



Nährwerte

* Diese Informationen gelten für unser Sternenbäck-Filial-Sortiment:

- Diese Angaben werden nach bestem Wissen und Gewissen überprüft und regelmäßig aktualisiert
- Die Richtigkeit und Vollständigkeit der Daten basiert den Angaben von unseren Rohstoff-Lieferanten und unseren Standardrezepturen. Die Angaben sind ohne Gewähr, da Irrtümer und Eingabefehler vorbehalten und geringfügige Abweichungen durch tagesaktuelle Veränderungen im Produktionsprozess und in der Produktzusammensetzung nicht ausgeschlossen werden können.
- Alle aktuellen Standardprodukte sind in der Tabelle aufgeführt, jedoch ist es möglich, dass manche Produkte nicht in allen Filialen erhältlich sind. Abweichungen können ebenso entstehen, wenn Daten für neue Produkte oder Produktänderungen noch nicht mit einbezogen werden konnten.
- Sollten ein für Sie interessantes Produkt in der Auflistung nicht aufgeführt sein, wenden Sie sich bitte gern über unsere Homepage an unser Produkt-Beratungs-Team

Stand: 06.11.2020

ArtNr	Bezeichnung	Brennwert /100g(kcal)	Brennwert /100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
1002	Frühstück süß	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
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
1012	Fitnesssalat mit 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
1013	Strammes Mäxchen	172	719	19,080 g/100g	1,303 g/100g	6,330 g/100g	1,130 g/100g	8,837 g/100g	1,207 g/100g	1,60
1019	Kraftpaket	222	929	25,067 g/100g	1,540 g/100g	9,070 g/100g	1,122 g/100g	9,310 g/100g	1,317 g/100g	2,10
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
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	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
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	Cioccolata 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
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	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
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	838	18,876 g/100g	1,243 g/100g	8,563 g/100g	3,462 g/100g	11,226 g/100g	1,765 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	211	883	17,321 g/100g	1,972 g/100g	11,515 g/100g	6,667 g/100g	8,966 g/100g	0,942 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
1116	Grilled Chicken	193	809	21,742 g/100g	3,344 g/100g	6,991 g/100g	3,681 g/100g	9,952 g/100g	1,363 g/100g	1,80
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
1138	Hüttengaudi	265	1.110	20,504 g/100g	1,490 g/100g	15,425 g/100g	7,495 g/100g	10,316 g/100g	2,082 g/100g	1,70
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	199	833	20,505 g/100g	2,034 g/100g	9,164 g/100g	1,580 g/100g	7,677 g/100g	1,043 g/100g	1,70
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
1196	Erseneintopf	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
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	268	1.122	21,310 g/100g	1,191 g/100g	14,825 g/100g	8,548 g/100g	11,732 g/100g	1,345 g/100g	1,80
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	238	995	22,379 g/100g	1,107 g/100g	11,079 g/100g	7,104 g/100g	11,349 g/100g	1,489 g/100g	1,90
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	180	753	19,087 g/100g	1,890 g/100g	7,690 g/100g	4,786 g/100g	7,749 g/100g	1,096 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
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	15,653 g/100g	0,886 g/100g	15,104 g/100g	4,320 g/100g	11,690 g/100g	0,825 g/100g	1,30
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
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
1258	Schinkenmettwurstbrötchen	200	838	18,876 g/100g	1,243 g/100g	8,563 g/100g	3,462 g/100g	11,226 g/100g	1,765 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
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
1306	Buttermilchbrötchen	208	871	41,700 g/100g	1,213 g/100g	0,823 g/100g	0,214 g/100g	6,628 g/100g	1,209 g/100g	3,50
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
1326	Frühstücksteller	140	584	9,862 g/100g	2,567 g/100g	8,236 g/100g	4,752 g/100g	6,201 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 Sternbäck 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*	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
1341	Stulle San Francisco	200	839	9,822 g/100g	0,984 g/100g	12,998 g/100g	4,888 g/100g	10,925 g/100g	1,243 g/100g	0,80
1342	Stulle California	156	653	10,248 g/100g	3,613 g/100g	6,836 g/100g	2,981 g/100g	12,791 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	1.038	11,459 g/100g	0,965 g/100g	16,698 g/100g	5,638 g/100g	12,819 g/100g	1,836 g/100g	1,00
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
1379	Pasta m.Käsesauce u.Filetstreifen	261	1.092	43,525 g/100g	2,326 g/100g	4,406 g/100g	2,230 g/100g	11,133 g/100g	0,492 g/100g	3,60
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	390	10,713 g/100g	2,176 g/100g	4,165 g/100g	2,573 g/100g	2,441 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
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
1440	Sternen-Burger	207	868	15,290 g/100g	4,453 g/100g	11,962 g/100g	3,809 g/100g	9,021 g/100g	1,001 g/100g	1,30
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 Kakaotrunk (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
1493	Brezel Schnittlauch	269	1.127	31,339 g/100g	1,525 g/100g	13,164 g/100g	7,312 g/100g	5,551 g/100g	1,273 g/100g	2,60
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	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
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
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	33,750 g/100g	0,729 g/100g	0,919 g/100g	0,147 g/100g	5,231 g/100g	1,498 g/100g	2,80

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
2061	Unser Handgeschöpftes	192	802	38,108 g/100g	2,512 g/100g	0,747 g/100g	0,119 g/100g	5,768 g/100g	1,194 g/100g	3,20
2134	Mandelstollen	464	1.942	44,228 g/100g	16,629 g/100g	27,479 g/100g	12,551 g/100g	8,442 g/100g	0,587 g/100g	3,70
2138	Nussbrot	259	1.084	32,447 g/100g	2,320 g/100g	9,397 g/100g	1,002 g/100g	8,703 g/100g	0,208 g/100g	2,70
2139	Dinkel-Joghurt- 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
2145	Quarkstollen	308	1.289	44,114 g/100g	21,422 g/100g	11,199 g/100g	4,300 g/100g	6,869 g/100g	0,793 g/100g	3,70
2203	Winterbrot	235	983	37,778 g/100g	9,175 g/100g	5,413 g/100g	0,653 g/100g	6,261 g/100g	0,944 g/100g	3,10
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
2211	Mohnstollen	361	1.512	29,539 g/100g	13,803 g/100g	22,496 g/100g	9,379 g/100g	7,943 g/100g	0,432 g/100g	2,50
2221	Weißbrot	227	951	43,546 g/100g	1,539 g/100g	2,170 g/100g	1,020 g/100g	6,531 g/100g	1,214 g/100g	3,60
2222	100%er - Roggenbrot	213	893	42,387 g/100g	3,922 g/100g	0,847 g/100g	0,131 g/100g	6,002 g/100g	1,266 g/100g	3,50
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
2225	Mohnzopf klein	242	1.012	43,882 g/100g	1,332 g/100g	3,056 g/100g	0,454 g/100g	7,511 g/100g	1,310 g/100g	3,70
2226	Mehrkornbrot	220	922	33,172 g/100g	2,187 g/100g	5,021 g/100g	0,619 g/100g	7,893 g/100g	1,083 g/100g	2,80
2230	Hausbrot	196	819	38,580 g/100g	2,660 g/100g	0,735 g/100g	0,169 g/100g	6,285 g/100g	1,219 g/100g	3,20
2234	Mandelstollen	464	1.943	44,245 g/100g	16,675 g/100g	27,493 g/100g	12,566 g/100g	8,432 g/100g	0,586 g/100g	3,70
2235	Original Weihnachtsstollen ohne Dekor 1500g	365	1.529	45,466 g/100g	23,235 g/100g	16,940 g/100g	8,857 g/100g	5,950 g/100g	0,584 g/100g	3,80
2237	Original Weihnachtsstollen mit Dekor 1500g	375	1.570	46,876 g/100g	25,770 g/100g	17,611 g/100g	9,364 g/100g	5,597 g/100g	0,550 g/100g	3,90
2238	Original Weihnachtsstollen mit Dekor 1000g	376	1.573	46,742 g/100g	25,606 g/100g	17,772 g/100g	9,462 g/100g	5,583 g/100g	0,548 g/100g	3,90
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
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	45,126 g/100g	13,391 g/100g	4,654 g/100g	2,093 g/100g	9,564 g/100g	1,196 g/100g	3,80
2254	Rosinenzopf	268	1.122	45,126 g/100g	13,391 g/100g	4,654 g/100g	2,093 g/100g	9,564 g/100g	1,196 g/100g	3,80
2299	Urkruste	202	844	35,482 g/100g	1,557 g/100g	2,245 g/100g	0,340 g/100g	7,512 g/100g	1,166 g/100g	3,00
2302	Original Weihnachtsstollen mit Dekor 500g	376	1.573	46,734 g/100g	25,587 g/100g	17,758 g/100g	9,452 g/100g	5,587 g/100g	0,549 g/100g	3,90
2324	Original Weihnachtsstollen Scheiben	385	1.612	46,877 g/100g	26,383 g/100g	18,876 g/100g	10,202 g/100g	5,367 g/100g	0,527 g/100g	3,90
2325	Mandelstollen	429	1.797	40,644 g/100g	16,629 g/100g	25,858 g/100g	12,160 g/100g	7,280 g/100g	0,506 g/100g	3,40
2368	1766r Brot	238	996	45,752 g/100g	2,806 g/100g	1,102 g/100g	0,208 g/100g	8,362 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	218	914	41,682 g/100g	2,514 g/100g	1,177 g/100g	0,416 g/100g	7,839 g/100g	1,472 g/100g	3,50
4005	Käsebrötchen	273	1.143	29,456 g/100g	0,841 g/100g	11,199 g/100g	7,237 g/100g	12,649 g/100g	1,514 g/100g	2,50
4008	Sesambrötchen	271	1.133	41,604 g/100g	1,131 g/100g	6,850 g/100g	1,102 g/100g	8,526 g/100g	1,212 g/100g	3,50
4010	Dinkelherz	280	1.174	35,658 g/100g	1,107 g/100g	9,260 g/100g	1,287 g/100g	11,262 g/100g	1,122 g/100g	3,00
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	270	1.131	47,544 g/100g	7,271 g/100g	4,857 g/100g	2,199 g/100g	7,367 g/100g	0,734 g/100g	4,00
4014	Mohnbrötchen	262	1.095	40,946 g/100g	1,492 g/100g	5,951 g/100g	0,783 g/100g	8,450 g/100g	1,220 g/100g	3,40
4015	Ciabattabrötchen	213	890	41,380 g/100g	1,142 g/100g	1,250 g/100g	0,217 g/100g	6,943 g/100g	1,315 g/100g	3,40
4016	Kaiserbrötchen	262	1.099	51,671 g/100g	1,415 g/100g	1,693 g/100g	0,314 g/100g	7,959 g/100g	1,544 g/100g	4,30
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
4023	Schrippen	230	963	45,123 g/100g	1,351 g/100g	1,565 g/100g	0,282 g/100g	6,937 g/100g	1,303 g/100g	3,80
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	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
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
4051	Zwetschgendatschi	255	1.069	39,940 g/100g	20,412 g/100g	9,009 g/100g	4,330 g/100g	2,972 g/100g	0,252 g/100g	3,30
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
4056	Kirschplunder	329	1.376	45,272 g/100g	18,649 g/100g	13,963 g/100g	6,746 g/100g	4,392 g/100g	0,531 g/100g	3,80
4058	Quarktasche	352	1.473	42,194 g/100g	17,535 g/100g	17,343 g/100g	7,234 g/100g	5,893 g/100g	0,529 g/100g	3,50
4059	Mohnschnecke	367	1.535	41,658 g/100g	19,914 g/100g	18,511 g/100g	6,924 g/100g	6,656 g/100g	0,335 g/100g	3,50
4060	Buttercroissant m. Schokocreame	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	311	1.300	31,947 g/100g	8,136 g/100g	18,465 g/100g	8,279 g/100g	3,457 g/100g	0,620 g/100g	2,70
4065	Fruchtplunder	257	1.075	40,223 g/100g	24,231 g/100g	9,081 g/100g	4,917 g/100g	2,676 g/100g	0,247 g/100g	3,40
4073	Reformationsbrötchen	329	1.376	48,569 g/100g	24,726 g/100g	11,721 g/100g	5,867 g/100g	4,962 g/100g	0,467 g/100g	4,00
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	281	1.178	37,109 g/100g	1,629 g/100g	8,915 g/100g	1,187 g/100g	10,504 g/100g	1,146 g/100g	3,10
4077	Pfannkuchen m. Glaser + Mehrfuchtfüllung	297	1.244	51,126 g/100g	27,838 g/100g	7,344 g/100g	2,425 g/100g	5,377 g/100g	0,765 g/100g	4,30
4083	Rosinenbrötchen	270	1.130	44,251 g/100g	13,138 g/100g	4,637 g/100g	2,078 g/100g	10,970 g/100g	1,387 g/100g	3,70

4084	Semmelbrösel* 250g	231	967	45,469 g/100g	1,245 g/100g	1,490 g/100g	0,276 g/100g	7,003 g/100g	1,358 g/100g	3,80
4086	Streusel­schnecke	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
4087	Stollenkonfekt	382	1.598	47,649 g/100g	28,172 g/100g	18,172 g/100g	9,742 g/100g	5,380 g/100g	0,488 g/100g	4,00
4089	Käse-Schinken-Brötchen	266	1.115	24,036 g/100g	0,871 g/100g	11,923 g/100g	7,059 g/100g	15,002 g/100g	2,273 g/100g	2,00
4092	Erdbeerfruchtplunder	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
4095	Partykranz	299	1.252	44,247 g/100g	1,497 g/100g	8,188 g/100g	1,478 g/100g	9,853 g/100g	1,318 g/100g	3,70
4096	Partyrad	277	1.160	47,423 g/100g	1,446 g/100g	4,807 g/100g	0,873 g/100g	8,771 g/100g	1,417 g/100g	4,00
4097	Kartoffelbrötchen	234	981	44,676 g/100g	2,089 g/100g	1,565 g/100g	0,262 g/100g	7,905 g/100g	1,733 g/100g	3,70
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
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	1.150	50,342 g/100g	26,500 g/100g	5,046 g/100g	2,123 g/100g	5,580 g/100g	0,800 g/100g	4,20
4136	Grillkonfekt	230	962	40,202 g/100g	1,483 g/100g	3,375 g/100g	0,855 g/100g	7,473 g/100g	1,940 g/100g	3,40
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	13,751 g/100g	1,833 g/100g	17,853 g/100g	9,693 g/100g	10,488 g/100g	1,098 g/100g	1,10
4178	Doppelbrötchen	231	967	45,479 g/100g	1,245 g/100g	1,490 g/100g	0,276 g/100g	7,005 g/100g	1,359 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
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
4233	Pfannkuchen gez.m.Pflaumenmus	291	1.218	52,116 g/100g	28,539 g/100g	6,113 g/100g	2,258 g/100g	5,518 g/100g	0,754 g/100g	4,30
4236	Jogging Schleife	244	1.021	38,537 g/100g	2,662 g/100g	4,921 g/100g	0,616 g/100g	8,588 g/100g	1,287 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
4282	1766er Brötchen	240	1.004	39,134 g/100g	1,642 g/100g	4,470 g/100g	0,767 g/100g	8,431 g/100g	1,394 g/100g	3,30
4283	Walnuss-Plunder	400	1.673	45,102 g/100g	18,772 g/100g	20,895 g/100g	6,651 g/100g	6,759 g/100g	0,491 g/100g	3,80
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
6004	Mailänder Herz	363	1.519	54,299 g/100g	46,977 g/100g	12,726 g/100g	2,437 g/100g	6,189 g/100g	0,184 g/100g	4,50
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
6009	Amerikaner	346	1.447	43,923 g/100g	25,746 g/100g	16,827 g/100g	12,175 g/100g	3,720 g/100g	1,378 g/100g	3,70
6010	Lebkuchenkonfekt	383	1.603	57,832 g/100g	45,412 g/100g	13,454 g/100g	6,439 g/100g	5,670 g/100g	0,220 g/100g	4,80
6021	Schwarzwälder Kirschschnitte	251	1.052	26,314 g/100g	19,763 g/100g	14,591 g/100g	9,286 g/100g	3,423 g/100g	0,252 g/100g	2,20
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
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
6030	Mohnkuchen	260	1.090	26,610 g/100g	15,507 g/100g	12,619 g/100g	2,827 g/100g	8,228 g/100g	0,262 g/100g	2,20
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	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
6042	Granatsplitter	387	1.618	35,264 g/100g	26,096 g/100g	25,093 g/100g	14,047 g/100g	4,342 g/100g	0,315 g/100g	2,90
6044	Zupfkuchen traditionell	254	1.064	33,559 g/100g	17,697 g/100g	9,951 g/100g	4,707 g/100g	6,825 g/100g	0,327 g/100g	2,80
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
6063	Kleckselkuchen traditionell	238	997	32,200 g/100g	20,105 g/100g	8,828 g/100g	3,068 g/100g	6,271 g/100g	0,290 g/100g	2,70
6065	Wochenendkuchen	208	869	28,976 g/100g	20,157 g/100g	7,192 g/100g	4,053 g/100g	6,275 g/100g	0,287 g/100g	2,40
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
6076	Bratpfelkuchen traditionell	230	963	30,171 g/100g	19,132 g/100g	10,657 g/100g	1,429 g/100g	2,692 g/100g	0,191 g/100g	2,50
6084	Birnen-Nuss-Schnitte	332	1.391	32,175 g/100g	21,932 g/100g	20,735 g/100g	2,000 g/100g	3,752 g/100g	0,347 g/100g	2,70
6101	Baumkuchen	488	2.042	48,000 g/100g	34,000 g/100g	30,000 g/100g	20,000 g/100g	6,800 g/100g	0,280 g/100g	4,00
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
6122	Knusperstreuselkuchen traditionell	267	1.119	36,853 g/100g	18,235 g/100g	11,719 g/100g	5,856 g/100g	2,886 g/100g	0,325 g/100g	3,10
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	11,425 g/100g	2,384 g/100g	9,359 g/100g	5,019 g/100g	9,638 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
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
6206	Rollenkeks	451	1.888	54,968 g/100g	29,607 g/100g	22,713 g/100g	12,544 g/100g	5,540 g/100g	0,122 g/100g	4,60
6404	Stermentaler	410	1.717	42,380 g/100g	36,823 g/100g	22,011 g/100g	7,307 g/100g	8,793 g/100g	0,089 g/100g	3,50
6427	Marzipan-Mohnsahneschnitte	295	1.236	24,131 g/100g	17,691 g/100g	20,207 g/100g	9,687 g/100g	4,179 g/100g	0,246 g/100g	2,00
6496	Stachelbeer-Streusel­schnitte	195	814	30,809 g/100g	10,780 g/100g	6,249 g/100g	3,009 g/100g	2,672 g/100g	0,261 g/100g	2,60
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
6530	Stollenschnitte	225	940	31,464 g/100g	16,614 g/100g	8,130 g/100g	3,354 g/100g	5,106 g/100g	0,856 g/100g	2,60
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
6547	Käse-Sahne-Torte	266	1.113	28,000 g/100g	17,000 g/100g	15,000 g/100g	8,900 g/100g	4,800 g/100g	0,260 g/100g	2,30

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
6555	Spekulatius-Eiche	323	1.353	36,356 g/100g	19,578 g/100g	17,482 g/100g	10,068 g/100g	4,930 g/100g	0,509 g/100g	3,00
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
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