr�nk 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
1457	Filterkaffee XL	0	1	0,006 g/100g		0,006 g/100g		0,012 g/100g		0,00
1458	Orange	38	158	8,300 g/100g	8,200 g/100g			1,000 g/100g		0,70
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
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
1493	Brezel Schnittlauch	240	1.005	31,168 g/100g	1,801 g/100g	9,537 g/100g	4,918 g/100g	6,300 g/100g	1,312 g/100g	2,60
1494	Brezel Gouda	260	1.087	21,967 g/100g	0,874 g/100g	14,488 g/100g	8,583 g/100g	9,831 g/100g	1,294 g/100g	1,80
1498	Brezel Salami	255	1.069	23,631 g/100g	1,133 g/100g	14,014 g/100g	6,529 g/100g	8,126 g/100g	1,088 g/100g	2,00
1500	Salat H�hnchenbruststreifen	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
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
1503	Salat K�se	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 Semmelbr�sel	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
1530	Joghurt Obstsalat Dessert	80	334	11,289 g/100g	8,714 g/100g	2,337 g/100g	1,505 g/100g	3,256 g/100g	0,079 g/100g	0,90
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
1533	Brezel Black Pepper	338	1.417	47,685 g/100g	1,585 g/100g	12,394 g/100g	1,611 g/100g	7,494 g/100g	2,445 g/100g	4,00
1534	Brezel Pizza	334	1.399	48,095 g/100g	1,845 g/100g	11,674 g/100g	1,621 g/100g	7,604 g/100g	2,647 g/100g	4,00
1535	Brezel Cheese&Onion	337	1.411	47,755 g/100g	1,534 g/100g	12,034 g/100g	1,821 g/100g	7,864 g/100g	2,493 g/100g	4,00
2001	Pariser Wei�brot	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	1.049	50,079 g/100g	0,810 g/100g	1,159 g/100g	0,327 g/100g	7,605 g/100g	1,571 g/100g	4,20
2003	Dinkel-Vollkornbrot	251	1.052	34,650 g/100g	1,601 g/100g	6,982 g/100g	0,806 g/100g	9,640 g/100g	0,770 g/100g	2,90
2008	Gro�er Knautzer	224	937	43,074 g/100g	1,428 g/100g	1,227 g/100g	0,315 g/100g	7,647 g/100g	1,437 g/100g	3,60
2013	Kartoffelbrot	234	980	46,827 g/100g	1,200 g/100g	0,777 g/100g	0,112 g/100g	7,445 g/100g	1,299 g/100g	3,90
2015	Dinkelbrot	210	881	40,529 g/100g	0,647 g/100g	1,012 g/100g	0,241 g/100g	7,733 g/100g	1,521 g/100g	3,40
2022	Halbwei�brot	223	932	42,915 g/100g	1,513 g/100g	1,104 g/100g	0,191 g/100g	7,683 g/100g	1,514 g/100g	3,60
2024	Original Weihnachtsstollen geschnitten	378	1.584	46,702 g/100g	26,279 g/100g	18,028 g/100g	9,397 g/100g	5,398 g/100g	0,471 g/100g	3,90
2025	B�ckerroggen	215	902	42,077 g/100g	2,360 g/100g	0,986 g/100g	0,158 g/100g	6,852 g/100g	1,337 g/100g	3,50
2032	Hefezopf	316	1.321	53,473 g/100g	13,693 g/100g	6,929 g/100g	0,499 g/100g	8,089 g/100g	0,849 g/100g	4,50
2040	Nusszopf	327	1.367	50,741 g/100g	21,365 g/100g	9,872 g/100g	2,456 g/100g	6,940 g/100g	0,555 g/100g	4,20
2041	Bauernbrot Schweizer Art	218	914	43,961 g/100g	1,730 g/100g	0,819 g/100g	0,142 g/100g	6,550 g/100g	1,358 g/100g	3,70
2046	Schwabenkorn	246	1.031	36,891 g/100g	1,410 g/100g	5,745 g/100g	0,873 g/100g	9,119 g/100g	1,182 g/100g	3,10
2047	Genetztes Brot	215	899	41,967 g/100g	1,323 g/100g	0,859 g/100g	0,136 g/100g	7,449 g/100g	1,322 g/100g	3,50
2051	Schw�bisches Landbrot gro�	227	951	44,016 g/100g	1,754 g/100g	0,935 g/100g	0,154 g/100g	7,997 g/100g	1,242 g/100g	3,70
2057	Kaviar/Sardellenbrot	251	1.052	47,039 g/100g	3,600 g/100g	2,443 g/100g	1,205 g/100g	8,217 g/100g	1,289 g/100g	3,90
2059	Wasserwei�brot	222	930	43,404 g/100g	1,296 g/100g	1,521 g/100g	0,236 g/100g	6,798 g/100g	1,393 g/100g	3,60
2070	Emmerbrot	197	825	36,682 g/100g	1,786 g/100g	1,100 g/100g	0,284 g/100g	7,203 g/100g	1,609 g/100g	3,10
2103	Schulbrot	266	1.114	44,971 g/100g	3,007 g/100g	4,399 g/100g	0,539 g/100g	8,366 g/100g	1,069 g/100g	3,70
2105	Hefezopf ohne Mandeln ohne Rosinen	306	1.281	53,303 g/100g	10,758 g/100g	6,111 g/100g	0,348 g/100g	7,651 g/100g	0,894 g/100g	4,40
2153	K�rbisgeist Brot	258	1.081	38,692 g/100g	2,561 g/100g	7,872 g/100g	1,342 g/100g	5,908 g/100g	1,472 g/100g	3,20
2157	Steinofenbaguette	208	873	39,901 g/100g	0,920 g/100g	1,669 g/100g	0,188 g/100g	6,503 g/100g	1,344 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
2170	Roggenkruste	181	758	35,438 g/100g	2,656 g/100g	0,797 g/100g	0,130 g/100g	5,662 g/100g	1,521 g/100g	3,00
2206	Fr�chtebrot 250g	320	1.340	55,782 g/100g	34,329 g/100g	6,716 g/100g	1,867 g/100g	5,158 g/100g	0,313 g/100g	4,60
2207	Fr�chtebrot 500g	320	1.340	55,783 g/100g	34,329 g/100g	6,716 g/100g	1,867 g/100g	5,158 g/100g	0,313 g/100g	4,60
2208	Weihnachtsgeb�ck	433	1.814	56,000 g/100g	41,000 g/100g	21,000 g/100g	13,000 g/100g	5,000 g/100g	0,280 g/100g	4,70
2211	Mohnstollen	340	1.424	28,506 g/100g	11,053 g/100g	20,140 g/100g	7,101 g/100g	8,814 g/100g	0,433 g/100g	2,40
2213	1/4 Schwabenlaib	222	928	40,736 g/100g	1,246 g/100g	2,642 g/100g	0,277 g/100g	6,614 g/100g	1,503 g/100g	3,40
2230	Hausbrot	230	962	43,720 g/100g	1,204 g/100g	2,148 g/100g	0,219 g/100g	6,849 g/100g	1,341 g/100g	3,60
2307	Holzofenkruste	210	881	42,379 g/100g	1,250 g/100g	0,726 g/100g	0,124 g/100g	6,591 g/100g	1,446 g/100g	3,50
2324	Original Weihnachtsstollen geschnitten	378	1.584	46,702 g/100g	26,279 g/100g	18,028 g/100g	9,397 g/100g	5,398 g/100g	0,471 g/100g	3,90
2325	DD Mandelstollen geschnitten	427	1.786	39,939 g/100g	16,766 g/100g	25,347 g/100g	11,781 g/100g	6,957 g/100g	0,514 g/100g	3,30
4000	Brezeln	284	1.191	50,994 g/100g	1,607 g/100g	4,488 g/100g	0,689 g/100g	7,994 g/100g	5,604 g/100g	4,20
4003	Laugenknoten	286	1.199	51,077 g/100g	1,631 g/100g	4,589 g/100g	0,704 g/100g	8,121 g/100g	1,509 g/100g	4,30
4005	K�sebr�tchen	347	1.451	45,581 g/100g	2,879 g/100g	13,997 g/100g	6,982 g/100g	8,204 g/100g	1,146 g/100g	3,80
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

4008	Sesambrotchen	301	1.260	52,367 g/100g	1,403 g/100g	5,061 g/100g	0,791 g/100g	9,045 g/100g	1,489 g/100g	4,40
4010	Dinkelherz	305	1.275	45,249 g/100g	1,060 g/100g	7,595 g/100g	0,951 g/100g	10,987 g/100g	1,390 g/100g	3,80
4011	Laugenstange	255	1.068	45,492 g/100g	1,447 g/100g	4,110 g/100g	0,626 g/100g	7,231 g/100g	4,196 g/100g	3,80
4012	Vollkornbrötchen	275	1.153	39,537 g/100g	2,381 g/100g	5,841 g/100g	0,840 g/100g	12,055 g/100g	1,855 g/100g	3,30
4014	Mohnbrötchen	297	1.244	51,855 g/100g	1,389 g/100g	4,542 g/100g	0,639 g/100g	9,467 g/100g	1,491 g/100g	4,30
4015	Ciabattabrötchen	206	864	40,171 g/100g	1,063 g/100g	1,232 g/100g	0,214 g/100g	6,676 g/100g	1,246 g/100g	3,30
4016	Kaiserbrötchen	277	1.159	54,787 g/100g	1,469 g/100g	1,723 g/100g	0,326 g/100g	8,308 g/100g	1,582 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	306	1.283	38,887 g/100g	1,727 g/100g	10,521 g/100g	2,035 g/100g	11,895 g/100g	1,337 g/100g	3,20
4030	Seele	234	980	43,628 g/100g	1,108 g/100g	2,353 g/100g	0,399 g/100g	7,466 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	172	721	16,857 g/100g	2,357 g/100g	6,835 g/100g	3,343 g/100g	9,944 g/100g	1,496 g/100g	1,40
4039	Käsebrezel	266	1.113	32,832 g/100g	1,021 g/100g	9,677 g/100g	5,163 g/100g	10,730 g/100g	1,624 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	367	1.537	55,044 g/100g	23,658 g/100g	12,337 g/100g	6,728 g/100g	7,646 g/100g	0,929 g/100g	4,60
4055	Berliner mit Fruchtfüllung	320	1.342	48,772 g/100g	15,789 g/100g	10,508 g/100g	1,744 g/100g	6,265 g/100g	0,620 g/100g	4,10
4059	Mohnschnecke	376	1.573	34,379 g/100g	13,652 g/100g	21,452 g/100g	6,912 g/100g	8,897 g/100g	0,439 g/100g	2,90
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	38,692 g/100g	18,711 g/100g	16,796 g/100g	6,974 g/100g	3,544 g/100g	0,518 g/100g	3,20
4075	Vollkornbrötchen 60g ohne Bestreung	239	1.000	39,547 g/100g	1,752 g/100g	2,419 g/100g	0,456 g/100g	10,895 g/100g	1,485 g/100g	3,30
4078	Kümmelbrötchen	230	962	42,845 g/100g	1,582 g/100g	2,242 g/100g	0,280 g/100g	7,440 g/100g	7,665 g/100g	3,60
4079	Sonnenblumenkernbrötchen	330	1.382	32,148 g/100g	2,019 g/100g	14,798 g/100g	1,813 g/100g	13,453 g/100g	1,078 g/100g	2,70
4081	Quarkbällchen	313	1.310	35,959 g/100g	18,265 g/100g	15,370 g/100g	3,269 g/100g	7,271 g/100g	0,988 g/100g	3,00
4087	Stollenkonfekt	377	1.579	47,127 g/100g	28,855 g/100g	18,067 g/100g	9,549 g/100g	5,511 g/100g	0,511 g/100g	3,90
4094	Party Weizenrad 14 Stück	261	1.094	43,965 g/100g	1,326 g/100g	4,856 g/100g	0,730 g/100g	8,251 g/100g	1,229 g/100g	3,70
4095	Party Roggenrad 14 Stück	242	1.012	36,736 g/100g	2,457 g/100g	5,136 g/100g	0,803 g/100g	9,632 g/100g	1,237 g/100g	3,10
4101	Käselaugenstange	263	1.099	33,816 g/100g	1,066 g/100g	9,041 g/100g	4,653 g/100g	10,322 g/100g	1,608 g/100g	2,80
4129	Rosenbrötchen	277	1.158	50,023 g/100g	1,438 g/100g	4,093 g/100g	1,068 g/100g	7,830 g/100g	1,365 g/100g	4,20
4131	Hefeschnecke mit Zimt	380	1.590	50,949 g/100g	22,342 g/100g	16,739 g/100g	6,713 g/100g	5,356 g/100g	0,532 g/100g	4,20
4134	Apfel-Zimt-Kringel	239	1.001	34,252 g/100g	10,340 g/100g	8,591 g/100g	1,798 g/100g	4,935 g/100g	1,264 g/100g	2,90
4136	Grillkonfekt	260	1.090	45,336 g/100g	1,565 g/100g	3,994 g/100g	0,655 g/100g	8,332 g/100g	2,453 g/100g	3,80
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
4161	Puddingbrille	277	1.158	39,812 g/100g	17,471 g/100g	11,222 g/100g	5,600 g/100g	3,404 g/100g	0,433 g/100g	3,30
4162	Bella Biena	306	1.280	36,657 g/100g	11,501 g/100g	14,611 g/100g	3,921 g/100g	5,979 g/100g	0,474 g/100g	3,10
4179	Quarkteig-Nikolaus	319	1.335	43,999 g/100g	11,296 g/100g	10,849 g/100g	6,269 g/100g	9,892 g/100g	1,350 g/100g	3,70
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	23,881 g/100g	0,770 g/100g	5,077 g/100g	2,798 g/100g	8,910 g/100g	1,390 g/100g	2,00
4192	Käseseele	234	980	32,791 g/100g	0,699 g/100g	6,584 g/100g	3,804 g/100g	9,537 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
4200	Quarkteigfledermaus	331	1.384	49,878 g/100g	18,700 g/100g	9,927 g/100g	6,019 g/100g	9,041 g/100g	1,250 g/100g	4,20
4202	Nussstick	380	1.589	51,945 g/100g	24,665 g/100g	15,645 g/100g	5,239 g/100g	6,380 g/100g	0,522 g/100g	4,30
4211	Kinder-Berliner	286	1.198	39,460 g/100g	15,703 g/100g	11,595 g/100g	3,282 g/100g	5,135 g/100g	0,472 g/100g	3,30
4215	Vollkornbrötchen 60g mit Bestreung	231	966	38,200 g/100g	1,693 g/100g	2,336 g/100g	0,440 g/100g	10,523 g/100g	1,435 g/100g	3,20
4236	Jogging Schleife	303	1.270	42,866 g/100g	3,027 g/100g	8,632 g/100g	1,190 g/100g	10,364 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	172	721	16,857 g/100g	2,357 g/100g	6,835 g/100g	3,343 g/100g	9,944 g/100g	1,496 g/100g	1,40
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	1.079	41,510 g/100g	0,916 g/100g	5,146 g/100g	0,745 g/100g	9,300 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	1.081	49,268 g/100g	1,016 g/100g	2,337 g/100g	0,258 g/100g	7,746 g/100g	1,622 g/100g	4,10
4292	Roggen-Rosenbrötchen	245	1.025	45,983 g/100g	2,940 g/100g	1,186 g/100g	0,285 g/100g	9,829 g/100g	1,616 g/100g	3,80
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
4300	Rustico	292	1.222	18,026 g/100g	1,354 g/100g	18,234 g/100g	9,916 g/100g	13,642 g/100g	2,173 g/100g	1,50
4303	Dinnete	285	1.193	20,653 g/100g	1,617 g/100g	18,428 g/100g	7,366 g/100g	8,836 g/100g	1,268 g/100g	1,70
6000	Vanille-Berliner	264	1.104	35,959 g/100g	11,170 g/100g	10,756 g/100g	3,445 g/100g	4,986 g/100g	0,510 g/100g	3,00
6009	Amerikaner	307	1.285	50,208 g/100g	22,993 g/100g	8,825 g/100g	2,210 g/100g	5,257 g/100g	1,516 g/100g	4,20
6014	Butteramerikaner mit Motiv	378	1.582	50,884 g/100g	22,127 g/100g	16,404 g/100g	6,556 g/100g	5,062 g/100g	1,103 g/100g	4,20
6015	Schokobanane	328	1.374	34,836 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	277	1.158	40,161 g/100g	16,835 g/100g	10,328 g/100g	5,859 g/100g	4,952 g/100g	0,599 g/100g	3,30
6032	Käse-Sahneschnitte	249	1.043	31,404 g/100g	19,832 g/100g	11,429 g/100g	6,516 g/100g	4,762 g/100g	0,315 g/100g	2,60
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
6037	Nougat-Cremeberliner	354	1.481	43,779 g/100g	22,070 g/100g	16,844 g/100g	4,845 g/100g	5,878 g/100g	0,673 g/100g	3,60
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
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
6146	Weihnachtsgebäck	413	1.730	50,821 g/100g	33,338 g/100g	19,896 g/100g	6,728 g/100g	6,075 g/100g	0,241 g/100g	4,20
6156	Zimtsterne	460	1.925	45,397 g/100g	42,030 g/100g	25,348 g/100g	1,800 g/100g	10,355 g/100g	0,078 g/100g	3,80
6157	Spitzbuben	407	1.703	52,831 g/100g	29,095 g/100g	19,338 g/100g	0,392 g/100g	4,497 g/100g	0,148 g/100g	4,40

6159	Wochenendkuchen	398	1.668	42,735 g/100g	26,802 g/100g	22,809 g/100g	3,934 g/100g	5,056 g/100g	0,357 g/100g	3,60
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
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	264	1.104	28,938 g/100g	19,556 g/100g	13,437 g/100g	5,741 g/100g	6,141 g/100g	0,333 g/100g	2,40
6192	Pfauenauge	382	1.600	56,334 g/100g	45,614 g/100g	13,794 g/100g	3,040 g/100g	6,530 g/100g	0,280 g/100g	4,70
6198	Käse-Sahne-Torte	262	1.099	28,400 g/100g	15,200 g/100g	13,600 g/100g	7,100 g/100g	6,500 g/100g	0,200 g/100g	2,40
6239	Spitzbubenherz	369	1.544	57,295 g/100g	39,123 g/100g	13,586 g/100g	0,218 g/100g	3,261 g/100g	0,120 g/100g	4,80
6332	Dominosteine	377	1.579	56,235 g/100g	42,337 g/100g	13,642 g/100g	5,418 g/100g	5,559 g/100g	0,175 g/100g	4,70
6398	Blätterteig-Käsegebäck	398	1.667	10,626 g/100g	0,163 g/100g	31,009 g/100g	20,656 g/100g	19,683 g/100g	4,278 g/100g	0,90
6404	Sternentaler	431	1.805	45,393 g/100g	38,450 g/100g	21,987 g/100g	4,390 g/100g	10,318 g/100g	0,105 g/100g	3,80
6419	Käsekuchenschnitte	243	1.016	20,109 g/100g	13,917 g/100g	14,741 g/100g	5,622 g/100g	7,445 g/100g	0,230 g/100g	1,70
6426	Nuss-Sahnetorte	287	1.202	23,000 g/100g	18,000 g/100g	20,000 g/100g	11,000 g/100g	4,200 g/100g	0,200 g/100g	1,90
6475	Mohnschnitte	243	1.017	20,536 g/100g	15,268 g/100g	13,184 g/100g	2,382 g/100g	8,393 g/100g	0,100 g/100g	1,70
6500	Zitronen-Sandkuchen	429	1.796	49,722 g/100g	26,327 g/100g	23,187 g/100g	2,653 g/100g	5,080 g/100g	0,833 g/100g	4,10
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
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
6528	Tiramisu-Schnitte	264	1.105	24,000 g/100g	16,000 g/100g	17,000 g/100g	10,000 g/100g	4,000 g/100g		2,00
6529	Nuss-Creme-Torte	410	1.715	36,900 g/100g	24,400 g/100g	26,600 g/100g	11,700 g/100g	5,500 g/100g	0,100 g/100g	3,10
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
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
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
6579	Kokosmakronen	401	1.680	49,704 g/100g	49,111 g/100g	18,741 g/100g	15,407 g/100g	5,296 g/100g		4,10
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
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
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
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
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
6628	Bobbes	449	1.880	53,616 g/100g	25,158 g/100g	22,765 g/100g	4,125 g/100g	6,475 g/100g	0,103 g/100g	4,50