



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. Fettsäueren	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
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	Chocolat 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	Ciocolata 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 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
1068	Kleiner Eispaß	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
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
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 Kakaotrunk 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
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
1163	Pizzastick	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
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
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
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 Kakaotrunk (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
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/100g	4,173 g/100g	5,355 g/100g	0,562 g/100g	0,20

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
1326	Frühstücksteller	140	584	9,867 g/100g	2,568 g/100g	8,236 g/100g	4,752 g/100g	6,202 g/100g	0,531 g/100g	0,80
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*	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
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
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 steept 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
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	209	876	38,891 g/100g	2,215 g/100g	1,560 g/100g	0,584 g/100g	7,569 g/100g	1,273 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
2062	Bäcker Eck	228	953	39,161 g/100g	2,514 g/100g	3,489 g/100g	0,459 g/100g	7,132 g/100g	0,945 g/100g	3,30
2138	Nussbrot	259	1.086	32,516 g/100g	2,325 g/100g	9,398 g/100g	1,002 g/100g	8,712 g/100g	0,208 g/100g	2,70
2221	Weißbrot	224	938	44,129 g/100g	0,782 g/100g	1,448 g/100g	0,463 g/100g	6,748 g/100g	1,328 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	923	33,231 g/100g	2,191 g/100g	5,022 g/100g	0,620 g/100g	7,901 g/100g	1,083 g/100g	2,80
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
2322	Feta-Oliven-Baguette	223	933	34,192 g/100g	1,086 g/100g	5,758 g/100g	2,216 g/100g	7,004 g/100g	1,698 g/100g	2,80
2347	Paprika-Nuss-Baguette	262	1.098	36,725 g/100g	1,318 g/100g	8,479 g/100g	1,131 g/100g	8,052 g/100g	0,996 g/100g	3,10
2368	1766er Brot	238	998	45,846 g/100g	2,813 g/100g	1,104 g/100g	0,208 g/100g	8,375 g/100g	1,553 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

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäueren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
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 + Mehrfruchtfüllung	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
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
4083	Rosinenbrötchen	270	1.130	44,252 g/100g	13,137 g/100g	4,635 g/100g	2,214 g/100g	10,971 g/100g	1,387 g/100g	3,70
4084	Semmelbrösel* 250g	229	959	45,140 g/100g	1,232 g/100g	1,478 g/100g	0,273 g/100g	6,936 g/100g	1,349 g/100g	3,80
4086	Streuselsschnecke	338	1.415	51,839 g/100g	24,766 g/100g	11,050 g/100g	5,978 g/100g	6,634 g/100g	0,833 g/100g	4,30
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	Partyrkranz	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	259	1.084	13,776 g/100g	1,835 g/100g	17,853 g/100g	9,693 g/100g	10,491 g/100g	1,098 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
4241	Knusperstange herzhaft	280	1.171	30,850 g/100g	1,915 g/100g	14,893 g/100g	2,234 g/100g	5,638 g/100g	1,277 g/100g	2,60
4242	Knusperstange süß	317	1.329	43,616 g/100g	12,766 g/100g	13,829 g/100g	1,596 g/100g	4,468 g/100g	0,745 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
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	15,019 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	31,864 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	28,306 g/100g	19,223 g/100g	8,263 g/100g	4,693 g/100g	7,374 g/100g	0,312 g/100g	2,40
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
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	35,608 g/100g	23,179 g/100g	4,184 g/100g	1,965 g/100g	1,882 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
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	35,165 g/100g	11,824 g/100g	8,711 g/100g	4,135 g/100g	3,363 g/100g	0,231 g/100g	2,90
6082	Kirschkuchen traditionell	212	886	33,796 g/100g	16,147 g/100g	6,754 g/100g	3,214 g/100g	2,691 g/100g	0,254 g/100g	2,80
6088	Glücksmoment	391	1.636	31,419 g/100g	26,607 g/100g	28,406 g/100g	16,706 g/100g	2,962 g/100g	0,170 g/100g	2,60
6092	Streuselkuchen traditionell	238	995	37,861 g/100g	16,675 g/100g	8,005 g/100g	3,932 g/100g	2,844 g/100g	0,325 g/100g	3,20
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
6167	Nougatkremring	507	2.123	53,077 g/100g	27,518 g/100g	30,714 g/100g	16,078 g/100g	4,177 g/100g	0,060 g/100g	4,40
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	34,937 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	1.956	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
6255	Erdbeer-Eiche	247	1.034	30,666 g/100g	20,529 g/100g	12,363 g/100g	7,314 g/100g	2,793 g/100g	0,235 g/100g	2,60
6263	Dinkel-Sanddorn- Aprikose-Sahneschnitte	306	1.280	31,074 g/100g	21,419 g/100g	18,246 g/100g	7,617 g/100g	4,003 g/100g	0,222 g/100g	2,60
6393	Orangen-Sahneschnitte	215	900	27,074 g/100g	18,326 g/100g	10,359 g/100g	6,357 g/100g	3,078 g/100g	0,274 g/100g	2,30
6422	Pfirsich-Melba- Sahnetorte	225	943	24,000 g/100g	13,000 g/100g	13,000 g/100g	7,600 g/100g	3,200 g/100g	0,160 g/100g	2,00
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
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
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
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
6595	Kirsch-Eclair	278	1.166	20,581 g/100g	16,061 g/100g	20,473 g/100g	12,853 g/100g	3,146 g/100g	0,222 g/100g	1,70
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