



# Nährwerte

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

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

ArtNr	Artikel	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Proteinheite n
1002	Frühstück süß	139	581	15,548 g/100g	8,826 g/100g	7,322 g/100g	3,547 g/100g	2,430 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	90	375	2,079 g/100g	2,006 g/100g	7,341 g/100g	4,355 g/100g	3,979 g/100g	0,226 g/100g	0,20
1013	Laugbrot Mäxchen	212	886	18,185 g/100g	1,098 g/100g	11,234 g/100g	5,905 g/100g	8,922 g/100g	1,030 g/100g	1,50
1017	Laugenbrot mit Butter	288	1.206	37,892 g/100g	1,261 g/100g	11,974 g/100g	6,958 g/100g	6,017 g/100g	1,313 g/100g	3,20
1019	Kraftpaket	211	883	24,282 g/100g	1,442 g/100g	7,867 g/100g	3,358 g/100g	10,035 g/100g	1,220 g/100g	2,00
1021	Putenmax	226	944	22,568 g/100g	3,577 g/100g	9,580 g/100g	1,493 g/100g	10,655 g/100g	1,796 g/100g	1,90
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	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
1048	Country Mix	204	853	18,664 g/100g	3,829 g/100g	9,922 g/100g	4,403 g/100g	8,915 g/100g	1,184 g/100g	1,60
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	112	468	17,206 g/100g	17,155 g/100g	4,181 g/100g	3,716 g/100g	1,239 g/100g	0,052 g/100g	1,40
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	239	999	24,077 g/100g	1,163 g/100g	11,504 g/100g	4,799 g/100g	8,897 g/100g	1,367 g/100g	2,00
1058	Frühstück Hallo Wach	63	265	4,416 g/100g	3,909 g/100g	4,210 g/100g	2,200 g/100g	1,966 g/100g	0,133 g/100g	0,40
1059	Salami-Stern	228	953	26,078 g/100g	1,317 g/100g	9,889 g/100g	2,747 g/100g	7,682 g/100g	1,238 g/100g	2,20
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 Fruchtlein	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	164	687	25,812 g/100g	5,766 g/100g	3,116 g/100g	1,693 g/100g	7,257 g/100g	1,252 g/100g	2,20
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	166	694	25,502 g/100g	3,702 g/100g	3,318 g/100g	1,822 g/100g	7,436 g/100g	1,385 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	965	19,831 g/100g	1,623 g/100g	12,797 g/100g	3,445 g/100g	8,648 g/100g	1,333 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	193	810	25,430 g/100g	1,284 g/100g	6,370 g/100g	0,918 g/100g	7,575 g/100g	1,441 g/100g	2,10
1105	Kartoffelsalat	150	630	14,000 g/100g	4,000 g/100g	10,000 g/100g	1,000 g/100g	1,300 g/100g	1,200 g/100g	1,20
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	18,776 g/100g	1,269 g/100g	8,571 g/100g	3,480 g/100g	11,207 g/100g	1,762 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
1113	Frikadelle	289	1.209	11,700 g/100g	0,700 g/100g	21,000 g/100g	7,000 g/100g	13,700 g/100g	1,800 g/100g	1,00
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	190	797	21,209 g/100g	3,325 g/100g	6,984 g/100g	3,680 g/100g	9,824 g/100g	1,333 g/100g	1,80
1118	Fischers Fritz	223	932	20,821 g/100g	1,905 g/100g	11,871 g/100g	4,351 g/100g	7,510 g/100g	1,139 g/100g	1,70
1121	Fischbrötchen	163	684	16,048 g/100g	1,453 g/100g	6,296 g/100g	0,230 g/100g	9,926 g/100g	0,435 g/100g	1,30
1125	Pizzaschnitte vegetarisch	158	662	25,368 g/100g	4,013 g/100g	3,083 g/100g	1,731 g/100g	6,157 g/100g	1,291 g/100g	2,10
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
1150	Käselaugenstange mit Speck	249	1.043	28,039 g/100g	1,033 g/100g	8,979 g/100g	5,136 g/100g	13,082 g/100g	2,044 g/100g	2,30
1163	Pizzaschnitte Salami	181	756	25,534 g/100g	3,733 g/100g	5,006 g/100g	2,547 g/100g	7,405 g/100g	1,310 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
1173	Glühwein	94	392	13,500 g/100g	13,500 g/100g	0,020 g/100g	0,010 g/100g	0,160 g/100g	0,007 g/100g	1,10
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	232	973	19,198 g/100g	1,682 g/100g	13,417 g/100g	6,784 g/100g	7,894 g/100g	0,785 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	164	688	22,885 g/100g	3,447 g/100g	4,453 g/100g	2,658 g/100g	7,303 g/100g	1,327 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
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

ArtNr	Artikel	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Proteinheite n
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	235	985	21,690 g/100g	1,126 g/100g	11,175 g/100g	7,113 g/100g	11,249 g/100g	1,442 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
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
1239	Käsebrötchen Spezial	261	1.094	26,046 g/100g	0,972 g/100g	11,142 g/100g	5,353 g/100g	13,212 g/100g	1,245 g/100g	2,20
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
1255	Kraftpaket belegt mit Hähnchenschnitte	195	818	20,665 g/100g	1,470 g/100g	7,165 g/100g	3,952 g/100g	11,225 g/100g	1,388 g/100g	1,70
1258	Schinkenmettwurstbrötchen	200	836	18,776 g/100g	1,269 g/100g	8,571 g/100g	3,480 g/100g	11,207 g/100g	1,762 g/100g	1,60
1267	Heißes Kakaotränk (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
1270	Bockwurst m. Kartoffelsalat	202	846	7,500 g/100g	2,500 g/100g	16,750 g/100g	6,300 g/100g	5,800 g/100g	1,800 g/100g	0,60
1276	Frühstück Schlemmer	112	468	6,060 g/100g	5,593 g/100g	7,856 g/100g	3,772 g/100g	4,332 g/100g	0,308 g/100g	0,50
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	21,967 g/100g	1,611 g/100g	11,302 g/100g	2,722 g/100g	6,781 g/100g	1,027 g/100g	1,80
1304	Schülerbrötchen mit Salami und Käse	219	919	21,904 g/100g	1,547 g/100g	11,231 g/100g	3,243 g/100g	7,063 g/100g	1,069 g/100g	1,80
1305	Schülerbrötchen mit Käse	220	920	21,841 g/100g	1,484 g/100g	11,161 g/100g	3,764 g/100g	7,345 g/100g	1,111 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	4,175 g/100g	5,355 g/100g	0,562 g/100g	0,20
1326	Frühstücksteller	140	587	9,829 g/100g	2,594 g/100g	8,302 g/100g	4,762 g/100g	6,234 g/100g	0,524 g/100g	0,80
1327	Frühstück Fitness	116	487	2,193 g/100g	1,872 g/100g	9,690 g/100g	4,423 g/100g	5,277 g/100g	0,303 g/100g	0,20
1328	Frühstück Sternbäck Spezial	73	306	4,218 g/100g	3,804 g/100g	4,898 g/100g	2,164 g/100g	3,115 g/100g	0,203 g/100g	0,40
1336	Snack des Monats*	230	965	19,831 g/100g	1,623 g/100g	12,797 g/100g	3,445 g/100g	8,648 g/100g	1,333 g/100g	1,70
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	653	10,244 g/100g	3,610 g/100g	6,834 g/100g	2,981 g/100g	12,778 g/100g	1,645 g/100g	0,90
1352	Stulle Nizza	151	633	10,041 g/100g	2,249 g/100g	7,903 g/100g	0,989 g/100g	9,432 g/100g	0,773 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	1,788 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	247	1.032	11,183 g/100g	0,946 g/100g	16,690 g/100g	5,636 g/100g	12,778 g/100g	1,816 g/100g	0,90
1374	Beilagensalat	12	50	0,980 g/100g	1,024 g/100g	0,209 g/100g	0,112 g/100g	1,325 g/100g	0,021 g/100g	0,10
1378	Pasta mit Gulasch	265	1.110	49,297 g/100g	2,303 g/100g	2,115 g/100g	0,263 g/100g	10,442 g/100g	0,007 g/100g	4,10
1380	Pasta m.Käsesauce	277	1.158	48,738 g/100g	2,895 g/100g	3,858 g/100g	2,204 g/100g	10,047 g/100g	0,401 g/100g	4,10
1381	Pasta m. Bolognese	262	1.095	49,067 g/100g	4,058 g/100g	2,065 g/100g	0,877 g/100g	9,931 g/100g	0,325 g/100g	4,10
1382	Pasta m. Tomatensauce	252	1.053	50,367 g/100g	4,200 g/100g	0,933 g/100g	0,400 g/100g	8,433 g/100g	0,573 g/100g	4,20
1387	Deftige Linsensuppe	74	312	11,000 g/100g	1,300 g/100g	0,600 g/100g	0,100 g/100g	5,000 g/100g	0,900 g/100g	0,90
1388	Bohneneintopf	43	179	4,900 g/100g	1,900 g/100g	1,500 g/100g	0,200 g/100g	1,900 g/100g	0,890 g/100g	0,40
1392	Stulle Gemüsegarten	93	391	10,709 g/100g	2,173 g/100g	4,163 g/100g	2,587 g/100g	2,425 g/100g	0,408 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	191	801	24,654 g/100g	2,291 g/100g	7,065 g/100g	1,824 g/100g	6,480 g/100g	1,200 g/100g	2,10
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
1426	Kartoffelsuppe	53	222	9,000 g/100g	1,300 g/100g	0,900 g/100g	0,200 g/100g	1,400 g/100g	1,030 g/100g	0,80
1427	Hackfleischbällchen in Pfeffercremesauce	214	896	12,600 g/100g		16,002 g/100g		5,249 g/100g		1,10
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
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
1454	Käsebrezel Spezial	256	1.070	29,271 g/100g	1,052 g/100g	9,790 g/100g	4,797 g/100g	11,465 g/100g	1,355 g/100g	2,40
1455	Heißes Kakaotränk (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
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

ArtNr	Artikel	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Proteinheite n
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
2003	Dinkelkornbrot	218	911	30,714 g/100g	2,520 g/100g	5,756 g/100g	0,640 g/100g	7,790 g/100g	1,076 g/100g	2,60
2006	Bauernstange	208	871	38,508 g/100g	2,112 g/100g	1,516 g/100g	0,523 g/100g	7,812 g/100g	1,312 g/100g	3,20
2013	Kartoffelbrot	211	882	42,252 g/100g	0,974 g/100g	0,681 g/100g	0,107 g/100g	6,662 g/100g	1,350 g/100g	3,50
2017	Vollkornbrot	179	751	33,704 g/100g	0,733 g/100g	0,932 g/100g	0,149 g/100g	5,575 g/100g	1,489 g/100g	2,80
2020	Roggenmischbrot	192	805	38,738 g/100g	2,338 g/100g	0,698 g/100g	0,108 g/100g	5,470 g/100g	1,165 g/100g	3,20
2027	Mandelstollen (Bestell.)	224	938	44,133 g/100g	1,152 g/100g	1,446 g/100g	0,311 g/100g	6,727 g/100g	1,254 g/100g	3,70
2083	Craft-Baguette	246	1.030	38,955 g/100g	5,724 g/100g	5,851 g/100g	0,624 g/100g	7,037 g/100g	1,242 g/100g	3,20
2091	Original Weihnachtsstollen ohne Dekor 500g	358	1.500	45,795 g/100g	23,507 g/100g	16,181 g/100g	8,006 g/100g	5,774 g/100g	0,526 g/100g	3,80
2134	Mandelstollen 500g	458	1.919	44,336 g/100g	16,805 g/100g	27,154 g/100g	11,932 g/100g	7,944 g/100g	0,586 g/100g	3,70
2137	Unser Körniges	312	1.306	14,887 g/100g	4,251 g/100g	21,843 g/100g	2,400 g/100g	10,516 g/100g	1,027 g/100g	1,20
2138	Nussbrot	273	1.142	31,434 g/100g	2,605 g/100g	10,802 g/100g	1,145 g/100g	10,017 g/100g	1,272 g/100g	2,60
2145	Quarkstollen	307	1.286	44,184 g/100g	21,653 g/100g	11,121 g/100g	4,267 g/100g	6,824 g/100g	0,781 g/100g	3,70
2169	Kürbisstangl	235	985	35,656 g/100g	1,052 g/100g	5,359 g/100g	0,873 g/100g	8,971 g/100g	1,284 g/100g	3,00
2208	Weihnachtsgebäck	443	1.856	56,000 g/100g	40,000 g/100g	22,000 g/100g	13,000 g/100g	5,300 g/100g	0,270 g/100g	4,70
2211	Mohnstollen	361	1.513	28,533 g/100g	14,120 g/100g	22,957 g/100g	9,210 g/100g	7,954 g/100g	0,400 g/100g	2,40
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	213	891	42,365 g/100g	3,904 g/100g	0,839 g/100g	0,130 g/100g	5,927 g/100g	1,231 g/100g	3,50
2223	Roggenmischbrot	190	796	38,069 g/100g	2,179 g/100g	0,707 g/100g	0,113 g/100g	5,492 g/100g	1,316 g/100g	3,20
2225	Mohnzopf klein	240	1.003	43,397 g/100g	1,462 g/100g	3,095 g/100g	0,540 g/100g	7,420 g/100g	1,297 g/100g	3,60
2226	Mehrkornbrot	221	925	32,862 g/100g	2,239 g/100g	5,075 g/100g	0,619 g/100g	8,323 g/100g	1,081 g/100g	2,70
2229	Käsezopf klein	299	1.252	39,483 g/100g	14,970 g/100g	12,098 g/100g	5,936 g/100g	7,069 g/100g	0,620 g/100g	3,30
2230	Hausbrot	196	819	38,463 g/100g	2,631 g/100g	0,729 g/100g	0,163 g/100g	6,486 g/100g	1,218 g/100g	3,20
2234	Mandelstollen	458	1.919	44,352 g/100g	16,852 g/100g	27,170 g/100g	11,948 g/100g	7,934 g/100g	0,585 g/100g	3,70
2235	Original Weihnachtsstollen ohne Dekor 1500g	358	1.500	45,795 g/100g	23,507 g/100g	16,181 g/100g	8,006 g/100g	5,774 g/100g	0,526 g/100g	3,80
2236	Original Weihnachtsstollen ohne Dekor 1000g	358	1.500	45,795 g/100g	23,507 g/100g	16,181 g/100g	8,006 g/100g	5,774 g/100g	0,526 g/100g	3,80
2237	Original Weihnachtsstollen mit Dekor 1500g	374	1.564	46,749 g/100g	25,858 g/100g	17,690 g/100g	9,072 g/100g	5,382 g/100g	0,490 g/100g	3,90
2238	Original Weihnachtsstollen mit Dekor 1000g	375	1.568	46,600 g/100g	25,710 g/100g	17,877 g/100g	9,184 g/100g	5,368 g/100g	0,488 g/100g	3,90
2249	Süsser Zopf klein	294	1.230	46,705 g/100g	8,905 g/100g	6,448 g/100g	3,108 g/100g	10,452 g/100g	1,272 g/100g	3,90
2250	Süsser Zopf	294	1.230	46,705 g/100g	8,905 g/100g	6,448 g/100g	3,108 g/100g	10,452 g/100g	1,272 g/100g	3,90
2253	Rosinenzopf klein	269	1.125	45,139 g/100g	13,477 g/100g	4,715 g/100g	2,152 g/100g	9,599 g/100g	1,199 g/100g	3,80
2254	Rosinenzopf	269	1.125	45,139 g/100g	13,477 g/100g	4,715 g/100g	2,152 g/100g	9,599 g/100g	1,199 g/100g	3,80
2282	Original Weihnachtsstollen mit Dekor 750g	375	1.570	46,642 g/100g	25,795 g/100g	17,911 g/100g	9,209 g/100g	5,356 g/100g	0,487 g/100g	3,90
2287	Craftlaib	216	903	40,121 g/100g	2,030 g/100g	2,291 g/100g	0,257 g/100g	6,457 g/100g	1,345 g/100g	3,30
2302	Original Weihnachtsstollen mit Dekor 500g	375	1.571	46,638 g/100g	25,812 g/100g	17,955 g/100g	9,238 g/100g	5,349 g/100g	0,487 g/100g	3,90
2322	Hirtenstange	211	883	32,559 g/100g	1,048 g/100g	5,263 g/100g	1,713 g/100g	6,971 g/100g	1,625 g/100g	2,70
2324	Original Weihnachtsstollen Scheiben	387	1.621	47,203 g/100g	26,547 g/100g	19,155 g/100g	9,996 g/100g	5,148 g/100g	0,455 g/100g	3,90
2325	Mandelstollen	418	1.748	40,404 g/100g	15,758 g/100g	24,814 g/100g	10,999 g/100g	7,102 g/100g	0,524 g/100g	3,40
2329	Original Weihnachtsstollen ohne Dekor 750g	358	1.500	45,795 g/100g	23,507 g/100g	16,181 g/100g	8,006 g/100g	5,774 g/100g	0,526 g/100g	3,80
2346	Braumeisterlaib	205	857	37,722 g/100g	1,363 g/100g	1,067 g/100g	0,238 g/100g	7,982 g/100g	1,332 g/100g	3,10
2368	1766er Brot	240	1.005	45,770 g/100g	2,820 g/100g	1,132 g/100g	0,212 g/100g	8,816 g/100g	1,516 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	295	1.236	45,727 g/100g	8,728 g/100g	6,392 g/100g	3,070 g/100g	11,953 g/100g	1,476 g/100g	3,80
4002	Roggenbrötchen	212	887	38,964 g/100g	2,763 g/100g	1,853 g/100g	0,357 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	256	1.071	29,942 g/100g	0,928 g/100g	8,861 g/100g	5,672 g/100g	13,047 g/100g	1,506 g/100g	2,50
4008	Sesambrötchen	269	1.125	41,155 g/100g	1,251 g/100g	6,887 g/100g	1,181 g/100g	8,442 g/100g	1,200 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	243	1.019	34,892 g/100g	2,209 g/100g	5,179 g/100g	0,736 g/100g	10,640 g/100g	1,636 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	1.087	40,497 g/100g	1,613 g/100g	5,988 g/100g	0,863 g/100g	8,366 g/100g	1,208 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	1.088	51,097 g/100g	1,569 g/100g	1,740 g/100g	0,415 g/100g	7,852 g/100g	1,528 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

ArtNr	Artikel	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Proteinheite n
4023	Schrippen	232	972	44,432 g/100g	1,501 g/100g	2,127 g/100g	0,404 g/100g	6,936 g/100g	1,284 g/100g	3,70
4024	Partybrötchen hell	227	950	44,632 g/100g	1,160 g/100g	1,467 g/100g	0,368 g/100g	6,966 g/100g	1,324 g/100g	3,70
4029	Kürbiskernbrötchen	274	1.146	34,108 g/100g	1,582 g/100g	8,985 g/100g	1,629 g/100g	11,743 g/100g	1,032 g/100g	2,80
4033	Kornstange	282	1.181	40,454 g/100g	1,887 g/100g	6,587 g/100g	1,362 g/100g	11,868 g/100g	1,380 g/100g	3,40
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
4039	Käsebrezel	251	1.050	32,515 g/100g	1,033 g/100g	7,972 g/100g	4,939 g/100g	11,086 g/100g	1,557 g/100g	2,70
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	0,423 g/100g	3,80
4042	Käsecroissant	344	1.441	26,306 g/100g	2,845 g/100g	21,506 g/100g	13,378 g/100g	10,867 g/100g	1,349 g/100g	2,20
4055	Pfannkuchen	299	1.253	54,053 g/100g	30,469 g/100g	6,197 g/100g	2,207 g/100g	5,454 g/100g	0,738 g/100g	4,50
4056	Kirschplunder	329	1.376	45,249 g/100g	18,648 g/100g	13,963 g/100g	6,746 g/100g	4,390 g/100g	0,517 g/100g	3,80
4059	Mohnschnecke	367	1.535	41,675 g/100g	19,909 g/100g	18,503 g/100g	6,936 g/100g	6,640 g/100g	0,325 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
4061	Puddingschnecke	318	1.331	45,338 g/100g	21,437 g/100g	12,703 g/100g	6,094 g/100g	4,590 g/100g	0,424 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
4065	Fruchtplunder	268	1.120	32,771 g/100g	10,972 g/100g	13,090 g/100g	6,351 g/100g	3,845 g/100g	0,536 g/100g	2,70
4073	Reformationsbrötchen	333	1.392	43,183 g/100g	15,421 g/100g	14,035 g/100g	7,030 g/100g	5,905 g/100g	0,558 g/100g	3,60
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	276	1.154	35,642 g/100g	1,802 g/100g	9,063 g/100g	1,226 g/100g	10,341 g/100g	1,198 g/100g	3,00
4077	Pfannkuchen m. Glasur + Mehrfruchtfüllung	297	1.244	51,089 g/100g	27,793 g/100g	7,353 g/100g	2,376 g/100g	5,387 g/100g	0,729 g/100g	4,30
4081	Quarkbällchen	350	1.463	33,580 g/100g	17,066 g/100g	20,850 g/100g	4,031 g/100g	6,787 g/100g	0,939 g/100g	2,80
4083	Rosinenbrötchen	271	1.133	44,264 g/100g	13,223 g/100g	4,697 g/100g	2,135 g/100g	11,005 g/100g	1,390 g/100g	3,70
4086	Streuselschnecke	333	1.395	56,748 g/100g	25,828 g/100g	8,795 g/100g	2,894 g/100g	5,395 g/100g	0,523 g/100g	4,70
4087	Stollenkonfekt	378	1.581	47,131 g/100g	28,931 g/100g	18,110 g/100g	9,586 g/100g	5,115 g/100g	0,638 g/100g	3,90
4089	Käse-Schinken- Brötchen	252	1.057	24,429 g/100g	0,942 g/100g	10,031 g/100g	5,792 g/100g	15,324 g/100g	2,266 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
4094	Partyring	255	1.070	41,624 g/100g	1,465 g/100g	5,174 g/100g	1,059 g/100g	8,470 g/100g	1,241 g/100g	3,50
4095	Partykranz	297	1.245	43,509 g/100g	1,620 g/100g	8,226 g/100g	1,554 g/100g	10,028 g/100g	1,307 g/100g	3,60
4096	Partyrad	275	1.151	46,777 g/100g	1,583 g/100g	4,849 g/100g	0,962 g/100g	8,801 g/100g	1,404 g/100g	3,90
4097	Kartoffelbrötchen	232	972	44,262 g/100g	2,069 g/100g	1,549 g/100g	0,258 g/100g	7,832 g/100g	1,720 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
4101	Käselaugenstange	251	1.051	32,545 g/100g	1,038 g/100g	7,976 g/100g	4,942 g/100g	11,096 g/100g	1,468 g/100g	2,70
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	50,303 g/100g	26,454 g/100g	5,056 g/100g	2,072 g/100g	5,590 g/100g	0,764 g/100g	4,20
4114	Fladenbrot Mediterran	217	909	39,547 g/100g	1,139 g/100g	2,414 g/100g	0,398 g/100g	7,248 g/100g	1,342 g/100g	3,30
4130	Handbrot mit Gouda	239	1.001	12,819 g/100g	1,546 g/100g	15,672 g/100g	9,504 g/100g	11,300 g/100g	1,079 g/100g	1,10
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
4166	Handbrot Salami-Käse	259	1.086	13,756 g/100g	1,837 g/100g	17,861 g/100g	9,694 g/100g	10,609 g/100g	1,088 g/100g	1,10
4167	Handbrot Zwiebelmettwurst-Ei	183	767	19,630 g/100g	1,733 g/100g	7,215 g/100g	2,326 g/100g	8,979 g/100g	1,320 g/100g	1,60
4178	Doppelbrötchen	229	958	44,975 g/100g	1,381 g/100g	1,531 g/100g	0,366 g/100g	6,911 g/100g	1,345 g/100g	3,70
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	Himbeer-Johannisbeer Berliner	344	1.439	54,979 g/100g	29,241 g/100g	10,924 g/100g	4,717 g/100g	5,131 g/100g	0,657 g/100g	4,60
4197	Kräppelchen	329	1.378	43,370 g/100g	9,496 g/100g	13,620 g/100g	3,797 g/100g	7,141 g/100g	1,043 g/100g	3,60
4212	Scharfer Muffin	360	1.507	38,460 g/100g	25,296 g/100g	20,489 g/100g	2,497 g/100g	4,993 g/100g	0,592 g/100g	3,20
4233	Pfannkuchen gez.m.Pflaumenmus	291	1.218	52,078 g/100g	28,494 g/100g	6,123 g/100g	2,207 g/100g	5,528 g/100g	0,756 g/100g	4,30
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
4237	Laugenkastanien	243	1.016	40,401 g/100g	1,506 g/100g	4,835 g/100g	1,542 g/100g	7,341 g/100g	1,367 g/100g	3,40
4263	Laugensnack Weißwurst	362	1.514	25,800 g/100g	4,800 g/100g	24,800 g/100g	11,200 g/100g	8,300 g/100g	1,250 g/100g	2,10
4270	Mohnstriezel	314	1.313	40,624 g/100g	17,476 g/100g	12,579 g/100g	3,935 g/100g	7,392 g/100g	0,493 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	228	956	44,059 g/100g	1,152 g/100g	1,872 g/100g	0,308 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	17,621 g/100g	2,289 g/100g	4,078 g/100g	0,858 g/100g	3,60
6006	Eierschecke traditionell	201	840	25,139 g/100g	15,017 g/100g	8,547 g/100g	4,088 g/100g	5,464 g/100g	0,275 g/100g	2,10
6010	Lebkuchenkonfekt	383	1.603	57,832 g/100g	45,411 g/100g	13,454 g/100g	6,441 g/100g	5,670 g/100g	0,220 g/100g	4,80
6021	Schwarzwälder Kirschschnitte	255	1.067	26,339 g/100g	19,082 g/100g	14,923 g/100g	9,404 g/100g	3,553 g/100g	0,266 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	215	899	27,832 g/100g	18,984 g/100g	8,332 g/100g	4,765 g/100g	6,754 g/100g	0,329 g/100g	2,30
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	280	1.172	25,692 g/100g	18,006 g/100g	18,503 g/100g	12,466 g/100g	2,728 g/100g	0,372 g/100g	2,10
6041	Windbeutel gefüllt	289	1.208	15,534 g/100g	11,774 g/100g	23,822 g/100g	14,320 g/100g	3,634 g/100g	0,196 g/100g	1,30
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
6055	Erdbeertörtchen	240	1.006	30,421 g/100g	19,133 g/100g	12,205 g/100g	1,968 g/100g	1,953 g/100g	0,505 g/100g	2,50
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
6062	Bisquit-Boden	264	1.105	48,824 g/100g	20,794 g/100g	4,471 g/100g	1,912 g/100g	5,912 g/100g	0,941 g/100g	4,10

ArtNr	Artikel	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Proteinheiten
6072	Mandarinenschnitte	190	796	26,440 g/100g	19,006 g/100g	8,430 g/100g	3,252 g/100g	1,733 g/100g	0,414 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	Bratapfelkuchen traditionell	236	989	30,910 g/100g	19,475 g/100g	11,020 g/100g	1,452 g/100g	2,743 g/100g	0,199 g/100g	2,60
6080	Pflaumenkuchen traditionell mit Streusel	235	985	35,142 g/100g	11,870 g/100g	8,740 g/100g	4,150 g/100g	3,346 g/100g	0,243 g/100g	2,90
6082	Kirschkuchen traditionell	221	927	34,243 g/100g	16,346 g/100g	7,584 g/100g	3,613 g/100g	2,834 g/100g	0,268 g/100g	2,90
6097	Weihnachtsstrausschnitte	356	1.492	31,363 g/100g	24,184 g/100g	23,821 g/100g	9,241 g/100g	3,830 g/100g	0,275 g/100g	2,60
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	440	1.841	31,943 g/100g	21,273 g/100g	32,632 g/100g	11,571 g/100g	4,569 g/100g	0,463 g/100g	2,70
6112	Regenbogentaler	500	2.093	87,767 g/100g	66,236 g/100g	14,351 g/100g	7,199 g/100g	3,586 g/100g	0,069 g/100g	7,30
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	371	1.553	40,158 g/100g	37,090 g/100g	21,976 g/100g	13,517 g/100g	2,783 g/100g	0,161 g/100g	3,30
6122	Knusperstreuselkuchen traditionell	268	1.123	36,566 g/100g	17,774 g/100g	11,958 g/100g	6,078 g/100g	2,893 g/100g	0,329 g/100g	3,00
6124	Johannisbeer- Joghurtsahneschnitte	253	1.057	30,967 g/100g	20,170 g/100g	12,037 g/100g	10,511 g/100g	4,724 g/100g	1,220 g/100g	2,60
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
6177	Zwiebelkuchen Thüringer Art	171	716	11,545 g/100g	2,244 g/100g	9,356 g/100g	5,020 g/100g	9,639 g/100g	1,317 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	1.955	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
6336	Mohnkuchen mit Mandarine	283	1.185	29,375 g/100g	15,483 g/100g	14,935 g/100g	5,178 g/100g	5,864 g/100g	0,282 g/100g	2,40
6404	Sternentaler	387	1.620	50,163 g/100g	34,429 g/100g	18,702 g/100g	14,150 g/100g	3,471 g/100g	0,218 g/100g	4,20
6415	Weihnachtsbaum Apfel- Mandel	378	1.583	38,967 g/100g	27,568 g/100g	22,489 g/100g	2,256 g/100g	4,137 g/100g	0,416 g/100g	3,20
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	359	1.502	39,125 g/100g	28,541 g/100g	21,086 g/100g	8,355 g/100g	3,039 g/100g	0,352 g/100g	3,30
6531	Weihnachtsbaum	436	1.826	45,890 g/100g	32,695 g/100g	25,989 g/100g	3,855 g/100g	4,017 g/100g	0,493 g/100g	3,80
6532	Weihnachtsbaum Sauerkirsch	390	1.632	41,154 g/100g	28,787 g/100g	22,980 g/100g	2,335 g/100g	3,812 g/100g	0,454 g/100g	3,40
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
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
6555	Spekulatius-Eiche	323	1.354	36,356 g/100g	19,578 g/100g	17,512 g/100g	10,068 g/100g	4,930 g/100g	0,509 g/100g	3,00
6585	Donut Filly Strawberry	405	1.695	46,700 g/100g	23,100 g/100g	22,000 g/100g	12,100 g/100g	5,100 g/100g	3,150 g/100g	3,90
6591	Butterkekse schwarz/weiß 2500g	487	2.039	65,402 g/100g	29,148 g/100g	21,478 g/100g	12,791 g/100g	6,574 g/100g	0,429 g/100g	5,50
6592	Butterkekse Heidesand	415	1.736	60,533 g/100g	32,078 g/100g	16,567 g/100g	9,863 g/100g	4,828 g/100g	0,338 g/100g	5,00
6601	Butterkekse schwarz/weiß	431	1.803	57,827 g/100g	25,772 g/100g	18,990 g/100g	11,310 g/100g	5,813 g/100g	0,379 g/100g	4,80