



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	Artikel	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	687	20,352 g/100g	8,997 g/100g	7,623 g/100g	3,808 g/100g	3,069 g/100g	0,144 g/100g	1,70
1003	Frühstück schnell	136	567	17,252 g/100g	3,017 g/100g	5,372 g/100g	3,269 g/100g	4,064 g/100g	0,510 g/100g	1,40
1004	Frühstück deftig	160	668	15,809 g/100g	2,426 g/100g	7,856 g/100g	4,740 g/100g	6,027 g/100g	0,265 g/100g	1,30
1013	Strammes Mäxchen	208	872	17,642 g/100g	0,833 g/100g	11,155 g/100g	6,178 g/100g	8,821 g/100g	1,107 g/100g	1,50
1017	Laugenbrezel mit Butter	311	1.303	42,144 g/100g	1,403 g/100g	12,320 g/100g	7,321 g/100g	6,645 g/100g	1,458 g/100g	3,50
1018	Laugenbrötchen mit Butter	278	1.165	39,179 g/100g	0,978 g/100g	10,140 g/100g	6,231 g/100g	6,146 g/100g	1,078 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	237	994	23,948 g/100g	1,149 g/100g	11,511 g/100g	4,815 g/100g	8,745 g/100g	1,356 g/100g	2,00
1058	Frühstück Hallo Wach	111	465	13,725 g/100g	4,194 g/100g	4,569 g/100g	2,435 g/100g	3,410 g/100g	0,157 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	165	689	25,318 g/100g	3,511 g/100g	3,242 g/100g	1,819 g/100g	7,441 g/100g	1,315 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	Schweineschnitzel 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
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
1116	Grilled Chicken	175	731	21,002 g/100g	0,907 g/100g	4,830 g/100g	2,503 g/100g	10,853 g/100g	0,963 g/100g	1,80
1120	Körnerbrezel	338	1.415	32,325 g/100g	1,514 g/100g	16,719 g/100g	3,094 g/100g	12,101 g/100g	2,379 g/100g	2,70
1124	Hot Dog	224	938	23,196 g/100g	4,235 g/100g	10,341 g/100g	4,904 g/100g	8,726 g/100g	1,725 g/100g	1,90
1125	Pizzaschnitte vegetarisch	157	658	25,008 g/100g	3,637 g/100g	3,054 g/100g	1,719 g/100g	6,204 g/100g	1,129 g/100g	2,10
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 Zimtucker 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
1149	Käselaugenstange mit Debreziner	253	1.059	18,207 g/100g	1,021 g/100g	15,032 g/100g	7,548 g/100g	10,734 g/100g	1,891 g/100g	1,50
1150	Käselaugenstange mit Speck	249	1.043	28,039 g/100g	1,033 g/100g	8,979 g/100g	5,189 g/100g	13,082 g/100g	2,044 g/100g	2,30
1163	Pizzaschnitte Salami	180	753	25,349 g/100g	3,542 g/100g	4,973 g/100g	2,538 g/100g	7,429 g/100g	1,227 g/100g	2,10
1175	Fleischkäse Scheibe	282	1.180	0,500 g/100g	0,500 g/100g	25,700 g/100g	9,100 g/100g	13,000 g/100g	1,200 g/100g	0,00
1183	Rogg'n Egg	232	971	19,172 g/100g	1,619 g/100g	13,457 g/100g	7,031 g/100g	7,679 g/100g	0,772 g/100g	1,60
1207	Panini Schinken	241	1.008	23,995 g/100g	1,166 g/100g	10,651 g/100g	5,075 g/100g	11,407 g/100g	1,681 g/100g	2,00
1215	Panini Tomate Mozzarella	190	794	19,777 g/100g	1,839 g/100g	8,649 g/100g	2,989 g/100g	7,468 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	133	558	17,653 g/100g	6,904 g/100g	5,565 g/100g	3,166 g/100g	2,723 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	17,890 g/100g	6,806 g/100g	4,070 g/100g	3,351 g/100g	0,242 g/100g	2,00
1239	Käsebrötchen Spezial	255	1.068	25,385 g/100g	1,055 g/100g	10,938 g/100g	5,385 g/100g	12,768 g/100g	2,618 g/100g	2,10
1253	Aktions Dessert	233	977	18,551 g/100g	15,933 g/100g	16,342 g/100g	9,782 g/100g	2,952 g/100g	0,098 g/100g	1,50
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	160	668	14,299 g/100g	5,633 g/100g	8,665 g/100g	4,252 g/100g	5,862 g/100g	0,354 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	168	703	16,375 g/100g	2,320 g/100g	8,388 g/100g	4,111 g/100g	6,358 g/100g	0,290 g/100g	1,40
1325	Frühstück Rustikal	166	696	12,874 g/100g	2,056 g/100g	9,570 g/100g	4,544 g/100g	6,943 g/100g	0,590 g/100g	1,10
1326	Frühstücksteller	140	587	9,984 g/100g	2,516 g/100g	8,265 g/100g	4,890 g/100g	6,152 g/100g	0,562 g/100g	0,80
1327	Frühstück Fitness	168	703	12,090 g/100g	1,970 g/100g	10,292 g/100g	4,559 g/100g	6,608 g/100g	0,344 g/100g	1,00
1328	Frühstück Sternenbäck Spezial	109	455	10,998 g/100g	3,982 g/100g	5,271 g/100g	2,317 g/100g	4,134 g/100g	0,257 g/100g	0,90
1329	Griechischer Salat	52	218	2,160 g/100g	1,245 g/100g	3,380 g/100g	1,839 g/100g	2,749 g/100g	0,473 g/100g	0,20
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	16,870 g/100g	1,684 g/100g	11,509 g/100g	6,666 g/100g	8,857 g/100g	0,970 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	213	892	13,439 g/100g	0,963 g/100g	13,159 g/100g	3,685 g/100g	9,805 g/100g	1,099 g/100g	1,10
1371	Strammer Max	190	795	13,899 g/100g	0,800 g/100g	11,383 g/100g	4,160 g/100g	7,676 g/100g	0,803 g/100g	1,20
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
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
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
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

ArtNr	Artikel	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Proteinheiten
1454	Käsebrezel Spezial	253	1.060	29,321 g/100g	1,158 g/100g	9,614 g/100g	4,790 g/100g	11,156 g/100g	2,398 g/100g	2,40
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
1458	Orange	38	158	8,300 g/100g	8,200 g/100g			1,000 g/100g		0,70
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	980	30,734 g/100g	1,787 g/100g	9,109 g/100g	5,526 g/100g	6,221 g/100g	1,296 g/100g	2,60
1494	Brezel Gouda	258	1.080	21,683 g/100g	0,890 g/100g	14,458 g/100g	9,191 g/100g	9,749 g/100g	1,233 g/100g	1,80
1498	Brezel Salami	251	1.051	23,302 g/100g	1,122 g/100g	13,689 g/100g	6,991 g/100g	8,066 g/100g	1,075 g/100g	1,90
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
1501	Salat Tomate Mozzarella	53	223	1,996 g/100g	1,665 g/100g	3,110 g/100g	2,336 g/100g	3,803 g/100g	0,174 g/100g	0,20
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
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
2003	Dinkel-Vollkornbrot	249	1.044	35,564 g/100g	2,708 g/100g	6,549 g/100g	0,735 g/100g	8,700 g/100g	1,206 g/100g	3,00
2008	Großer Knautzer	235	983	46,143 g/100g	1,366 g/100g	0,972 g/100g	0,207 g/100g	7,872 g/100g	1,228 g/100g	3,80
2013	Kartoffelbrot	236	989	47,224 g/100g	1,211 g/100g	0,792 g/100g	0,113 g/100g	7,506 g/100g	1,311 g/100g	3,90
2014	Bergsteigerbrot	280	1.173	42,603 g/100g	1,833 g/100g	7,449 g/100g	0,922 g/100g	8,561 g/100g	1,198 g/100g	3,60
2015	Dinkelbrot	212	889	41,287 g/100g	1,118 g/100g	0,984 g/100g	0,236 g/100g	7,478 g/100g	1,522 g/100g	3,40
2021	Frühlingsbrot	242	1.012	35,060 g/100g	1,804 g/100g	5,597 g/100g	0,744 g/100g	9,621 g/100g	1,243 g/100g	2,90
2022	Halbweißbrot	227	950	44,233 g/100g	1,602 g/100g	0,916 g/100g	0,146 g/100g	7,821 g/100g	1,530 g/100g	3,70
2025	Bäckerroggen	219	915	43,029 g/100g	2,412 g/100g	0,860 g/100g	0,129 g/100g	6,951 g/100g	1,274 g/100g	3,60
2028	Schwäbisches Landbrot	227	949	44,218 g/100g	1,745 g/100g	0,919 g/100g	0,148 g/100g	7,741 g/100g	1,246 g/100g	3,70
2032	Hefezopf	314	1.315	53,343 g/100g	13,636 g/100g	6,808 g/100g	2,817 g/100g	8,089 g/100g	0,845 g/100g	4,40
2034	Quarkstreusel	351	1.470	55,100 g/100g	19,060 g/100g	10,820 g/100g	5,003 g/100g	6,895 g/100g	0,643 g/100g	4,60
2039	Vesperlaib	200	838	38,537 g/100g	1,883 g/100g	0,923 g/100g	0,241 g/100g	6,937 g/100g	1,192 g/100g	3,20
2040	Nusszopf	328	1.371	50,753 g/100g	21,344 g/100g	9,975 g/100g	2,550 g/100g	6,935 g/100g	0,555 g/100g	4,20
2041	Bauernbrot Schweizer Art	220	921	44,391 g/100g	1,766 g/100g	0,803 g/100g	0,138 g/100g	6,530 g/100g	1,284 g/100g	3,70
2046	Schwabenkorn	251	1.050	37,174 g/100g	1,510 g/100g	6,070 g/100g	0,938 g/100g	9,290 g/100g	1,207 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
2048	Zollernlaib	230	964	46,166 g/100g	1,776 g/100g	0,846 g/100g	0,138 g/100g	7,067 g/100g	1,496 g/100g	3,80
2051	Schwäbisches Landbrot groß	227	949	44,218 g/100g	1,745 g/100g	0,919 g/100g	0,147 g/100g	7,741 g/100g	1,246 g/100g	3,70
2054	Leinsamenbrot	234	980	41,350 g/100g	2,284 g/100g	2,849 g/100g	0,321 g/100g	7,843 g/100g	1,190 g/100g	3,40
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	Wasserweißbrot	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
2063	Bauernbrot Schweizer Art	198	829	39,952 g/100g	1,589 g/100g	0,723 g/100g	0,125 g/100g	5,877 g/100g	1,156 g/100g	3,30
2066	Kürbiskernbrot	291	1.217	40,284 g/100g	1,107 g/100g	8,417 g/100g	1,595 g/100g	11,314 g/100g	1,161 g/100g	3,40
2081	Butterbrezel Werk	312	1.305	35,094 g/100g	1,217 g/100g	16,173 g/100g	9,896 g/100g	5,569 g/100g	2,627 g/100g	2,90
2087	Hefezopf mit Mandeln mit Rosinen 1500g	279	1.167	49,572 g/100g	12,788 g/100g	5,229 g/100g	2,455 g/100g	6,770 g/100g	0,774 g/100g	4,10
2096	Dinkelbrot	212	889	41,286 g/100g	1,118 g/100g	0,984 g/100g	0,235 g/100g	7,478 g/100g	1,522 g/100g	3,40
2105	Hefezopf ohne Mandeln ohne Rosinen	306	1.281	53,310 g/100g	10,755 g/100g	6,125 g/100g	0,351 g/100g	7,653 g/100g	0,891 g/100g	4,40
2109	Schwäbisches Landbrot Portion	227	949	44,218 g/100g	1,745 g/100g	0,919 g/100g	0,148 g/100g	7,741 g/100g	1,246 g/100g	3,70
2155	Bauernbrot Schweizer Art Kapsel 1000g	220	921	44,391 g/100g	1,766 g/100g	0,803 g/100g	0,138 g/100g	6,530 g/100g	1,284 g/100g	3,70
2157	Steinofenbaguette	206	864	39,538 g/100g	0,929 g/100g	1,633 g/100g	0,177 g/100g	6,446 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
2169	Kürbisstangl	267	1.117	41,150 g/100g	1,248 g/100g	6,181 g/100g	1,024 g/100g	9,552 g/100g	1,456 g/100g	3,40
2170	Roggenkruste	192	803	38,335 g/100g	2,946 g/100g	0,765 g/100g	0,125 g/100g	5,390 g/100g	1,214 g/100g	3,20
2206	Früchtebrot 250g	320	1.340	55,783 g/100g	34,330 g/100g	6,724 g/100g	1,867 g/100g	5,161 g/100g	0,312 g/100g	4,60
2207	Früchtebrot 500g	320	1.340	55,784 g/100g	34,330 g/100g	6,724 g/100g	1,867 g/100g	5,161 g/100g	0,312 g/100g	4,60
2213	1/4 Schwabenlaib	223	934	41,950 g/100g	1,355 g/100g	2,480 g/100g	0,246 g/100g	6,305 g/100g	1,419 g/100g	3,50
2238	Original Weihnachtsstollen mit Dekor 1000g	372	1.556	46,170 g/100g	25,675 g/100g	17,815 g/100g	3,499 g/100g	5,548 g/100g	0,496 g/100g	3,80
2258	Gruß aus der Backstube	198	828	39,953 g/100g	1,634 g/100g	0,697 g/100g	0,112 g/100g	5,903 g/100g	1,160 g/100g	3,30
2260	Mutschel 150 g	296	1.239	44,596 g/100g	2,694 g/100g	8,641 g/100g	4,042 g/100g	8,272 g/100g	1,225 g/100g	3,70
2261	Mutschel 300 g	299	1.254	46,044 g/100g	2,771 g/100g	8,485 g/100g	4,046 g/100g	8,029 g/100g	1,253 g/100g	3,80
2273	Milchkapsel 1500g	252	1.054	47,139 g/100g	3,607 g/100g	2,448 g/100g	1,208 g/100g	8,235 g/100g	1,292 g/100g	3,90
2304	Vollkornbrot fein 1000 g	205	858	33,759 g/100g	1,320 g/100g	2,010 g/100g	0,298 g/100g	9,512 g/100g	1,360 g/100g	2,80
2307	Holzofenkruste	214	898	42,787 g/100g	1,465 g/100g	0,816 g/100g	0,109 g/100g	6,573 g/100g	1,481 g/100g	3,60
2310	Hefezopf Portion ohne Mandel ohne Rosine	307	1.284	53,620 g/100g	11,347 g/100g	6,085 g/100g	0,349 g/100g	7,602 g/100g	0,885 g/100g	4,50
2330	Original Weihnachtsstollen 500g	376	1.573	46,338 g/100g	26,220 g/100g	18,262 g/100g	3,909 g/100g	5,461 g/100g	0,488 g/100g	3,90
2359	Vollkornbrot fein 2000g geschnitten	209	877	34,507 g/100g	1,350 g/100g	2,055 g/100g	0,304 g/100g	9,723 g/100g	1,390 g/100g	2,90
2368	1766er Brot	232	970	44,275 g/100g	2,636 g/100g	1,007 g/100g	0,180 g/100g	8,572 g/100g	1,482 g/100g	3,70
4000	Brezeln	274	1.149	50,265 g/100g	1,584 g/100g	3,768 g/100g	1,711 g/100g	7,861 g/100g	5,577 g/100g	4,20
4003	Laugenknoten	268	1.120	48,955 g/100g	1,557 g/100g	3,680 g/100g	1,769 g/100g	7,711 g/100g	1,703 g/100g	4,10
4005	Käsebrötchen	252	1.057	29,102 g/100g	0,855 g/100g	8,897 g/100g	5,720 g/100g	12,989 g/100g	1,476 g/100g	2,40
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	255	1.068	49,668 g/100g	1,148 g/100g	1,849 g/100g	0,828 g/100g	7,726 g/100g	1,367 g/100g	4,10
4008	Sesambrötchen	304	1.274	50,780 g/100g	1,962 g/100g	5,967 g/100g	1,282 g/100g	9,674 g/100g	0,053 g/100g	4,20
4010	Dinkelherz	311	1.302	48,356 g/100g	3,325 g/100g	5,967 g/100g	0,781 g/100g	12,789 g/100g	1,371 g/100g	4,00

ArtNr	Artikel	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
4011	Laugenstange	248	1.037	45,376 g/100g	1,430 g/100g	3,402 g/100g	1,545 g/100g	7,096 g/100g	4,153 g/100g	3,80
4012	Vollkornbrötchen	277	1.159	39,651 g/100g	2,515 g/100g	5,861 g/100g	0,859 g/100g	12,189 g/100g	1,860 g/100g	3,30
4014	Mohnbrötchen	297	1.244	50,870 g/100g	1,790 g/100g	5,012 g/100g	1,033 g/100g	9,522 g/100g	0,052 g/100g	4,20
4015	Ciabattabrötchen	206	863	40,171 g/100g	1,099 g/100g	1,232 g/100g	0,214 g/100g	6,653 g/100g	1,246 g/100g	3,30
4016	Kaiserbrötchen	263	1.100	51,374 g/100g	1,491 g/100g	1,867 g/100g	0,517 g/100g	8,023 g/100g	1,529 g/100g	4,30
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
4021	Kaiserbrötchen getrocknet	223	935	43,666 g/100g	1,267 g/100g	1,587 g/100g	0,440 g/100g	6,819 g/100g	1,300 g/100g	3,60
4029	Kürbiskernbrötchen	320	1.341	39,798 g/100g	1,856 g/100g	11,371 g/100g	2,227 g/100g	12,479 g/100g	1,084 g/100g	3,30
4030	Seele	236	986	43,645 g/100g	1,108 g/100g	2,511 g/100g	0,560 g/100g	7,453 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	226	944	11,991 g/100g	1,281 g/100g	14,905 g/100g	9,090 g/100g	10,616 g/100g	1,190 g/100g	1,00
4039	Käsebrezel	251	1.050	32,544 g/100g	1,032 g/100g	7,970 g/100g	4,938 g/100g	11,071 g/100g	1,557 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
4050	Quarkkrüstchen	358	1.499	41,111 g/100g	17,185 g/100g	18,705 g/100g	6,732 g/100g	5,711 g/100g	0,764 g/100g	3,40
4054	Streusel	360	1.506	60,523 g/100g	24,842 g/100g	9,650 g/100g	3,087 g/100g	6,157 g/100g	0,602 g/100g	5,00
4055	Berliner mit Fruchtfüllung	325	1.359	49,449 g/100g	17,432 g/100g	10,473 g/100g	3,131 g/100g	6,628 g/100g	0,917 g/100g	4,10
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
4063	Apfeltasche	322	1.347	38,695 g/100g	18,645 g/100g	16,614 g/100g	7,318 g/100g	3,553 g/100g	0,511 g/100g	3,20
4066	Hanselmann	300	1.254	52,707 g/100g	12,219 g/100g	5,837 g/100g	0,338 g/100g	7,346 g/100g	0,849 g/100g	4,40
4075	Vollkornbrötchen 60g ohne Bestreung	262	1.097	43,034 g/100g	2,179 g/100g	2,636 g/100g	0,453 g/100g	12,134 g/100g	1,572 g/100g	3,60
4076	Mehrkornbrötchen	316	1.321	39,881 g/100g	2,295 g/100g	10,223 g/100g	1,492 g/100g	11,959 g/100g	1,338 g/100g	3,30
4079	Sonnenblumenkernbrötchen	332	1.388	32,268 g/100g	2,147 g/100g	14,823 g/100g	1,843 g/100g	13,580 g/100g	1,051 g/100g	2,70
4081	Quarkbällchen	312	1.304	36,017 g/100g	18,323 g/100g	15,196 g/100g	3,247 g/100g	7,271 g/100g	1,000 g/100g	3,00
4087	Stollenkonfekt	377	1.580	47,167 g/100g	28,768 g/100g	18,067 g/100g	0,617 g/100g	5,537 g/100g	0,507 g/100g	3,90
4089	Käse-Schinken-Brötchen	250	1.045	23,749 g/100g	0,883 g/100g	10,060 g/100g	5,830 g/100g	15,277 g/100g	2,243 g/100g	2,00
4101	Käselaugenstange	251	1.050	32,544 g/100g	1,032 g/100g	7,970 g/100g	4,938 g/100g	11,071 g/100g	1,557 g/100g	2,70
4129	Rosenbrötchen	277	1.160	50,030 g/100g	1,438 g/100g	4,153 g/100g	1,170 g/100g	7,825 g/100g	1,365 g/100g	4,20
4131	Hefeschnecke mit Zimt	380	1.590	50,953 g/100g	22,340 g/100g	16,746 g/100g	6,792 g/100g	5,356 g/100g	0,530 g/100g	4,20
4134	Apfel-Zimt-Kringel	251	1.052	35,447 g/100g	10,585 g/100g	9,060 g/100g	2,891 g/100g	5,638 g/100g	0,778 g/100g	3,00
4138	Kleines Glück	302	1.265	52,183 g/100g	9,651 g/100g	6,137 g/100g	0,354 g/100g	7,780 g/100g	0,894 g/100g	4,30
4162	Winterapfel-Berliner	337	1.410	38,864 g/100g	13,476 g/100g	16,397 g/100g	5,138 g/100g	7,212 g/100g	0,797 g/100g	3,20
4174	Farmer-Brotzeit	202	847	21,283 g/100g	2,156 g/100g	8,009 g/100g	2,617 g/100g	9,892 g/100g	1,594 g/100g	1,80
4179	Quarkteig-Nikolaus	355	1.486	46,146 g/100g	12,575 g/100g	14,865 g/100g	6,591 g/100g	7,918 g/100g	0,882 g/100g	3,80
4183	Laugeneck	392	1.643	39,425 g/100g	2,819 g/100g	22,740 g/100g	10,656 g/100g	6,435 g/100g	1,333 g/100g	3,30
4184	Seele belegt	180	755	23,955 g/100g	0,705 g/100g	4,905 g/100g	2,776 g/100g	9,026 g/100g	1,397 g/100g	2,00
4192	Käseseele	231	965	32,556 g/100g	0,703 g/100g	6,056 g/100g	3,489 g/100g	10,069 g/100g	1,342 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
4199	Marzipan-Berliner	318	1.333	42,604 g/100g	16,178 g/100g	12,812 g/100g	3,208 g/100g	6,877 g/100g	0,818 g/100g	3,60
4202	Nussstick	380	1.590	51,951 g/100g	24,662 g/100g	15,658 g/100g	5,243 g/100g	6,382 g/100g	0,520 g/100g	4,30
4211	Kinder-Berliner	302	1.266	46,830 g/100g	20,640 g/100g	9,701 g/100g	2,846 g/100g	5,795 g/100g	0,774 g/100g	3,90
4215	Vollkornbrötchen 60g mit Bestreung	253	1.060	41,567 g/100g	2,105 g/100g	2,546 g/100g	0,438 g/100g	11,720 g/100g	1,519 g/100g	3,50
4219	Vanille Berliner	312	1.305	43,723 g/100g	16,292 g/100g	11,875 g/100g	4,061 g/100g	6,371 g/100g	0,856 g/100g	3,60
4220	Nougatcreme- Berliner	366	1.533	48,266 g/100g	21,719 g/100g	15,809 g/100g	4,022 g/100g	6,580 g/100g	0,823 g/100g	4,00
4236	Jogging Schleife	303	1.270	42,866 g/100g	3,027 g/100g	8,632 g/100g	1,204 g/100g	10,364 g/100g	1,301 g/100g	3,60
4244	Bauernstrudel	241	1.008	24,700 g/100g	1,400 g/100g	12,300 g/100g	7,500 g/100g	7,800 g/100g	1,300 g/100g	2,10
4245	Tomatentasche	244	1.022	29,100 g/100g	3,700 g/100g	10,700 g/100g	6,700 g/100g	6,800 g/100g	4,000 g/100g	2,40
4248	Butter-Rosi	302	1.266	53,594 g/100g	18,259 g/100g	5,696 g/100g	0,481 g/100g	7,555 g/100g	0,759 g/100g	4,50
4252	Wrap Hirtenkäse	185	776	18,505 g/100g	2,533 g/100g	9,721 g/100g	5,171 g/100g	5,718 g/100g	2,973 g/100g	1,50
4265	Bauern-Brotzeit	158	661	17,988 g/100g	2,400 g/100g	4,437 g/100g	1,934 g/100g	10,467 g/100g	1,514 g/100g	1,50
4270	Mohnstriezel	352	1.473	44,095 g/100g	16,550 g/100g	14,633 g/100g	4,596 g/100g	8,632 g/100g	0,575 g/100g	3,70
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	Dinkelseeale 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
4277	vegetarische Brotzeit	184	771	17,895 g/100g	2,554 g/100g	9,900 g/100g	3,583 g/100g	4,515 g/100g	0,887 g/100g	1,50
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	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	276	1.156	18,408 g/100g	1,058 g/100g	15,889 g/100g	8,608 g/100g	14,515 g/100g	2,223 g/100g	1,50
6007	Schwäbische Apfelschnitte	235	984	27,411 g/100g	15,240 g/100g	12,009 g/100g	5,167 g/100g	3,298 g/100g	0,287 g/100g	2,30
6008	Bienenstich-Schnitte	208	871	31,045 g/100g	12,093 g/100g	7,603 g/100g	4,870 g/100g	3,239 g/100g	0,397 g/100g	2,60
6009	Amerikaner	305	1.275	50,248 g/100g	22,863 g/100g	8,562 g/100g	2,019 g/100g	5,263 g/100g	1,528 g/100g	4,20
6015	Schokobanane	272	1.139	32,415 g/100g	22,018 g/100g	13,481 g/100g	0,738 g/100g	4,480 g/100g	1,029 g/100g	2,70
6021	Schwarzwälder Kirschschnitte	245	1.025	31,553 g/100g	22,322 g/100g	11,276 g/100g	6,639 g/100g	3,658 g/100g	0,314 g/100g	2,60
6023	Streusel gefüllt	277	1.159	40,158 g/100g	16,868 g/100g	10,339 g/100g	5,848 g/100g	4,982 g/100g	0,609 g/100g	3,30
6028	Bisquit Boden hell	273	1.144	48,806 g/100g	23,789 g/100g	5,275 g/100g	2,211 g/100g	6,526 g/100g	0,982 g/100g	4,10
6029	Käsekuchen	200	838	24,242 g/100g	16,624 g/100g	7,901 g/100g	3,015 g/100g	7,702 g/100g	0,286 g/100g	2,00
6031	Käsekirschkuchen	204	853	32,733 g/100g	22,498 g/100g	5,956 g/100g	1,736 g/100g	4,034 g/100g	0,197 g/100g	2,70
6032	Käse-Sahneschnitte	219	918	27,582 g/100g	18,013 g/100g	10,048 g/100g	5,688 g/100g	4,258 g/100g	0,293 g/100g	2,30
6034	Schwarzwälder Kirschtorte	269	1.127	26,224 g/100g	19,608 g/100g	16,543 g/100g	10,127 g/100g	3,670 g/100g	0,272 g/100g	2,20
6056	Linzer Torte	488	2.044	47,392 g/100g	32,726 g/100g	29,570 g/100g	1,411 g/100g	6,952 g/100g	0,370 g/100g	3,90
6075	Erdbeerfruchtschnitte	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
6101	Baumkuchen	484	2.025	51,000 g/100g	38,000 g/100g	28,000 g/100g	19,000 g/100g	6,800 g/100g	0,325 g/100g	4,30
6121	Schoko-Sahne-Torte	271	1.136	27,481 g/100g	17,099 g/100g	15,434 g/100g	9,235 g/100g	5,066 g/100g	0,518 g/100g	2,30

ArtNr	Artikel	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
6125	Käse-Sahne-Torte	211	882	27,124 g/100g	18,755 g/100g	9,375 g/100g	5,516 g/100g	4,082 g/100g	0,283 g/100g	2,30
6126	Nuss-Cremeschnitte	445	1.862	33,222 g/100g	22,844 g/100g	32,675 g/100g	2,543 g/100g	4,659 g/100g	0,307 g/100g	2,80
6132	Gewürz-Kirsch-Schnitte	321	1.344	29,070 g/100g	16,456 g/100g	20,853 g/100g	3,378 g/100g	3,555 g/100g	0,583 g/100g	2,40
6142	Apfel-Crumble-Roulade	278	1.163	29,398 g/100g	19,876 g/100g	15,409 g/100g	7,999 g/100g	5,076 g/100g	0,328 g/100g	2,40
6146	Weihnachtsgebäck	412	1.726	50,764 g/100g	33,291 g/100g	19,883 g/100g	3,133 g/100g	6,074 g/100g	0,265 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	406	1.702	52,778 g/100g	29,095 g/100g	19,337 g/100g	0,391 g/100g	4,489 g/100g	0,173 g/100g	4,40
6163	Leckerle	351	1.471	50,036 g/100g	31,813 g/100g	13,752 g/100g	0,664 g/100g	5,624 g/100g	0,399 g/100g	4,20
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
6180	Donut Nuss-Nougat	487	2.037	46,300 g/100g	22,500 g/100g	30,200 g/100g	13,800 g/100g	6,600 g/100g	0,503 g/100g	3,90
6186	Roulade des Monats	286	1.199	33,255 g/100g	23,370 g/100g	14,858 g/100g	8,705 g/100g	4,377 g/100g	0,361 g/100g	2,80
6203	Schoko-Sahneschnitte	375	1.571	29,561 g/100g	21,798 g/100g	26,648 g/100g	9,380 g/100g	4,080 g/100g	0,396 g/100g	2,50
6238	Obstschnitte	208	872	30,916 g/100g	20,413 g/100g	8,376 g/100g	0,958 g/100g	1,857 g/100g	0,413 g/100g	2,60
6249	Mürbteigboden 4mm	401	1.678	53,647 g/100g	19,674 g/100g	17,240 g/100g	7,951 g/100g	6,743 g/100g	0,812 g/100g	4,50
6319	Marzipanschnitte	307	1.284	21,635 g/100g	15,205 g/100g	23,201 g/100g	9,466 g/100g	3,148 g/100g	0,318 g/100g	1,80
6332	Dominosteine	332	1.391	59,114 g/100g	43,169 g/100g	7,189 g/100g	0,675 g/100g	5,700 g/100g	0,205 g/100g	4,90
6391	Linzer Schnitte	449	1.881	46,174 g/100g	33,188 g/100g	26,144 g/100g	1,248 g/100g	6,183 g/100g	0,205 g/100g	3,80
6395	Gemüse-Quiche	140	587	13,162 g/100g	2,898 g/100g	7,017 g/100g	9,555 g/100g	5,330 g/100g	1,578 g/100g	1,10
6398	Blätterteig-Käsegebäck	371	1.553	11,188 g/100g	0,178 g/100g	27,026 g/100g	12,338 g/100g	21,045 g/100g	4,119 g/100g	0,90
6404	Lebkuchentaler	416	1.743	43,351 g/100g	36,817 g/100g	21,455 g/100g	4,329 g/100g	9,973 g/100g	0,094 g/100g	3,60
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
6592	Butterkekse Heidesand	414	1.735	60,552 g/100g	31,965 g/100g	16,530 g/100g	0,270 g/100g	4,846 g/100g	0,336 g/100g	5,00
6601	Butterkekse schwarz/weiß	430	1.802	57,844 g/100g	25,643 g/100g	18,943 g/100g	0,557 g/100g	5,836 g/100g	0,379 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
6622	Donut JoghurtStrawberry	459	1.923	46,300 g/100g	16,700 g/100g	27,800 g/100g	15,400 g/100g	5,400 g/100g	0,701 g/100g	3,90
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