

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	140	586	15,548 g/100g	8,826 g/100g	7,380 g/100g	3,547 g/100g	2,634 g/100g	0,141 g/100g	1,30
1003	Frühstück schnell	153	640	16,762 g/100g	2,946 g/100g	7,553 g/100g	4,521 g/100g	4,080 g/100g	0,495 g/100g	1,40
1004	Frühstück deftig	89	374	2,100 g/100g	1,990 g/100g	7,300 g/100g	4,348 g/100g	3,958 g/100g	0,230 g/100g	0,20
1019	Kraftpaket	221	926	24,933 g/100g	1,535 g/100g	9,065 g/100g	1,121 g/100g	9,283 g/100g	1,313 g/100g	2,10
1024	Latte Macchiato (M)	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
1029	Kakao (M)	39	162	7,378 g/100g	6,673 g/100g	0,449 g/100g	0,367 g/100g	1,163 g/100g	0,131 g/100g	0,60
1030	Portion Sahne	333	1.394	6,000 g/100g	6,000 g/100g	34,000 g/100g	24,000 g/100g	2,000 g/100g	0,100 g/100g	0,50
1032	Cappuccino (M)	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
1042	Eiskaffee	105	441	12,539 g/100g	12,486 g/100g	5,560 g/100g	4,652 g/100g	1,280 g/100g	0,054 g/100g	1,00
1052	Frischsalat	153	639	16,000 g/100g	2,500 g/100g	7,400 g/100g	0,900 g/100g	5,500 g/100g	0,720 g/100g	1,30
1053	Cassis Sorbet	182	763	39,405 g/100g	25,459 g/100g	1,292 g/100g	0,714 g/100g	1,830 g/100g	0,074 g/100g	3,30
1054	Sanfter Engel	114	478	17,206 g/100g	17,155 g/100g	4,277 g/100g	3,716 g/100g	1,577 g/100g	0,052 g/100g	1,40
1055	Chocolatte Chips	279	1.170	39,568 g/100g	25,378 g/100g	11,103 g/100g	8,903 g/100g	4,181 g/100g	0,269 g/100g	3,30
1056	Melba	219	916	23,190 g/100g	19,041 g/100g	12,904 g/100g	9,463 g/100g	2,201 g/100g	0,180 g/100g	1,90
1057	Gouda-Stern	233	977	24,260 g/100g	1,255 g/100g	10,839 g/100g	4,626 g/100g	8,867 g/100g	1,365 g/100g	2,00
1058	Frühstück Hallo Wach	64	270	4,423 g/100g	3,904 g/100g	4,252 g/100g	2,198 g/100g	2,157 g/100g	0,135 g/100g	0,40
1059	Salami-Stern	226	948	25,704 g/100g	1,462 g/100g	10,024 g/100g	2,606 g/100g	7,462 g/100g	1,245 g/100g	2,10
1060	Eiskakao	134	562	18,097 g/100g	17,517 g/100g	5,895 g/100g	4,929 g/100g	2,151 g/100g	0,152 g/100g	1,50
1061	Ciocolatta Stracciatella	303	1.267	39,486 g/100g	25,297 g/100g	14,103 g/100g	8,822 g/100g	3,532 g/100g	0,180 g/100g	3,30
1062	Braunbär-Becher	190	797	28,100 g/100g	26,828 g/100g	7,003 g/100g	4,970 g/100g	3,321 g/100g	0,707 g/100g	2,30
1063	Citronen Sorbet	175	734	39,405 g/100g	27,243 g/100g	0,886 g/100g	0,389 g/100g	1,424 g/100g	0,123 g/100g	3,30
1064	Crème Vanilla	273	1.144	35,595 g/100g	21,973 g/100g	12,967 g/100g	10,768 g/100g	3,208 g/100g	0,212 g/100g	3,00
1065	Strawberry Cream	223	932	38,270 g/100g	26,919 g/100g	6,238 g/100g	4,849 g/100g	2,397 g/100g	0,099 g/100g	3,20
1067	Heißes Fruchttchen	227	951	22,600 g/100g	18,154 g/100g	13,861 g/100g	10,143 g/100g	2,414 g/100g	0,192 g/100g	1,90
1068	Kleiner Eisspaß	219	917	32,381 g/100g	27,215 g/100g	9,108 g/100g	6,972 g/100g	1,431 g/100g	0,053 g/100g	2,70
1069	Pizzaschnitte Hawaii	165	693	24,582 g/100g	4,740 g/100g	3,743 g/100g	2,177 g/100g	7,278 g/100g	1,460 g/100g	2,00
1076	Frozen Joghurt	208	871	33,324 g/100g	21,568 g/100g	5,670 g/100g	3,146 g/100g	4,262 g/100g	0,180 g/100g	2,80
1077	Honest Bio Tee/Limo	212	888	38,676 g/100g	26,108 g/100g	4,859 g/100g	3,713 g/100g	2,559 g/100g	0,123 g/100g	3,20
1078	Vanille Speiseeis	176	735	32,016 g/100g	25,919 g/100g	3,666 g/100g	2,708 g/100g	3,108 g/100g	0,128 g/100g	2,70
1082	Kakao Speiseeis	188	788	32,105 g/100g	26,008 g/100g	4,731 g/100g	3,240 g/100g	3,818 g/100g	0,749 g/100g	2,70
1083	Pizzaschnitte Schinken	171	718	25,324 g/100g	3,769 g/100g	4,008 g/100g	2,352 g/100g	7,434 g/100g	1,609 g/100g	2,10
1085	Erdbeer Speiseeis	144	604	33,435 g/100g	19,798 g/100g	0,473 g/100g	0,224 g/100g	0,890 g/100g	0,128 g/100g	2,80
1092	Boulettenbrötchen	230	964	19,881 g/100g	1,573 g/100g	12,766 g/100g	3,416 g/100g	8,624 g/100g	1,334 g/100g	1,70
1094	Schweineschnitzel paniert	224	937	15,600 g/100g	0,700 g/100g	9,600 g/100g	1,800 g/100g	18,600 g/100g	1,540 g/100g	1,30
1101	Schinken-Stern	183	767	24,808 g/100g	1,273 g/100g	5,381 g/100g	0,725 g/100g	7,880 g/100g	1,493 g/100g	2,10
1107	Heißes Kakaogetränk mit Sahne	64	267	7,260 g/100g	6,616 g/100g	3,325 g/100g	2,393 g/100g	1,235 g/100g	0,128 g/100g	0,60
1108	halbes belegtes Kaiserbrötchen	200	836	18,811 g/100g	1,240 g/100g	8,561 g/100g	3,462 g/100g	11,212 g/100g	1,763 g/100g	1,60
1111	Himmelblau Speiseeis	173	726	27,403 g/100g	16,782 g/100g	5,440 g/100g	3,506 g/100g	3,285 g/100g	0,838 g/100g	2,30
1112	Italiano	208	873	16,870 g/100g	1,956 g/100g	11,509 g/100g	6,666 g/100g	8,857 g/100g	0,916 g/100g	1,40
1114	Bockwurst mit Brötchen	243	1.017	20,509 g/100g	1,178 g/100g	13,754 g/100g	6,734 g/100g	8,864 g/100g	1,910 g/100g	1,70
1115	Bockwurst	254	1.062	1,000 g/100g	1,000 g/100g	23,500 g/100g	11,600 g/100g	10,300 g/100g	2,400 g/100g	0,10
1130	Milchkaffee (M)	42	176	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,429 g/100g	2,282 g/100g		0,30
1135	Purple Smoothie	55	231	13,000 g/100g	12,000 g/100g			0,600 g/100g		1,10
1139	Laugenstange mit Würstchen	216	904	20,069 g/100g	8,052 g/100g	11,891 g/100g	5,543 g/100g	6,941 g/100g	2,015 g/100g	1,70
1150	Käselaugenstange mit Speck	259	1.083	27,546 g/100g	1,033 g/100g	10,415 g/100g	6,122 g/100g	12,804 g/100g	2,044 g/100g	2,30
1163	Pizzaschnitte Salami	187	782	25,324 g/100g	3,825 g/100g	5,758 g/100g	3,083 g/100g	7,434 g/100g	1,528 g/100g	2,10
1164	Cappuccino mit Sahne	60	253	3,735 g/100g	3,730 g/100g	3,864 g/100g	2,465 g/100g	2,727 g/100g	0,003 g/100g	0,30
1175	Fleischkäse Scheibe	277	1.160	0,300 g/100g	0,300 g/100g	26,300 g/100g	10,300 g/100g	10,700 g/100g	1,800 g/100g	0,00
1179	gekochtes Ei	153	640	0,600 g/100g	0,500 g/100g	11,000 g/100g	3,300 g/100g	13,100 g/100g	0,320 g/100g	0,10
1183	Rogg' n Egg	196	821	19,198 g/100g	2,155 g/100g	9,518 g/100g	1,553 g/100g	7,475 g/100g	0,990 g/100g	1,60
1184	Laugenpeitsche belegt	238	997	20,961 g/100g	0,711 g/100g	12,268 g/100g	4,620 g/100g	10,351 g/100g	2,170 g/100g	1,70
1186	Erdbeer-Dream	185	775	25,081 g/100g	21,917 g/100g	8,501 g/100g	6,019 g/100g	1,398 g/100g	0,066 g/100g	2,10
1188	Pizzaschnitte Mozzarella	170	711	22,700 g/100g	3,528 g/100g	5,121 g/100g	3,135 g/100g	7,329 g/100g	1,521 g/100g	1,90
1194	Mango Speiseeis	189	790	35,121 g/100g	29,024 g/100g	3,400 g/100g	2,264 g/100g	3,818 g/100g	0,749 g/100g	2,90
1198	süße Mahlzeit	96	401	20,000 g/100g	8,600 g/100g	1,100 g/100g	0,800 g/100g	1,200 g/100g	0,070 g/100g	1,70
1200	Eierlikör Speiseeis	163	683	27,403 g/100g	16,782 g/100g	5,440 g/100g	3,506 g/100g	0,802 g/100g	0,040 g/100g	2,30
1205	Panini Salami	265	1.108	20,706 g/100g	1,169 g/100g	14,816 g/100g	8,547 g/100g	11,586 g/100g	1,310 g/100g	1,70
1206	Kinderbecher	162	677	31,012 g/100g	21,480 g/100g	3,786 g/100g	2,697 g/100g	0,542 g/100g	0,093 g/100g	2,60
1207	Panini Schinken	234	981	21,743 g/100g	1,083 g/100g	11,070 g/100g	7,102 g/100g	11,196 g/100g	1,453 g/100g	1,80
1214	Gemischtes Eis	235	983	29,179 g/100g	24,336 g/100g	11,942 g/100g	9,768 g/100g	2,252 g/100g	0,144 g/100g	2,40
1215	Panini Tomate Mozzarella	177	742	18,573 g/100g	1,872 g/100g	7,683 g/100g	4,785 g/100g	7,625 g/100g	1,066 g/100g	1,50
1222	Premium Pizza Caprese	255	1.068	37,800 g/100g	4,400 g/100g	6,200 g/100g	3,700 g/100g	9,500 g/100g	1,770 g/100g	3,10
1223	Milchkaffee (L)	42	176	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,429 g/100g	2,282 g/100g		0,30
1227	Schwedisch gut	226	945	22,181 g/100g	18,470 g/100g	14,137 g/100g	10,240 g/100g	2,379 g/100g	0,197 g/100g	1,80
1231	Frühstück französisch	180	753	14,868 g/100g	6,002 g/100g	11,851 g/100g	7,225 g/100g	3,307 g/100g	0,361 g/100g	1,20
1232	Frühstück für kleine Gäste	133	557	17,640 g/100g	6,900 g/100g	5,553 g/100g	3,083 g/100g	2,732 g/100g	0,459 g/100g	1,50
1236	Hamburger Schnitzel	246	1.031	15,672 g/100g	0,888 g/100g	15,105 g/100g	4,320 g/100g	11,692 g/100g	0,825 g/100g	1,30
1243	Joghurtgenuss	141	591	16,522 g/100g	13,900 g/100g	6,625 g/100g	3,522 g/100g	3,035 g/100g	0,101 g/100g	1,40
1258	Schinkenmettwurstbrötchen	200	836	18,811 g/100g	1,240 g/100g	8,561 g/100g	3,462 g/100g	11,212 g/100g	1,763 g/100g	1,60
1267	Heißes Kakaogetränk (M)	39	162	7,378 g/100g	6,673 g/100g	0,449 g/100g	0,367 g/100g	1,163 g/100g	0,131 g/100g	0,60
1271	G&G Kaffeedrink Latte	79	330	8,100 g/100g	8,100 g/100g	3,900 g/100g	2,500 g/100g	2,800 g/100g	0,150 g/100g	0,70
1274	G&G Kaffeedrink Espresso	59	248	9,000 g/100g	9,000 g/100g	1,200 g/100g	0,800 g/100g	3,000 g/100g	0,180 g/100g	0,80
1276	Frühstück Schlemmer	113	472	6,078 g/100g	5,579 g/100g	7,867 g/100g	3,768 g/100g	4,482 g/100g	0,311 g/100g	0,50
1278	Premium Pizza Salami	297	1.245	34,200 g/100g	2,800 g/100g	10,400 g/100g	5,400 g/100g	13,700 g/100g	2,430 g/100g	2,90
1287	Hühnerfrikassee	126	526	9,543 g/100g	1,329 g/100g	6,513 g/100g	2,500 g/100g	7,225 g/100g	0,753 g/100g	0,80
1289	Pizza-Snack Classico	285	1.192	28,900 g/100g	4,600 g/100g	13,400 g/100g	7,200 g/100g	10,600 g/100g	1,650 g/100g	2,40
1296	Fruchtbecher	180	753	29,410 g/100g	23,908 g/100g	5,757 g/100g	2,554 g/100g	2,198 g/100g	0,457 g/100g	2,50
1302	Milchreis mit Zucker + Zimt	136	571	24,762 g/100g	13,619 g/100g	2,476 g/100g	1,619 g/100g	3,429 g/100g	0,191 g/100g	2,10
1303	Schülerbrötchen mit Salami	219	918	22,048 g/100g	1,543 g/100g	11,277 g/100g	2,675 g/100g	6,794 g/100g	1,028 g/100g	1,80
1304	Schülerbrötchen mit Salami und Käse	220	919	21,984 g/100g	1,480 g/100g	11,207 g/100g	3,196 g/100g	7,075 g/100g	1,071 g/100g	1,80
1305	Schülerbrötchen mit Käse	220	921	21,921 g/100g	1,416 g/100g	11,136 g/100g	3,717 g/100g	7,357 g/100g	1,113 g/100g	1,80
1323	Laugenbrezel überbacken	284	1.188	18,793 g/100g	0,644 g/100g	16,433 g/100g	11,002 g/100g	14,860 g/100g	1,732 g/100g	1,60
1324	Frühstück Mediterran	99	413	3,380 g/100g	3,264 g/100g	7,509 g/100g	3,912 g/100g	4,548 g/100g	0,264 g/100g	0,30
1325	Frühstück Rustikal	111	463	1,995 g/100g	1,732 g/100g	9,121 g/				

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1327	Frühstück Fitness	116	486	2,193 g/100g	1,872 g/100g	9,690 g/100g	4,417 g/100g	5,277 g/100g	0,303 g/100g	0,20
1328	Frühstück Sternenbäck Spezial	74	310	4,221 g/100g	3,801 g/100g	4,932 g/100g	2,163 g/100g	3,256 g/100g	0,204 g/100g	0,40
1336	Snack des Monats*	300	1.256	24,499 g/100g	2,111 g/100g	17,759 g/100g	6,929 g/100g	9,809 g/100g	0,860 g/100g	2,00
1339	Stulle Toscana	220	919	22,000 g/100g	9,252 g/100g	11,815 g/100g	2,945 g/100g	5,849 g/100g	0,700 g/100g	1,80
1341	Stulle San Francisco	199	834	9,578 g/100g	0,975 g/100g	12,994 g/100g	4,887 g/100g	10,866 g/100g	1,229 g/100g	0,80
1342	Stulle California	156	654	10,268 g/100g	3,614 g/100g	6,836 g/100g	2,981 g/100g	12,793 g/100g	1,651 g/100g	0,90
1352	Stulle Nizza	151	633	10,066 g/100g	2,253 g/100g	7,905 g/100g	0,981 g/100g	9,449 g/100g	0,779 g/100g	0,80
1353	Italienischer Salat	63	264	3,841 g/100g	3,759 g/100g	3,284 g/100g	2,131 g/100g	4,237 g/100g	0,120 g/100g	0,30
1360	Caesars Salat	91	382	4,477 g/100g	1,085 g/100g	3,510 g/100g	1,781 g/100g	10,196 g/100g	0,497 g/100g	0,40
1365	Vitaminbecher	122	509	19,110 g/100g	16,721 g/100g	3,640 g/100g	2,480 g/100g	2,261 g/100g	0,046 g/100g	1,60
1368	Schokihammer	267	1.120	29,793 g/100g	24,724 g/100g	14,664 g/100g	11,628 g/100g	3,341 g/100g	0,240 g/100g	2,50
1371	Strammer Max	248	1.039	11,479 g/100g	0,967 g/100g	16,699 g/100g	5,638 g/100g	12,822 g/100g	1,837 g/100g	1,00
1374	Beilagensalat	12	50	0,980 g/100g	1,024 g/100g	0,209 g/100g	0,104 g/100g	1,325 g/100g	0,021 g/100g	0,10
1378	Pasta mit Gulasch	256	1.072	50,284 g/100g	2,138 g/100g	1,753 g/100g	0,428 g/100g	8,896 g/100g	0,322 g/100g	4,20
1380	Pasta m. Käsesauce	281	1.177	50,054 g/100g	2,566 g/100g	4,187 g/100g	2,138 g/100g	10,047 g/100g	0,408 g/100g	4,20
1381	Pasta m. Bolognese	266	1.113	50,366 g/100g	3,734 g/100g	2,389 g/100g	0,812 g/100g	9,931 g/100g	0,331 g/100g	4,20
1382	Pasta m. Tomatensauce	256	1.072	51,700 g/100g	3,867 g/100g	1,267 g/100g	0,333 g/100g	8,433 g/100g	0,580 g/100g	4,30
1387	Deftige Linsensuppe	67	279	9,200 g/100g	1,000 g/100g	0,700 g/100g	0,200 g/100g	4,300 g/100g	0,750 g/100g	0,80
1388	Bohneneintopf	43	178	4,900 g/100g	1,800 g/100g	1,500 g/100g	0,200 g/100g	1,900 g/100g	0,750 g/100g	0,40
1392	Stulle Gemüsegarten	93	391	10,739 g/100g	2,178 g/100g	4,165 g/100g	2,573 g/100g	2,445 g/100g	0,416 g/100g	0,90
1393	Da steppt die Beere	129	541	17,990 g/100g	15,123 g/100g	4,776 g/100g	2,426 g/100g	2,675 g/100g	0,082 g/100g	1,50
1403	Fladenbrot Klassik	192	804	24,541 g/100g	2,062 g/100g	7,204 g/100g	1,832 g/100g	6,447 g/100g	1,224 g/100g	2,00
1419	Goldenes 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
1424	Soljanka	63	265	5,100 g/100g	4,400 g/100g	3,400 g/100g	1,300 g/100g	2,800 g/100g	1,000 g/100g	0,40
1425	Gulaschsuppe	53	221	4,800 g/100g	0,500 g/100g	2,300 g/100g	0,700 g/100g	2,900 g/100g	0,940 g/100g	0,40
1426	Kartoffelsuppe	55	229	10,000 g/100g	0,800 g/100g	0,900 g/100g	0,300 g/100g	1,300 g/100g	0,790 g/100g	0,80
1427	Hackfleischbällchen in Pfeffercremesauce	257	1.074	16,267 g/100g	1,565 g/100g	17,596 g/100g	6,870 g/100g	8,626 g/100g	1,272 g/100g	1,40
1445	Oktoberfest-Spieß	260	1.088	21,664 g/100g	0,872 g/100g	13,848 g/100g	7,051 g/100g	11,466 g/100g	1,713 g/100g	1,80
1447	Putenmedaillon	103	432	10,514 g/100g	1,286 g/100g	3,570 g/100g	2,214 g/100g	7,154 g/100g	0,893 g/100g	0,90
1452	Latte Macchiato (L)	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
1453	Cappuccino (L)	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
1455	Heißes Kakaogetränk (L)	39	162	7,378 g/100g	6,673 g/100g	0,449 g/100g	0,367 g/100g	1,163 g/100g	0,131 g/100g	0,60
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
1489	Laugenstange Philadelphia	294	1.229	40,600 g/100g	2,600 g/100g	10,200 g/100g	5,200 g/100g	8,700 g/100g	2,150 g/100g	3,40
1523	Sternen Mehl Dinkel	356	1.489	67,000 g/100g	1,100 g/100g	1,600 g/100g	0,300 g/100g	15,600 g/100g	0,030 g/100g	5,60
1526	Portionshefe	357	1.493	19,000 g/100g	14,000 g/100g	5,700 g/100g	0,900 g/100g	43,700 g/100g	0,300 g/100g	1,60
2001	Baguette	223	932	44,902 g/100g	0,912 g/100g	0,853 g/100g	0,229 g/100g	6,949 g/100g	1,478 g/100g	3,70
2006	Bauernstange	208	871	38,499 g/100g	2,116 g/100g	1,516 g/100g	0,523 g/100g	7,811 g/100g	1,312 g/100g	3,20
2013	Kartoffelbrot	212	889	42,570 g/100g	1,050 g/100g	0,691 g/100g	0,108 g/100g	6,702 g/100g	1,333 g/100g	3,50
2017	Vollkornbrot	178	746	33,761 g/100g	0,730 g/100g	0,919 g/100g	0,147 g/100g	5,233 g/100g	1,498 g/100g	2,80
2020	Roggenmischbrot	198	828	39,831 g/100g	2,414 g/100g	0,731 g/100g	0,115 g/100g	5,633 g/100g	1,240 g/100g	3,30
2138	Nussbrot	263	1.103	30,314 g/100g	2,200 g/100g	10,416 g/100g	1,105 g/100g	9,726 g/100g	1,222 g/100g	2,50
2169	Kürbisstangl	234	981	36,334 g/100g	1,058 g/100g	5,359 g/100g	0,891 g/100g	8,312 g/100g	1,281 g/100g	3,00
2221	Weißbrot	224	937	44,128 g/100g	0,781 g/100g	1,448 g/100g	0,463 g/100g	6,745 g/100g	1,326 g/100g	3,70
2222	100%er - Roggenbrot	214	896	42,509 g/100g	3,931 g/100g	0,850 g/100g	0,132 g/100g	6,019 g/100g	1,267 g/100g	3,50
2223	Roggenmischbrot	196	821	39,265 g/100g	2,252 g/100g	0,732 g/100g	0,117 g/100g	5,684 g/100g	1,373 g/100g	3,30
2225	Mohnzopf klein	240	1.005	43,565 g/100g	1,320 g/100g	3,044 g/100g	0,451 g/100g	7,446 g/100g	1,300 g/100g	3,60
2226	Mehrkornbrot	221	926	32,944 g/100g	2,208 g/100g	5,036 g/100g	0,620 g/100g	8,369 g/100g	1,082 g/100g	2,70
2230	Hausbrot	196	820	38,657 g/100g	2,665 g/100g	0,737 g/100g	0,169 g/100g	6,295 g/100g	1,219 g/100g	3,20
2249	Süsser Zopf klein	281	1.177	44,606 g/100g	8,516 g/100g	6,163 g/100g	2,970 g/100g	10,121 g/100g	1,233 g/100g	3,70
2250	Süsser Zopf	281	1.177	44,606 g/100g	8,516 g/100g	6,163 g/100g	2,970 g/100g	10,121 g/100g	1,233 g/100g	3,70
2253	Rosinenzopf klein	268	1.122	45,127 g/100g	13,390 g/100g	4,652 g/100g	2,233 g/100g	9,564 g/100g	1,196 g/100g	3,80
2254	Rosinenzopf	268	1.122	45,127 g/100g	13,390 g/100g	4,652 g/100g	2,233 g/100g	9,564 g/100g	1,196 g/100g	3,80
2299	Urkuste	202	845	35,505 g/100g	1,559 g/100g	2,245 g/100g	0,341 g/100g	7,516 g/100g	1,166 g/100g	3,00
2368	1766er Brot	241	1.009	45,889 g/100g	2,846 g/100g	1,144 g/100g	0,214 g/100g	8,914 g/100g	1,556 g/100g	3,80
4000	Brezeln	208	871	38,074 g/100g	1,202 g/100g	2,860 g/100g	1,300 g/100g	5,978 g/100g	9,652 g/100g	3,20
4001	Milchhörnchen	283	1.184	43,672 g/100g	8,346 g/100g	6,113 g/100g	2,934 g/100g	11,628 g/100g	1,438 g/100g	3,60
4002	Roggenbrötchen	212	889	38,964 g/100g	2,763 g/100g	1,913 g/100g	0,361 g/100g	7,420 g/100g	1,361 g/100g	3,20
4003	Laugenknoten	235	986	43,079 g/100g	1,370 g/100g	3,239 g/100g	1,473 g/100g	6,785 g/100g	1,498 g/100g	3,60
4005	Käsebrötchen	272	1.138	29,243 g/100g	0,833 g/100g	11,191 g/100g	7,236 g/100g	12,606 g/100g	1,508 g/100g	2,40
4008	Sesambrötchen	269	1.126	41,311 g/100g	1,119 g/100g	6,839 g/100g	1,099 g/100g	8,466 g/100g	1,203 g/100g	3,40
4010	Dinkelherz	267	1.118	35,246 g/100g	2,675 g/100g	7,506 g/100g	1,084 g/100g	12,129 g/100g	1,125 g/100g	2,90
4011	Laugenstange	217	907	39,622 g/100g	1,257 g/100g	2,977 g/100g	1,354 g/100g	6,228 g/100g	5,931 g/100g	3,30
4012	Vollkornbrötchen	245	1.025	35,114 g/100g	1,760 g/100g	5,211 g/100g	0,639 g/100g	10,695 g/100g	1,665 g/100g	2,90
4013	Kuchenbrötchen	269	1.128	46,617 g/100g	7,945 g/100g	5,242 g/100g	2,421 g/100g	7,301 g/100g	0,798 g/100g	3,90
4014	Mohnbrötchen	260	1.089	40,653 g/100g	1,481 g/100g	5,940 g/100g	0,780 g/100g	8,390 g/100g	1,212 g/100g	3,40
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	260	1.090	51,297 g/100g	1,401 g/100g	1,679 g/100g	0,310 g/100g	7,882 g/100g	1,532 g/100g	4,30
4019	Minibaguettebrötchen	247	1.036	49,891 g/100g	1,013 g/100g	0,947 g/100g	0,254 g/100g	7,721 g/100g	1,643 g/100g	4,20
4023	Schrippen	232	970	44,598 g/100g	1,335 g/100g	2,026 g/100g	0,313 g/100g	6,856 g/100g	1,288 g/100g	3,70
4024	Partybrötchen hell	227	948	44,789 g/100g	1,225 g/100g	1,354 g/100g	0,265 g/100g	6,913 g/100g	1,317 g/100g	3,70
4029	Kürbiskernbrötchen	273	1.142	35,252 g/100g	1,594 g/100g	9,047 g/100g	1,663 g/100g	10,625 g/100g	1,027 g/100g	2,90
4031	Butter-Laugenspitze	409	1.711	43,410 g/100g	4,546 g/100g	21,251 g/100g	14,773 g/100g	9,887 g/100g	1,341 g/100g	3,60
4035	Buttercroissant	359	1.503	35,500 g/100g	3,900 g/100g	21,200 g/100g	12,600 g/100g	5,700 g/100g	1,175 g/100g	3,00
4040	Limettenkamm	331	1.384	45,388 g/100g	24,278 g/100g	14,638 g/100g	8,379 g/100g	3,676 g/100g	0,458 g/100g	3,80
4055	Pfannkuchen	323	1.353	50,155 g/100g	26,180 g/100g	10,721 g/100g	2,976 g/100g	5,391 g/100g	0,751 g/100g	4,20
4058	Quarktasche	354	1.481	41,928 g/100g	17,468 g/100g	17,538 g/100g	7,266 g/100g	6,204 g/100g	0,535 g/100g	3,50
4060	Buttercroissant m. Schokocreme	375	1.570	46,161 g/100g	20,461 g/100g	17,835 g/100g	9,874 g/100g	6,709 g/100g	0,761 g/100g	3,80
4063	Apfeltasche	308	1.291	31,947 g/100g	8,136 g/100g	18,216 g/100g	8,676 g/100g	3,457 g/100g	0,620 g/100g	2,70
4074	Laugenpeitsche	256	1.073	41,653 g/100g	0,565 g/100g	6,394 g/100g	0,924 g/100g	6,271 g/100g	2,180 g/100g	3,50
4076	Mehrkornbrötchen	279	1.167	36,561 g/100g	1,607 g/100g	8,897 g/100g	1,172 g/100g	10,431 g/100g	1,149 g/100g	3,00
4077	Pfannkuchen m. Glasur + Mehrfuchtfüllung	297	1.246	51,261 g/100g	27,849 g/100g	7,379 g/100g	2,452 g/100g	5,271 g/100g	0,770 g/100g	4,30

ArtNr	Bezeichnung	Brennwert /100g(kcal)	Brennwert /100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäueren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
4089	Käse-Schinken-Brötchen	265	1.111	23,864 g/100g	0,865 g/100g	11,917 g/100g	7,057 g/100g	14,966 g/100g	2,268 g/100g	2,00
4092	Erdbeerfruchtplunder	195	815	26,012 g/100g	10,693 g/100g	8,294 g/100g	3,702 g/100g	3,091 g/100g	0,368 g/100g	2,20
4095	Partykranz	297	1.246	43,942 g/100g	1,485 g/100g	8,177 g/100g	1,475 g/100g	9,790 g/100g	1,309 g/100g	3,70
4096	Partyrad	275	1.152	47,086 g/100g	1,433 g/100g	4,795 g/100g	0,871 g/100g	8,702 g/100g	1,407 g/100g	3,90
4097	Kartoffelbrötchen	237	994	45,390 g/100g	2,115 g/100g	1,610 g/100g	0,332 g/100g	7,870 g/100g	1,750 g/100g	3,80
4099	Knoten	295	1.234	46,037 g/100g	8,794 g/100g	6,409 g/100g	3,081 g/100g	11,496 g/100g	1,414 g/100g	3,80
4104	Spritzkuchen	233	977	23,774 g/100g	10,200 g/100g	13,454 g/100g	3,486 g/100g	3,750 g/100g	0,481 g/100g	2,00
4112	Pfannkuchen glas. mit Pflaumenmus	275	1.151	50,479 g/100g	26,512 g/100g	5,082 g/100g	2,151 g/100g	5,471 g/100g	0,806 g/100g	4,20
4136	Grillkonfekt	227	952	39,784 g/100g	1,496 g/100g	3,338 g/100g	0,851 g/100g	7,390 g/100g	1,916 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
4166	Handbrot Salami-Käse	260	1.087	13,788 g/100g	1,844 g/100g	17,864 g/100g	9,695 g/100g	10,635 g/100g	1,099 g/100g	1,10
4178	Doppelbrötchen	229	960	45,150 g/100g	1,233 g/100g	1,478 g/100g	0,273 g/100g	6,938 g/100g	1,349 g/100g	3,80
4182	Laugenzopf	231	968	42,274 g/100g	1,345 g/100g	3,178 g/100g	1,445 g/100g	6,659 g/100g	3,293 g/100g	3,50
4233	Pfannkuchen gez.m.Pflaumenmus	291	1.219	52,252 g/100g	28,550 g/100g	6,149 g/100g	2,285 g/100g	5,410 g/100g	0,760 g/100g	4,40
4236	Jogging Schleife	238	998	36,686 g/100g	2,625 g/100g	5,307 g/100g	0,787 g/100g	8,271 g/100g	1,197 g/100g	3,10
4239	Aprikosenquarkbällchen	352	1.474	38,549 g/100g	25,642 g/100g	19,614 g/100g	3,570 g/100g	5,014 g/100g	0,673 g/100g	3,20
4253	Fußball-Laugenbrötchen	283	1.183	49,400 g/100g	4,900 g/100g	4,300 g/100g	0,700 g/100g	9,300 g/100g	2,470 g/100g	4,10
4270	Mohnstriezel	313	1.311	40,592 g/100g	17,376 g/100g	12,526 g/100g	3,905 g/100g	7,422 g/100g	0,494 g/100g	3,40
4282	1766er Brötchen	238	995	39,309 g/100g	1,706 g/100g	4,377 g/100g	0,663 g/100g	7,928 g/100g	1,439 g/100g	3,30
4293	Goldweck	229	959	44,059 g/100g	1,152 g/100g	1,960 g/100g	0,313 g/100g	6,771 g/100g	1,478 g/100g	3,70
4295	Papageien-Muffin	347	1.452	42,707 g/100g	26,713 g/100g	17,635 g/100g	2,304 g/100g	4,078 g/100g	0,858 g/100g	3,60
6006	Eierschecke traditionell	201	840	25,155 g/100g	15,020 g/100g	8,545 g/100g	4,088 g/100g	5,463 g/100g	0,277 g/100g	2,10
6022	Himbeerschnitte	184	771	31,000 g/100g	21,000 g/100g	5,300 g/100g	2,800 g/100g	2,800 g/100g	0,230 g/100g	2,60
6025	Rhabarberschnitte	210	878	31,849 g/100g	13,520 g/100g	7,377 g/100g	3,541 g/100g	2,825 g/100g	0,247 g/100g	2,70
6029	Käsekuchen	218	915	28,307 g/100g	19,224 g/100g	8,263 g/100g	4,693 g/100g	7,374 g/100g	0,312 g/100g	2,40
6039	Schweinsohren	444	1.858	43,826 g/100g	16,070 g/100g	27,732 g/100g	15,353 g/100g	4,341 g/100g	0,774 g/100g	3,70
6040	Eclairs	278	1.165	25,600 g/100g	17,962 g/100g	18,365 g/100g	12,283 g/100g	2,679 g/100g	0,369 g/100g	2,10
6044	Zupfkuchen traditionell	254	1.064	33,559 g/100g	17,697 g/100g	9,951 g/100g	4,983 g/100g	6,825 g/100g	0,327 g/100g	2,80
6046	Apfelkuchen mit Decke	192	805	35,605 g/100g	23,174 g/100g	4,184 g/100g	1,965 g/100g	1,881 g/100g	0,282 g/100g	3,00
6060	Donut Black	426	1.783	39,300 g/100g	10,700 g/100g	26,800 g/100g	14,300 g/100g	6,100 g/100g	1,725 g/100g	3,30
6061	Eiche	329	1.377	29,863 g/100g	19,494 g/100g	21,582 g/100g	13,039 g/100g	3,841 g/100g	0,320 g/100g	2,50
6072	Mandarinenschnitte	209	875	26,681 g/100g	18,515 g/100g	10,422 g/100g	3,665 g/100g	1,840 g/100g	0,315 g/100g	2,20
6075	Erdbeerfruchtschnitte	166	694	28,000 g/100g	19,000 g/100g	4,800 g/100g	2,500 g/100g	2,400 g/100g	0,220 g/100g	2,30
6080	Pflaumenkuchen traditionell mit Streusel	235	985	35,148 g/100g	11,824 g/100g	8,711 g/100g	4,135 g/100g	3,363 g/100g	0,231 g/100g	2,90
6088	Glücksmoment	390	1.634	31,265 g/100g	26,434 g/100g	28,387 g/100g	16,763 g/100g	3,039 g/100g	0,170 g/100g	2,60
6092	Streuselkuchen traditionell	238	995	37,845 g/100g	16,675 g/100g	8,005 g/100g	3,932 g/100g	2,844 g/100g	0,325 g/100g	3,20
6118	Obsttörtchen	128	535	24,238 g/100g	12,665 g/100g	2,450 g/100g	1,565 g/100g	1,700 g/100g	0,398 g/100g	2,00
6119	Kirsch-Sahne-Ringe	283	1.185	19,836 g/100g	16,001 g/100g	21,325 g/100g	13,639 g/100g	3,162 g/100g	0,201 g/100g	1,70
6166	Papageienkuchen	399	1.671	39,343 g/100g	24,783 g/100g	24,379 g/100g	3,040 g/100g	5,417 g/100g	0,661 g/100g	3,30
6177	Zwiebelkuchen Thüringer Art	171	715	11,432 g/100g	2,385 g/100g	9,359 g/100g	5,019 g/100g	9,639 g/100g	1,329 g/100g	1,00
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
6188	Apfelkuchen traditionell	219	918	34,923 g/100g	15,936 g/100g	7,179 g/100g	3,464 g/100g	2,787 g/100g	0,273 g/100g	2,90
6205	Plätzchenteig Kinderbacken	467	1.955	51,356 g/100g	21,509 g/100g	26,425 g/100g	12,353 g/100g	5,427 g/100g	0,303 g/100g	4,30
6452	Dinkel-Holunder-Kirsch- Sahneschnitte	310	1.299	27,433 g/100g	18,586 g/100g	20,398 g/100g	9,221 g/100g	4,137 g/100g	0,234 g/100g	2,30
6453	Kirmeskuchen traditionell	273	1.141	33,883 g/100g	21,880 g/100g	12,603 g/100g	5,983 g/100g	5,561 g/100g	0,299 g/100g	2,80
6524	Frankfurter Kranz klein	384	1.608	38,858 g/100g	29,205 g/100g	24,224 g/100g	9,386 g/100g	2,728 g/100g	0,315 g/100g	3,20
6548	Schwarzwälder Kirschtorte	244	1.019	26,000 g/100g	16,000 g/100g	14,000 g/100g	8,700 g/100g	3,500 g/100g	0,160 g/100g	2,20
6552	Erdbeer-Buttermilch-Torte	198	829	27,000 g/100g	18,700 g/100g	8,100 g/100g	4,000 g/100g	3,900 g/100g	0,200 g/100g	2,30
6591	Butterkekse schwarz/weiß 2500g	487	2.037	65,402 g/100g	29,148 g/100g	21,430 g/100g	12,791 g/100g	6,574 g/100g	0,429 g/100g	5,50
6592	Butterkekse Heidesand	414	1.734	60,533 g/100g	32,078 g/100g	16,530 g/100g	9,863 g/100g	4,828 g/100g	0,338 g/100g	5,00
6601	Butterkekse schwarz/weiß	430	1.801	57,827 g/100g	25,772 g/100g	18,948 g/100g	11,310 g/100g	5,813 g/100g	0,379 g/100g	4,80
6608	Bieni	387	1.619	34,125 g/100g	18,801 g/100g	25,714 g/100g	4,120 g/100g	4,728 g/100g	0,524 g/100g	2,80
6617	Erdbeerzauber	194	811	23,896 g/100g	16,188 g/100g	10,009 g/100g	3,979 g/100g	1,884 g/100g	0,282 g/100g	2,00