



# 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
	100%er -									
2222	Roggenbrot	211	882	41,888 g/100g	3,686 g/100g	0,847 g/100g	0,121 g/100g	5,802 g/100g	1,279 g/100g	3,50
2368	1766er Brot	237	991	46,173 g/100g	2,765 g/100g	1,056 g/100g	0,204 g/100g	7,659 g/100g	1,556 g/100g	3,80
4282	1766er Brötchen	240	1.004	39,140 g/100g	1,633 g/100g	4,470 g/100g	0,767 g/100g	8,430 g/100g	1,394 g/100g	3,30
6009	Amerikaner	260	1.087	50,591 g/100g	31,125 g/100g	4,321 g/100g	0,524 g/100g	3,473 g/100g	1,409 g/100g	4,20
4063	Apfeltasche	311	1.300	31,947 g/100g	8,136 g/100g	18,464 g/100g	8,278 g/100g	3,457 g/100g	0,620 g/100g	2,70
2001	Baguette	214	895	43,209 g/100g	0,858 g/100g	0,811 g/100g	0,219 g/100g	6,607 g/100g	1,329 g/100g	3,60
1417	Bauernfrühstück	124	519	7,074 g/100g	0,435 g/100g	7,725 g/100g	0,372 g/100g	6,608 g/100g	0,008 g/100g	0,60
2006	Bauernstange	209	873	38,717 g/100g	2,426 g/100g	1,568 g/100g	0,585 g/100g	7,502 g/100g	1,273 g/100g	3,20
6008	Bienenstich	228	953	32,645 g/100g	12,395 g/100g	8,415 g/100g	2,710 g/100g	4,335 g/100g	0,416 g/100g	2,70
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
	Bockwurst mit									
1114	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
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
1092	Boulettenbrötchen	230	962	20,040 g/100g	1,578 g/100g	12,627 g/100g	3,406 g/100g	8,648 g/100g	1,338 g/100g	1,70
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
1493	Brezel Schnittlauch	308	1.289	40,914 g/100g	3,366 g/100g	12,363 g/100g	6,148 g/100g	7,978 g/100g	1,461 g/100g	3,40
4000	Brezeln	265	1.109	49,812 g/100g	3,564 g/100g	2,925 g/100g	0,457 g/100g	9,048 g/100g	9,953 g/100g	4,20
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
4060	Buttercroissant m. Schokocreme	371	1.555	46,335 g/100g	20,461 g/100g	17,661 g/100g	9,700 g/100g	6,709 g/100g	0,783 g/100g	3,90
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
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
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
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
	Cappuccino mit									
1164	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
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
1055	Chocolate 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
4015	Ciabattabrötchen	214	897	41,219 g/100g	1,245 g/100g	1,284 g/100g	0,217 g/100g	7,596 g/100g	1,390 g/100g	3,40
	Ciocolata									
1061	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
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
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
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
4010	Dinkelherz	291	1.220	34,811 g/100g	1,204 g/100g	10,624 g/100g	1,401 g/100g	11,696 g/100g	1,130 g/100g	2,90
	Dinkel-Joghurt-									
2139	Vollkornbrot	236	986	32,405 g/100g	4,444 g/100g	6,610 g/100g	0,981 g/100g	8,465 g/100g	1,410 g/100g	2,70
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
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
4178	Doppelbrötchen	231	967	45,477 g/100g	1,245 g/100g	1,493 g/100g	0,276 g/100g	7,004 g/100g	1,364 g/100g	3,80
1532	Doppeltes Lottchen	210	881	24,285 g/100g	1,332 g/100g	8,704 g/100g	1,536 g/100g	7,905 g/100g	0,992 g/100g	2,00
6040	Eclairs	232	971	22,214 g/100g	13,331 g/100g	14,794 g/100g	8,130 g/100g	2,649 g/100g	0,382 g/100g	1,90
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
	Eierschecke									
6006	traditionell	204	853	25,847 g/100g	14,820 g/100g	8,573 g/100g	4,101 g/100g	5,466 g/100g	0,292 g/100g	2,20
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
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
1196	Erbseintopf	94	393	9,700 g/100g	1,100 g/100g	2,600 g/100g	0,900 g/100g	6,000 g/100g	0,850 g/100g	0,80
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
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
6255	Erdbeer-Eiche	235	984	28,927 g/100g	18,802 g/100g	11,741 g/100g	6,938 g/100g	2,868 g/100g	0,231 g/100g	2,40
	Erdbeerfruchtplunde									
4092	r	192	802	25,566 g/100g	10,810 g/100g	8,119 g/100g	3,582 g/100g	3,179 g/100g	0,361 g/100g	2,10
	Erdbeerfruchtschnitt									
6075	e	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
6096	Erdbeerherz	198	828	32,195 g/100g	24,412 g/100g	6,318 g/100g	0,791 g/100g	1,678 g/100g	1,281 g/100g	2,70
	Erdbeersahneschnitt									
6069	e	242	1.013	24,411 g/100g	17,451 g/100g	14,530 g/100g	9,258 g/100g	3,260 g/100g	0,187 g/100g	2,00
	Fitnesssalat mit									
1012	Putenstreifen	46	191	2,962 g/100g	1,490 g/100g	1,513 g/100g	0,164 g/100g	4,917 g/100g	0,318 g/100g	0,20
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
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
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
4065	Fruchtplunder	251	1.053	38,747 g/100g	21,344 g/100g	9,034 g/100g	4,910 g/100g	2,799 g/100g	0,253 g/100g	3,20
6368	Fruchttorteletts	167	701	28,067 g/100g	16,159 g/100g	4,816 g/100g	3,575 g/100g	2,082 g/100g	0,157 g/100g	2,30
2145	Frühlingsstriezel	299	1.250	41,983 g/100g	20,930 g/100g	11,464 g/100g	8,356 g/100g	6,176 g/100g	1,559 g/100g	3,50
1004	Frühstück deftig	158	663	15,782 g/100g	2,364 g/100g	7,749 g/100g	4,531 g/100g	5,982 g/100g	0,661 g/100g	1,30
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
	Frühstück									
1231	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
	Frühstück für kleine									
1232	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
	Frühstück Hallo									
1058	Wach	111	466	13,699 g/100g	4,158 g/100g	4,556 g/100g	2,288 g/100g	3,557 g/100g	0,420 g/100g	1,10
	Frühstück									
1324	Mediterran	97	408	3,380 g/100g	3,264 g/100g	7,387 g/100g	3,840 g/100g	4,508 g/100g	0,243 g/100g	0,30
1325	Frühstück Rustikal	164	689	12,977 g/100g	2,033 g/100g	9,331 g/100g	4,269 g/100g	6,896 g/100g	0,891 g/100g	1,10

1276	Frühstück Schlemmer	153	639	13,971 g/100g	5,795 g/100g	8,127 g/100g	3,874 g/100g	5,650 g/100g	0,560 g/100g	1,20
1328	Frühstück Sternenbäck Spezial	74	308	4,221 g/100g	3,801 g/100g	4,894 g/100g	2,140 g/100g	3,243 g/100g	0,198 g/100g	0,40
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
1326	Frühstücksteller	139	583	9,862 g/100g	2,567 g/100g	8,236 g/100g	4,858 g/100g	6,113 g/100g	0,553 g/100g	0,80
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
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
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
6088	Glücksmoment	369	1.544	35,169 g/100g	24,722 g/100g	23,479 g/100g	13,356 g/100g	4,396 g/100g	0,369 g/100g	2,90
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
4293	Goldweck	228	954	43,814 g/100g	1,036 g/100g	1,959 g/100g	0,319 g/100g	6,848 g/100g	1,494 g/100g	3,70
1057	Gouda-Stern	233	974	24,123 g/100g	1,190 g/100g	10,839 g/100g	4,629 g/100g	8,910 g/100g	1,374 g/100g	2,00
4080	Gourmetbrötchen	298	1.247	40,639 g/100g	1,648 g/100g	7,918 g/100g	1,415 g/100g	12,283 g/100g	1,447 g/100g	3,40
6042	Granatsplitter	386	1.618	35,240 g/100g	26,072 g/100g	25,093 g/100g	14,047 g/100g	4,354 g/100g	0,315 g/100g	2,90
1116	Grilled Chicken	194	812	21,671 g/100g	3,390 g/100g	7,006 g/100g	3,681 g/100g	10,239 g/100g	1,396 g/100g	1,80
4136	Grillkonfekt	239	1.002	42,622 g/100g	2,394 g/100g	3,619 g/100g	0,567 g/100g	5,790 g/100g	1,429 g/100g	3,60
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
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
6272	Hafer- Knusperkuchen	355	1.487	35,318 g/100g	18,774 g/100g	20,308 g/100g	3,586 g/100g	6,766 g/100g	0,493 g/100g	2,90
1108	halbes belegtes Kaiserbrötchen	200	838	18,876 g/100g	1,243 g/100g	8,563 g/100g	3,462 g/100g	11,226 g/100g	1,766 g/100g	1,60
1236	Hamburger Schnitzel	246	1.031	15,653 g/100g	0,886 g/100g	15,104 g/100g	4,320 g/100g	11,690 g/100g	0,825 g/100g	1,30
4036	Handbrot des Monats	238	997	16,051 g/100g	1,624 g/100g	15,208 g/100g	7,032 g/100g	8,754 g/100g	1,232 g/100g	1,30
2230	Hausbrot	195	818	38,659 g/100g	2,656 g/100g	0,728 g/100g	0,169 g/100g	6,171 g/100g	1,219 g/100g	3,20
1067	Heißes Früchtchen	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
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
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
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
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
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
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
1138	Hüttengaudi	258	1.082	20,507 g/100g	1,486 g/100g	14,775 g/100g	7,105 g/100g	10,099 g/100g	1,973 g/100g	1,70
1112	Italiano	211	885	17,261 g/100g	2,011 g/100g	11,528 g/100g	6,667 g/100g	9,210 g/100g	0,970 g/100g	1,40
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
4236	Jogging Schleife	242	1.013	38,223 g/100g	2,640 g/100g	4,881 g/100g	0,611 g/100g	8,518 g/100g	1,276 g/100g	3,20
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
1023	Kaffee (M)	0	1	0,006 g/100g		0,006 g/100g		0,012 g/100g		0,00
4016	Kaiserbrötchen	262	1.099	51,669 g/100g	1,415 g/100g	1,696 g/100g	0,314 g/100g	7,958 g/100g	1,550 g/100g	4,30
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
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
2013	Kartoffelbrot	201	841	40,170 g/100g	1,007 g/100g	0,650 g/100g	0,098 g/100g	6,457 g/100g	1,317 g/100g	3,30
4097	Kartoffelbrötchen	234	981	44,676 g/100g	2,089 g/100g	1,564 g/100g	0,261 g/100g	7,905 g/100g	1,733 g/100g	3,70
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
4005	Käsebrötchen	273	1.143	29,455 g/100g	0,841 g/100g	11,201 g/100g	7,237 g/100g	12,649 g/100g	1,518 g/100g	2,50
6029	Käsekuchen	218	914	28,324 g/100g	19,240 g/100g	8,266 g/100g	4,701 g/100g	7,327 g/100g	0,313 g/100g	2,40
4089	Käse-Schinken- Brötchen	264	1.104	23,921 g/100g	0,757 g/100g	11,925 g/100g	7,078 g/100g	14,430 g/100g	2,181 g/100g	2,00
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
6453	Kirmeskuchen traditionell	274	1.145	33,858 g/100g	22,034 g/100g	12,744 g/100g	6,237 g/100g	5,520 g/100g	0,297 g/100g	2,80
6063	Kleckselkuchen traditionell	239	1.000	32,181 g/100g	20,220 g/100g	8,933 g/100g	3,256 g/100g	6,237 g/100g	0,272 g/100g	2,70
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
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
1019	Kraftpaket	222	929	25,066 g/100g	1,540 g/100g	9,071 g/100g	1,122 g/100g	9,310 g/100g	1,319 g/100g	2,10
1255	Kraftpaket belegt mit Hähnchenschnitte	205	857	21,198 g/100g	1,610 g/100g	8,287 g/100g	1,931 g/100g	10,524 g/100g	1,472 g/100g	1,80
4197	Kräppelchen	329	1.378	43,393 g/100g	9,589 g/100g	13,620 g/100g	3,879 g/100g	7,129 g/100g	1,043 g/100g	3,60
4013	Kuchenbrötchen	270	1.131	47,559 g/100g	7,289 g/100g	4,862 g/100g	2,207 g/100g	7,318 g/100g	0,735 g/100g	4,00
4029	Kürbiskernbrötchen	278	1.166	35,890 g/100g	1,668 g/100g	9,331 g/100g	1,788 g/100g	10,772 g/100g	1,033 g/100g	3,00
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
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
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
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
4074	Laugenpeitsche	258	1.080	41,565 g/100g	0,618 g/100g	6,623 g/100g	0,853 g/100g	6,247 g/100g	1,976 g/100g	3,50
1184	Laugenpeitsche belegt	239	1.000	20,918 g/100g	0,736 g/100g	12,379 g/100g	4,586 g/100g	10,340 g/100g	2,071 g/100g	1,70
4011	Laugenstange	280	1.172	53,922 g/100g	4,173 g/100g	3,954 g/100g	0,549 g/100g	1,691 g/100g	3,277 g/100g	4,50

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
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
6072	Mandarinschnitte	209	875	26,675 g/100g	18,509 g/100g	10,422 g/100g	3,665 g/100g	1,843 g/100g	0,315 g/100g	2,20
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
6108	Marmorkuchen	449	1.879	40,164 g/100g	23,457 g/100g	29,968 g/100g	7,627 g/100g	4,463 g/100g	0,675 g/100g	3,30
4185	Mehrfrucht-Berliner	383	1.602	57,131 g/100g	31,724 g/100g	14,317 g/100g	4,800 g/100g	5,959 g/100g	0,836 g/100g	4,80
2226	Mehrkornbrot	222	931	33,475 g/100g	2,204 g/100g	5,150 g/100g	0,634 g/100g	7,785 g/100g	1,074 g/100g	2,80
4076	Mehrkornbrötchen	287	1.200	36,726 g/100g	1,663 g/100g	9,554 g/100g	1,240 g/100g	10,693 g/100g	1,149 g/100g	3,10
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
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
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
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
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
4019	Minibaguettebrötchen	241	1.010	48,781 g/100g	0,966 g/100g	0,914 g/100g	0,247 g/100g	7,446 g/100g	1,498 g/100g	4,10
4014	Mohnbrötchen	262	1.095	40,945 g/100g	1,492 g/100g	5,954 g/100g	0,783 g/100g	8,449 g/100g	1,225 g/100g	3,40
6030	Mohnkuchen	261	1.093	26,834 g/100g	15,959 g/100g	12,649 g/100g	3,002 g/100g	8,151 g/100g	0,259 g/100g	2,20
4059	Mohnschnecke	372	1.557	41,472 g/100g	20,640 g/100g	19,213 g/100g	8,172 g/100g	6,579 g/100g	0,302 g/100g	3,50
2248	Mohnzopf	303	1.270	46,055 g/100g	8,929 g/100g	8,572 g/100g	3,278 g/100g	8,331 g/100g	0,841 g/100g	3,80
2225	Mohnzopf klein	242	1.012	43,880 g/100g	1,332 g/100g	3,058 g/100g	0,454 g/100g	7,510 g/100g	1,315 g/100g	3,70
2138	Nussbrot	259	1.084	32,428 g/100g	2,333 g/100g	9,395 g/100g	1,000 g/100g	8,729 g/100g	0,210 g/100g	2,70
6393	Orangen-Sahneschnitte	210	880	26,042 g/100g	18,280 g/100g	10,435 g/100g	6,446 g/100g	2,770 g/100g	0,224 g/100g	2,20
1205	Panini Salami	268	1.120	21,230 g/100g	1,243 g/100g	14,842 g/100g	8,908 g/100g	11,758 g/100g	1,457 g/100g	1,80
1207	Panini Schinken	239	999	22,294 g/100g	1,161 g/100g	11,097 g/100g	7,104 g/100g	11,693 g/100g	1,528 g/100g	1,90
1215	Panini Tomate Mozzarella	181	756	19,019 g/100g	1,934 g/100g	7,705 g/100g	4,786 g/100g	8,026 g/100g	1,127 g/100g	1,60
6166	Papageienkuchen	399	1.670	39,343 g/100g	24,783 g/100g	24,358 g/100g	3,019 g/100g	5,417 g/100g	0,643 g/100g	3,30
4295	Papageien-Muffin	347	1.452	42,707 g/100g	26,713 g/100g	17,621 g/100g	2,289 g/100g	4,078 g/100g	0,858 g/100g	3,60
4024	Partybrötchen hell	227	949	44,788 g/100g	1,225 g/100g	1,355 g/100g	0,264 g/100g	6,913 g/100g	1,317 g/100g	3,70
4095	Partykranz	301	1.261	44,099 g/100g	1,510 g/100g	8,434 g/100g	1,499 g/100g	9,925 g/100g	1,324 g/100g	3,70
4096	Partyrad	278	1.164	47,350 g/100g	1,452 g/100g	4,927 g/100g	0,883 g/100g	8,805 g/100g	1,423 g/100g	3,90
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	0,338 g/100g	4,20
1382	Pasta m. Tomatensauce	255	1.069	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
1380	Pasta m. Käsesauce	279	1.169	50,350 g/100g	2,796 g/100g	4,122 g/100g	2,171 g/100g	9,422 g/100g	0,375 g/100g	4,20
1379	Pasta m. Käsesauce u. Filetstreifen	259	1.084	43,832 g/100g	2,565 g/100g	4,338 g/100g	2,264 g/100g	10,485 g/100g	0,458 g/100g	3,70
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
4055	Pfannkuchen	323	1.351	50,017 g/100g	26,169 g/100g	10,685 g/100g	2,948 g/100g	5,500 g/100g	0,746 g/100g	4,20
4233	Pfannkuchen gez. m. Pflaumenmus	291	1.218	52,115 g/100g	28,539 g/100g	6,114 g/100g	2,258 g/100g	5,518 g/100g	0,754 g/100g	4,30
4112	Pfannkuchen glas. mit Pflaumenmus	275	1.153	49,970 g/100g	25,310 g/100g	5,210 g/100g	2,193 g/100g	5,758 g/100g	0,787 g/100g	4,20
4077	Pfannkuchen m. Glasur + Mehrfruchtfüllung	297	1.244	51,126 g/100g	27,838 g/100g	7,344 g/100g	2,425 g/100g	5,377 g/100g	0,728 g/100g	4,30
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
6205	Plätzchenteig Kinderbacken	467	1.956	51,413 g/100g	21,508 g/100g	26,425 g/100g	12,353 g/100g	5,427 g/100g	0,303 g/100g	4,30
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
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
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
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
4061	Puddingschnecke	320	1.342	45,265 g/100g	21,789 g/100g	13,044 g/100g	6,700 g/100g	4,554 g/100g	0,413 g/100g	3,80
1135	Purple Smoothie	55	231	13,000 g/100g	12,000 g/100g			0,600 g/100g		1,10
1021	Putenmax	198	827	18,654 g/100g	3,820 g/100g	9,572 g/100g	4,299 g/100g	8,191 g/100g	1,470 g/100g	1,60
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
4081	Quarkbällchen	351	1.469	33,580 g/100g	17,066 g/100g	20,992 g/100g	4,040 g/100g	6,787 g/100g	0,939 g/100g	2,80
4058	Quarkkamm	352	1.473	42,194 g/100g	17,535 g/100g	17,342 g/100g	7,233 g/100g	5,893 g/100g	0,511 g/100g	3,50
6025	Rhabarberschnitte	214	897	31,704 g/100g	14,145 g/100g	7,981 g/100g	4,615 g/100g	2,759 g/100g	0,234 g/100g	2,60
1183	Rogg'n Egg	198	830	20,355 g/100g	2,026 g/100g	9,159 g/100g	1,578 g/100g	7,648 g/100g	1,038 g/100g	1,70
4002	Roggenbrötchen	217	907	41,370 g/100g	2,495 g/100g	1,168 g/100g	0,412 g/100g	7,780 g/100g	1,461 g/100g	3,40
2020	Roggenmischbrot	197	827	39,755 g/100g	2,409 g/100g	0,729 g/100g	0,115 g/100g	5,622 g/100g	1,240 g/100g	3,30
2223	Roggenmischbrot	196	821	39,238 g/100g	2,250 g/100g	0,732 g/100g	0,117 g/100g	5,680 g/100g	1,373 g/100g	3,30
4083	Rosinenbrötchen	271	1.133	44,386 g/100g	13,089 g/100g	4,639 g/100g	2,091 g/100g	10,959 g/100g	1,383 g/100g	3,70
2254	Rosinenzopf	269	1.125	45,264 g/100g	13,341 g/100g	4,656 g/100g	2,107 g/100g	9,552 g/100g	1,192 g/100g	3,80
2253	Rosinenzopf klein	269	1.125	45,264 g/100g	13,341 g/100g	4,656 g/100g	2,107 g/100g	9,552 g/100g	1,192 g/100g	3,80
1059	Salami-Stern	224	939	25,559 g/100g	1,393 g/100g	10,024 g/100g	2,996 g/100g	7,184 g/100g	1,335 g/100g	2,10
1005	Salatteller groß	29	122	3,354 g/100g	1,742 g/100g	1,242 g/100g	0,085 g/100g	1,029 g/100g	0,212 g/100g	0,30
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
6147	Schaum das Schaf	295	1.234	68,850 g/100g	68,133 g/100g	0,156 g/100g	0,055 g/100g	3,304 g/100g	0,118 g/100g	5,70
1258	Schinkenmettwurstbrötchen	200	838	18,876 g/100g	1,243 g/100g	8,563 g/100g	3,462 g/100g	11,226 g/100g	1,766 g/100g	1,60
1101	Schinken-Stern	183	765	24,669 g/100g	1,207 g/100g	5,380 g/100g	0,728 g/100g	7,924 g/100g	1,502 g/100g	2,10
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

4023	Schrippen	230	963	45,121 g/100g	1,351 g/100g	1,567 g/100g	0,282 g/100g	6,936 g/100g	1,303 g/100g	3,80
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
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
6039	Schweinsohren	462	1.936	47,458 g/100g	22,067 g/100g	27,856 g/100g	17,120 g/100g	5,157 g/100g	0,944 g/100g	4,00
4008	Sesambrotchen	284	1.189	40,594 g/100g	1,218 g/100g	8,529 g/100g	1,243 g/100g	9,030 g/100g	1,224 g/100g	3,40
1336	Snack des Monats*	257	1.075	13,567 g/100g	2,155 g/100g	18,646 g/100g	8,312 g/100g	8,672 g/100g	1,315 g/100g	1,10
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
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
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
1466	Sternen Mehl Roggen	338	1.415	67,800 g/100g	6,200 g/100g	1,300 g/100g	0,200 g/100g	9,000 g/100g	0,030 g/100g	5,70
1464	Sternen Mehl Weizen	352	1.473	72,000 g/100g	1,100 g/100g	1,100 g/100g	0,165 g/100g	10,600 g/100g	0,030 g/100g	6,00
1440	Sternen-Burger	208	872	15,276 g/100g	4,439 g/100g	12,107 g/100g	3,850 g/100g	8,964 g/100g	1,050 g/100g	1,30
1371	Strammer Max	244	1.022	11,296 g/100g	0,802 g/100g	16,698 g/100g	5,665 g/100g	12,006 g/100g	1,701 g/100g	0,90
1013	Strammes Mäxchen	172	719	19,079 g/100g	1,303 g/100g	6,331 g/100g	1,130 g/100g	8,836 g/100g	1,209 g/100g	1,60
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
6047	Streuselkuchen gefüllt	248	1.037	39,404 g/100g	19,588 g/100g	8,522 g/100g	4,940 g/100g	2,675 g/100g	0,300 g/100g	3,30
4086	Streuselschnecke	343	1.435	51,669 g/100g	25,433 g/100g	11,696 g/100g	7,124 g/100g	6,563 g/100g	0,778 g/100g	4,30
1342	Stulle California	156	651	10,165 g/100g	3,574 g/100g	6,836 g/100g	2,979 g/100g	12,758 g/100g	1,653 g/100g	0,80
1392	Stulle Gemüsegarten	93	388	10,608 g/100g	2,127 g/100g	4,165 g/100g	2,571 g/100g	2,399 g/100g	0,418 g/100g	0,90
1341	Stulle San Francisco	196	822	9,790 g/100g	1,005 g/100g	12,567 g/100g	4,625 g/100g	10,911 g/100g	1,186 g/100g	0,80
1397	Sülze mit Bratkartoffeln	143	600	12,463 g/100g	1,157 g/100g	9,701 g/100g	1,000 g/100g	1,698 g/100g	0,318 g/100g	1,00
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
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
2061	Unser Handgeschöpftes	191	798	38,261 g/100g	2,504 g/100g	0,719 g/100g	0,114 g/100g	5,403 g/100g	1,199 g/100g	3,20
2299	Urkuste	201	844	35,418 g/100g	1,618 g/100g	2,241 g/100g	0,337 g/100g	7,573 g/100g	1,171 g/100g	3,00
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
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
2017	Vollkornbrot	177	742	32,902 g/100g	0,782 g/100g	1,002 g/100g	0,135 g/100g	5,499 g/100g	0,819 g/100g	2,70
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	1,662 g/100g	2,90
2208	Weihnachtsgebäck	453	1.898	56,000 g/100g	39,000 g/100g	23,000 g/100g	14,000 g/100g	5,600 g/100g	1,600 g/100g	4,70
2221	Weißbrot	230	961	43,961 g/100g	1,570 g/100g	2,197 g/100g	1,031 g/100g	6,662 g/100g	1,240 g/100g	3,70
6065	Wochenendkuchen	184	769	27,762 g/100g	17,918 g/100g	5,258 g/100g	2,369 g/100g	5,776 g/100g	0,286 g/100g	2,30
6044	Zupfkuchen traditionell	256	1.074	33,661 g/100g	17,778 g/100g	10,146 g/100g	5,822 g/100g	6,860 g/100g	0,308 g/100g	2,80
6177	Zwiebelkuchen Thüringer Art	169	707	11,344 g/100g	2,303 g/100g	9,359 g/100g	5,033 g/100g	9,233 g/100g	1,329 g/100g	0,90