



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	Produkt	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
1002	Frühstück süß	163	681	19,944 g/100g	8,831 g/100g	7,454 g/100g	3,624 g/100g	3,439 g/100g	0,142 g/100g	1,70
1003	Frühstück schnell	158	663	17,337 g/100g	2,832 g/100g	7,632 g/100g	4,589 g/100g	4,624 g/100g	0,429 g/100g	1,40
1004	Frühstück deftig	160	672	15,425 g/100g	2,334 g/100g	7,872 g/100g	4,570 g/100g	6,462 g/100g	0,272 g/100g	1,30
1017	Laugenbrezel mit Butter	303	1.268	39,418 g/100g	0,959 g/100g	12,183 g/100g	7,137 g/100g	7,458 g/100g	1,138 g/100g	3,30
1019	Kraftpaket	207	865	21,394 g/100g	1,143 g/100g	8,354 g/100g	3,651 g/100g	10,801 g/100g	1,245 g/100g	1,80
1021	Putenmax	203	849	19,710 g/100g	3,004 g/100g	8,662 g/100g	1,349 g/100g	10,043 g/100g	1,582 g/100g	1,60
1048	Country Mix	203	851	18,253 g/100g	3,708 g/100g	9,918 g/100g	4,409 g/100g	9,188 g/100g	1,206 g/100g	1,50
1057	Gouda-Stern	239	1.000	23,576 g/100g	1,016 g/100g	11,542 g/100g	4,800 g/100g	9,329 g/100g	1,363 g/100g	2,00
1058	Frühstück Hallo Wach	111	465	13,457 g/100g	4,132 g/100g	4,541 g/100g	2,332 g/100g	3,657 g/100g	0,151 g/100g	1,10
1059	Salami-Stern	228	955	25,535 g/100g	1,158 g/100g	9,929 g/100g	2,748 g/100g	8,149 g/100g	1,232 g/100g	2,10
1069	Pizzaschnitte Hawaii	160	668	22,388 g/100g	5,279 g/100g	3,934 g/100g	2,283 g/100g	7,614 g/100g	1,324 g/100g	1,90
1083	Pizzaschnitte Schinken	160	671	21,766 g/100g	3,172 g/100g	4,158 g/100g	2,439 g/100g	7,836 g/100g	1,440 g/100g	1,80
1098	1 Paar Wiener	275	1.151	7,600 g/100g	0,500 g/100g	21,000 g/100g	8,900 g/100g	14,400 g/100g	2,400 g/100g	0,60
1099	1 Paar Wiener mit Brötchen	256	1.074	19,780 g/100g	0,604 g/100g	14,135 g/100g	5,871 g/100g	12,142 g/100g	2,008 g/100g	1,60
1101	Schinken-Stern	197	823	24,983 g/100g	1,129 g/100g	6,732 g/100g	1,080 g/100g	7,949 g/100g	1,581 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
1112	Italiano	212	888	16,315 g/100g	1,711 g/100g	11,982 g/100g	6,804 g/100g	9,222 g/100g	0,932 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	242	1.013	16,475 g/100g	0,924 g/100g	15,236 g/100g	7,354 g/100g	9,428 g/100g	1,981 g/100g	1,40
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	796	20,712 g/100g	3,193 g/100g	6,984 g/100g	3,680 g/100g	10,190 g/100g	1,327 g/100g	1,70
1121	Fischbrötchen	164	686	15,721 g/100g	1,256 g/100g	6,277 g/100g	1,008 g/100g	10,306 g/100g	0,429 g/100g	1,30
1124	Ketwurst	250	1.046	29,290 g/100g	3,172 g/100g	9,511 g/100g	4,165 g/100g	10,721 g/100g	1,766 g/100g	2,40
1125	Pizzaschnitte vegetarisch	152	636	21,677 g/100g	3,493 g/100g	3,783 g/100g	2,274 g/100g	6,579 g/100g	1,291 g/100g	1,80
1127	Hawaiistange	222	931	23,966 g/100g	3,125 g/100g	8,033 g/100g	5,021 g/100g	12,644 g/100g	1,591 g/100g	2,00
1150	Käselaugenstange mit Speck	253	1.060	27,500 g/100g	0,784 g/100g	9,190 g/100g	5,329 g/100g	14,056 g/100g	2,108 g/100g	2,30
1163	Pizzaschnitte Salami	174	729	21,766 g/100g	3,204 g/100g	5,720 g/100g	3,102 g/100g	7,836 g/100g	1,309 g/100g	1,80
1188	Pizzaschnitte Mozzarella	159	664	19,536 g/100g	2,976 g/100g	5,088 g/100g	3,151 g/100g	7,686 g/100g	1,327 g/100g	1,60
1189	Kraftprotz	247	1.034	18,619 g/100g	0,812 g/100g	14,595 g/100g	6,116 g/100g	9,889 g/100g	0,759 g/100g	1,60
1201	Panizza Salami	230	964	27,157 g/100g	0,947 g/100g	8,737 g/100g	4,842 g/100g	10,526 g/100g	2,053 g/100g	2,30
1202	Panizza Schinken-Champignon	230	964	27,157 g/100g	0,947 g/100g	8,737 g/100g	4,842 g/100g	10,526 g/100g	2,053 g/100g	2,30
1203	Panizza Margherita	228	954	29,578 g/100g	1,158 g/100g	7,368 g/100g	4,631 g/100g	10,526 g/100g	2,000 g/100g	2,50
1205	Panini Salami	264	1.107	20,141 g/100g	1,019 g/100g	14,816 g/100g	8,548 g/100g	12,002 g/100g	1,304 g/100g	1,70
1207	Panini Schinken	237	991	21,149 g/100g	0,968 g/100g	11,386 g/100g	7,219 g/100g	11,633 g/100g	1,530 g/100g	1,80
1211	Wiener m. Kartoffelsalat	218	914	10,509 g/100g	2,091 g/100g	16,000 g/100g	5,309 g/100g	8,445 g/100g	1,855 g/100g	0,90
1215	Panini Tomate Mozzarella	177	740	18,093 g/100g	1,744 g/100g	7,683 g/100g	4,786 g/100g	7,979 g/100g	1,061 g/100g	1,50
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	137	574	18,065 g/100g	6,816 g/100g	5,611 g/100g	3,133 g/100g	3,133 g/100g	0,411 g/100g	1,50
1239	Käsebrötchen Spezial	258	1.080	23,936 g/100g	0,660 g/100g	11,308 g/100g	5,452 g/100g	13,984 g/100g	1,212 g/100g	2,00
1258	Schinkenmettwurstbrötchen	222	931	41,639 g/100g	0,789 g/100g	1,682 g/100g	0,374 g/100g	8,105 g/100g	1,302 g/100g	3,50
1270	Bockwurst m. Kartoffelsalat	194	814	7,250 g/100g	2,250 g/100g	15,250 g/100g	5,900 g/100g	7,200 g/100g	1,450 g/100g	0,60
1276	Frühstück Schlemmer	153	640	13,765 g/100g	5,782 g/100g	8,186 g/100g	3,909 g/100g	5,758 g/100g	0,345 g/100g	1,10
1287	Hühnerfrikassee	93	389	4,200 g/100g	1,800 g/100g	4,400 g/100g	2,400 g/100g	8,800 g/100g	1,150 g/100g	0,30
1303	Schülerbrötchen mit Salami	216	906	20,733 g/100g	1,344 g/100g	11,270 g/100g	2,682 g/100g	7,268 g/100g	0,999 g/100g	1,70
1304	Schülerbrötchen mit Salami und Käse	217	907	20,669 g/100g	1,280 g/100g	11,199 g/100g	3,203 g/100g	7,550 g/100g	1,041 g/100g	1,70
1305	Schülerbrötchen mit Käse	217	908	20,606 g/100g	1,217 g/100g	11,129 g/100g	3,724 g/100g	7,832 g/100g	1,083 g/100g	1,70
1324	Frühstück Mediterran	167	698	16,301 g/100g	3,582 g/100g	7,943 g/100g	4,081 g/100g	6,976 g/100g	0,272 g/100g	1,40
1325	Frühstück Rustikal	167	699	12,690 g/100g	1,995 g/100g	9,481 g/100g	4,314 g/100g	7,365 g/100g	0,569 g/100g	1,10
1326	Frühstücksteller	141	589	9,845 g/100g	2,613 g/100g	8,414 g/100g	4,810 g/100g	6,086 g/100g	0,583 g/100g	0,80
1327	Frühstück Fitness	168	702	11,988 g/100g	2,113 g/100g	10,018 g/100g	4,550 g/100g	7,117 g/100g	0,309 g/100g	1,00
1328	Frühstück Sternenbäck Spezial	109	456	10,806 g/100g	3,949 g/100g	5,228 g/100g	2,330 g/100g	4,423 g/100g	0,223 g/100g	0,90
1349	Quarkbällchen-Erdbeerspieß	177	742	22,886 g/100g	8,666 g/100g	7,093 g/100g	1,664 g/100g	5,095 g/100g	0,658 g/100g	1,90
1397	Sülze m. Bratkartoffeln	119	499	10,829 g/100g	2,886 g/100g	5,571 g/100g	2,043 g/100g	6,400 g/100g	0,774 g/100g	0,90
1412	Pulled Pork Burger	204	854	24,020 g/100g	2,958 g/100g	7,021 g/100g	3,022 g/100g	10,205 g/100g	1,599 g/100g	2,00
1419	Gekochtes 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
1425	Gulaschsuppe	59	246	5,900 g/100g		2,000 g/100g		4,200 g/100g		0,50
1426	Kartoffelsuppe	49	204	8,100 g/100g		1,100 g/100g		1,500 g/100g		0,70
1454	Käsebrezel Spezial	266	1.115	29,891 g/100g	0,830 g/100g	10,095 g/100g	5,037 g/100g	12,675 g/100g	1,228 g/100g	2,50
1475	Börekstange mit Spinat und Käse	253	1.061	24,105 g/100g	1,579 g/100g	13,789 g/100g	1,053 g/100g	7,684 g/100g	1,053 g/100g	2,00
1476	Börekstange mit Käse und Feta	279	1.166	25,894 g/100g	1,789 g/100g	15,473 g/100g	7,368 g/100g	8,526 g/100g	0,947 g/100g	2,20
1477	Börekstange mit Hackfleisch	243	1.016	23,578 g/100g	1,158 g/100g	11,894 g/100g	0,526 g/100g	9,789 g/100g	1,158 g/100g	2,00
1478	5er Quarkbällchentüte	312	1.308	35,893 g/100g	18,199 g/100g	15,349 g/100g	3,257 g/100g	7,271 g/100g	1,006 g/100g	3,00
2001	Baguette	222	929	43,355 g/100g	0,479 g/100g	0,853 g/100g	0,232 g/100g	8,124 g/100g	1,462 g/100g	3,60
2006	Bauernstange	201	841	36,453 g/100g	1,960 g/100g	1,531 g/100g	0,566 g/100g	7,993 g/100g	1,300 g/100g	3,00
2009	Focaccia m. Tomate	260	1.087	43,513 g/100g	0,797 g/100g	4,826 g/100g	0,747 g/100g	8,387 g/100g	1,736 g/100g	3,60
2013	Kartoffelbrot	202	846	39,379 g/100g	0,916 g/100g	0,683 g/100g	0,133 g/100g	7,546 g/100g	1,097 g/100g	3,30
2016	Rübli Eck	235	983	29,473 g/100g	2,327 g/100g	8,322 g/100g	1,083 g/100g	8,332 g/100g	0,862 g/100g	2,50
2017	Vollkornbrot	182	762	36,027 g/100g	0,425 g/100g	0,836 g/100g	0,052 g/100g	5,784 g/100g	1,386 g/100g	3,00
2020	Roggemischbrot	194	811	38,625 g/100g	2,389 g/100g	0,705 g/100g	0,103 g/100g	5,699 g/100g	1,135 g/100g	3,20
2035	Sonnenkornbrot	256	1.073	33,048 g/100g	2,178 g/100g	7,849 g/100g	0,942 g/100g	10,515 g/100g	1,277 g/100g	2,80
2036	Rosinenstuten	287	1.201	48,133 g/100g	19,567 g/100g	6,022 g/100g	3,308 g/100g	8,025 g/100g	0,928 g/100g	4,00
2061	Lutherkruste	197	824	38,738 g/100g	2,666 g/100g	0,757 g/100g	0,109 g/100g	6,143 g/100g	1,183 g/100g	3,20
2072	Zwiebelbrot	220	922	38,028 g/100g	2,214 g/100g	3,626 g/100g	1,529 g/100g	6,577 g/100g	1,247 g/100g	3,20
2138	Nussbrot	275	1.149	31,356 g/100g	2,507 g/100g	10,761 g/100g	1,146 g/100g	10,472 g/100g	1,262 g/100g	2,60
2145	Quarkstollen	303	1.270	43,453 g/100g	21,515 g/100g	10,938 g/100g	4,374 g/100g	6,932 g/100g	0,766 g/100g	3,60
2208	Weihnachtsgebäck	433	1.814	56,000 g/100g	41,000 g/100g	21,000 g/100g	13,000 g/100g	5,000 g/100g	0,280 g/100g	4,70

2221	Weißbrot	228	955	42,561 g/100g	0,428 g/100g	1,968 g/100g	0,767 g/100g	8,124 g/100g	1,208 g/100g	3,50
2222	Roggenkastenbrot	182	763	36,382 g/100g	3,319 g/100g	0,719 g/100g	0,103 g/100g	4,848 g/100g	1,224 g/100g	3,00
2223	Roggenmischbrot	183	767	36,293 g/100g	2,093 g/100g	0,684 g/100g	0,104 g/100g	5,526 g/100g	1,238 g/100g	3,00
2225	Mohnzopf klein	232	970	41,039 g/100g	0,884 g/100g	2,776 g/100g	0,427 g/100g	8,368 g/100g	1,245 g/100g	3,40
2226	Mehrkornbrot	221	927	32,608 g/100g	2,099 g/100g	4,937 g/100g	0,604 g/100g	8,810 g/100g	1,075 g/100g	2,70
2230	Hausbrot	195	818	38,418 g/100g	2,700 g/100g	0,723 g/100g	0,162 g/100g	6,274 g/100g	1,194 g/100g	3,20
2234	Mandelstollen	414	1.734	39,605 g/100g	15,257 g/100g	24,620 g/100g	11,050 g/100g	7,291 g/100g	0,518 g/100g	3,30
2235	Original Weihnachtsstollen ohne Dekor 1500g	365	1.529	47,292 g/100g	25,271 g/100g	16,199 g/100g	8,065 g/100g	5,736 g/100g	0,523 g/100g	3,90
2236	Original Weihnachtsstollen ohne Dekor 1000g	365	1.529	47,292 g/100g	25,271 g/100g	16,199 g/100g	8,065 g/100g	5,736 g/100g	0,523 g/100g	3,90
2237	Original Weihnachtsstollen mit Dekor 1500g	380	1.591	48,144 g/100g	27,501 g/100g	17,706 g/100g	9,126 g/100g	5,346 g/100g	0,487 g/100g	4,00
2238	Original Weihnachtsstollen mit Dekor 1000g	380	1.593	47,974 g/100g	27,296 g/100g	17,849 g/100g	9,208 g/100g	5,343 g/100g	0,487 g/100g	4,00
2245	Bierkrüstchen	195	817	36,479 g/100g	2,124 g/100g	1,078 g/100g	0,172 g/100g	7,214 g/100g	1,377 g/100g	3,00
2248	Mohnzopf groß	239	1.000	40,112 g/100g	0,950 g/100g	3,768 g/100g	0,540 g/100g	8,665 g/100g	1,216 g/100g	3,30
2249	Süßer Zopf klein	290	1.214	47,165 g/100g	8,851 g/100g	6,559 g/100g	3,374 g/100g	8,641 g/100g	0,870 g/100g	3,90
2250	Süßer Zopf groß	290	1.216	47,190 g/100g	8,873 g/100g	6,564 g/100g	3,375 g/100g	8,678 g/100g	0,871 g/100g	3,90
2253	Rosinenzopf klein	292	1.222	47,623 g/100g	11,872 g/100g	6,511 g/100g	3,233 g/100g	8,745 g/100g	0,780 g/100g	4,00
2254	Rosinenzopf groß	292	1.222	47,623 g/100g	11,872 g/100g	6,511 g/100g	3,233 g/100g	8,745 g/100g	0,780 g/100g	4,00
2298	Dinkelvollkornbrot	220	921	31,982 g/100g	2,339 g/100g	5,350 g/100g	0,615 g/100g	7,928 g/100g	1,118 g/100g	2,70
2299	Urkruste	236	990	40,412 g/100g	1,889 g/100g	3,201 g/100g	0,358 g/100g	8,715 g/100g	1,625 g/100g	3,40
2324	Original Weihnachtsstollen	384	1.606	48,418 g/100g	27,749 g/100g	18,071 g/100g	9,409 g/100g	5,228 g/100g	0,460 g/100g	4,00
2325	Mandelstollen	426	1.785	42,877 g/100g	20,901 g/100g	24,910 g/100g	11,655 g/100g	6,529 g/100g	0,463 g/100g	3,60
2329	Probier-Weihnachtsstollen	393	1.646	48,772 g/100g	29,332 g/100g	19,123 g/100g	10,118 g/100g	5,011 g/100g	0,457 g/100g	4,10
2349	Erfurter Roggenkracher	215	899	42,694 g/100g	2,682 g/100g	0,810 g/100g	0,122 g/100g	6,376 g/100g	1,313 g/100g	3,60
2350	Roggenbäck	179	749	35,852 g/100g	3,479 g/100g	0,709 g/100g	0,095 g/100g	4,573 g/100g	1,074 g/100g	3,00
2354	Thüringer Mischbrot	206	861	39,935 g/100g	1,743 g/100g	1,190 g/100g	0,139 g/100g	6,454 g/100g	1,238 g/100g	3,30
2368	1766er Brot	242	1.012	45,948 g/100g	2,680 g/100g	1,053 g/100g	0,171 g/100g	9,039 g/100g	1,506 g/100g	3,80
4000	Brezeln	246	1.030	43,723 g/100g	0,992 g/100g	3,389 g/100g	1,634 g/100g	8,201 g/100g	10,059 g/100g	3,60
4001	Milchhörnchen	342	1.430	55,519 g/100g	10,439 g/100g	7,722 g/100g	3,971 g/100g	10,210 g/100g	1,024 g/100g	4,60
4002	Roggenbrötchen	211	883	38,165 g/100g	2,728 g/100g	1,913 g/100g	0,356 g/100g	7,701 g/100g	1,347 g/100g	3,20
4005	Käsebrötchen	252	1.054	27,385 g/100g	0,551 g/100g	9,063 g/100g	5,792 g/100g	13,983 g/100g	1,466 g/100g	2,30
4008	Sesambrötchen	260	1.091	38,978 g/100g	0,736 g/100g	6,481 g/100g	1,050 g/100g	9,299 g/100g	1,154 g/100g	3,20
4010	Dinkelherz	245	1.026	37,755 g/100g	2,427 g/100g	4,734 g/100g	0,556 g/100g	10,478 g/100g	1,194 g/100g	3,10
4011	Laugenstange	268	1.123	47,645 g/100g	1,081 g/100g	3,693 g/100g	1,780 g/100g	8,936 g/100g	5,183 g/100g	4,00
4012	Vollkornbrötchen	241	1.010	33,997 g/100g	1,825 g/100g	5,066 g/100g	0,627 g/100g	11,176 g/100g	1,622 g/100g	2,80
4014	Mohnbrötchen	254	1.064	38,095 g/100g	1,093 g/100g	5,926 g/100g	0,784 g/100g	9,313 g/100g	1,154 g/100g	3,20
4015	Ciabattabrötchen	206	861	39,042 g/100g	0,798 g/100g	1,232 g/100g	0,216 g/100g	7,484 g/100g	1,234 g/100g	3,30
4016	Kaiserbrötchen	222	931	42,267 g/100g	0,797 g/100g	1,462 g/100g	0,278 g/100g	7,973 g/100g	1,283 g/100g	3,50
4019	Minibaguettebrötchen	246	1.032	48,172 g/100g	0,532 g/100g	0,947 g/100g	0,258 g/100g	9,027 g/100g	1,624 g/100g	4,00
4020	Baguettebrötchen	222	929	43,355 g/100g	0,479 g/100g	0,853 g/100g	0,232 g/100g	8,124 g/100g	1,462 g/100g	3,60
4023	Schrippen	231	966	43,914 g/100g	0,807 g/100g	1,513 g/100g	0,288 g/100g	8,209 g/100g	1,280 g/100g	3,70
4029	Kürbiskernbrötchen	274	1.145	33,127 g/100g	1,311 g/100g	9,014 g/100g	1,634 g/100g	12,486 g/100g	1,013 g/100g	2,80
4033	Kornstange	282	1.180	39,260 g/100g	1,394 g/100g	6,668 g/100g	1,364 g/100g	12,743 g/100g	1,307 g/100g	3,30
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	263	1.102	33,227 g/100g	0,778 g/100g	8,323 g/100g	5,216 g/100g	12,477 g/100g	1,410 g/100g	2,80
4055	Pfannkuchen/Berliner	299	1.251	53,275 g/100g	30,314 g/100g	6,186 g/100g	2,256 g/100g	6,058 g/100g	0,730 g/100g	4,40
4056	Kirschplunder	260	1.090	39,105 g/100g	19,072 g/100g	9,450 g/100g	4,615 g/100g	3,842 g/100g	0,432 g/100g	3,30
4058	Quarkkamm	354	1.482	41,342 g/100g	17,387 g/100g	17,547 g/100g	7,350 g/100g	6,785 g/100g	0,505 g/100g	3,40
4059	Mohnschnecke	368	1.539	45,115 g/100g	19,485 g/100g	17,163 g/100g	7,453 g/100g	6,656 g/100g	0,389 g/100g	3,80
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	309	1.293	31,452 g/100g	7,673 g/100g	18,213 g/100g	8,712 g/100g	4,033 g/100g	0,599 g/100g	2,60
4065	Fruchtpuddingplunder	265	1.110	33,163 g/100g	8,972 g/100g	12,192 g/100g	6,002 g/100g	4,899 g/100g	0,573 g/100g	2,80
4068	Sachsenschnegge	305	1.275	43,282 g/100g	21,834 g/100g	11,991 g/100g	5,562 g/100g	4,947 g/100g	0,432 g/100g	3,60
4073	Reformationsbrötchen	171	717	20,786 g/100g	13,278 g/100g	8,854 g/100g	5,315 g/100g	1,716 g/100g	0,151 g/100g	1,70
4076	Mehrkornbrötchen	271	1.134	33,705 g/100g	1,670 g/100g	8,402 g/100g	1,149 g/100g	11,971 g/100g	1,139 g/100g	2,80
4078	Kümmelbrötchen	208	871	38,046 g/100g	0,709 g/100g	1,979 g/100g	0,247 g/100g	7,667 g/100g	7,821 g/100g	3,20
4081	Quarkbällchen	312	1.308	35,893 g/100g	18,199 g/100g	15,349 g/100g	3,257 g/100g	7,271 g/100g	1,006 g/100g	3,00
4083	Rosinenbrötchen	278	1.163	48,159 g/100g	13,285 g/100g	5,009 g/100g	2,417 g/100g	7,901 g/100g	0,854 g/100g	4,00
4086	Streuselschnecken	344	1.398	56,009 g/100g	25,814 g/100g	8,786 g/100g	4,645 g/100g	6,215 g/100g	0,523 g/100g	4,70
4087	Stollenkonfekt	393	1.645	47,254 g/100g	29,474 g/100g	19,469 g/100g	10,388 g/100g	5,695 g/100g	0,490 g/100g	3,90
4089	Käse-Schinken-Brötchen	249	1.043	22,359 g/100g	0,636 g/100g	10,194 g/100g	5,888 g/100g	16,081 g/100g	2,234 g/100g	1,90
4094	Partyring	318	1.330	40,004 g/100g	15,027 g/100g	13,548 g/100g	6,359 g/100g	7,398 g/100g	0,464 g/100g	3,30
4095	Partykranz	376	1.573	31,439 g/100g	11,375 g/100g	21,733 g/100g	6,695 g/100g	11,510 g/100g	0,436 g/100g	2,60
4097	Kartoffelbrötchen	234	982	43,669 g/100g	1,798 g/100g	1,581 g/100g	0,263 g/100g	8,781 g/100g	1,796 g/100g	3,60
4099	Knoten	290	1.216	47,190 g/100g	8,873 g/100g	6,564 g/100g	3,375 g/100g	8,678 g/100g	0,871 g/100g	3,90
4101	Käselaugenstange	256	1.071	31,917 g/100g	0,748 g/100g	8,222 g/100g	5,167 g/100g	12,232 g/100g	1,542 g/100g	2,70
4104	Spritzkuchen	152	637	24,361 g/100g	8,972 g/100g	3,696 g/100g	2,250 g/100g	4,333 g/100g	0,556 g/100g	2,00
4105	Persipanplunder	391	1.637	48,192 g/100g	23,651 g/100g	18,140 g/100g	7,101 g/100g	7,539 g/100g	0,474 g/100g	4,00
4106	Hahnekamm	270	1.133	53,245 g/100g	25,577 g/100g	3,147 g/100g	1,396 g/100g	5,691 g/100g	0,485 g/100g	4,40
4114	Fladenbrot Mediterran	217	907	38,445 g/100g	0,846 g/100g	2,414 g/100g	0,399 g/100g	8,059 g/100g	1,330 g/100g	3,20
4117	Mohnstick	339	1.420	37,548 g/100g	13,506 g/100g	16,898 g/100g	6,566 g/100g	7,463 g/100g	0,475 g/100g	3,10
4119	Apfel-Schmand-Streusel	313	1.311	46,629 g/100g	20,420 g/100g	10,965 g/100g	6,344 g/100g	5,722 g/100g	0,480 g/100g	3,90
4176	Kirsch-Schmand-Streusel	312	1.308	47,460 g/100g	22,174 g/100g	10,550 g/100g	6,080 g/100g	5,552 g/100g	0,464 g/100g	4,00
4178	Doppelbrötchen	222	931	42,267 g/100g	0,797 g/100g	1,462 g/100g	0,278 g/100g	7,973 g/100g	1,283 g/100g	3,50
4182	Laugenzopf	230	963	40,742 g/100g	0,953 g/100g	3,174 g/100g	1,529 g/100g	7,763 g/100g	3,273 g/100g	3,40
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	1.376	42,224 g/100g	9,262 g/100g	13,620 g/100g	3,881 g/100g	8,017 g/100g	1,030 g/100g	3,50
4233	Pfannkuchen gez.m.Pflaumenmus	291	1.216	51,300 g/100g	28,339 g/100g	6,112 g/100g	2,256 g/100g	6,132 g/100g	0,747 g/100g	4,30
4236	Jogging Schleife	260	1.088	36,031 g/100g	2,322 g/100g	7,438 g/100g	1,013 g/100g	9,380 g/100g	1,149 g/100g	3,00

4237	Laugenkastanien	249	1.041	40,336 g/100g	1,154 g/100g	4,921 g/100g	1,663 g/100g	8,505 g/100g	1,458 g/100g	3,40
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
4264	Rhabarber-Schmand-Streusel	285	1.193	41,338 g/100g	16,776 g/100g	10,335 g/100g	5,977 g/100g	5,417 g/100g	0,452 g/100g	3,40
4270	Mohnstriezel	315	1.320	40,362 g/100g	17,742 g/100g	12,580 g/100g	4,162 g/100g	7,968 g/100g	0,481 g/100g	3,40
4282	1766er Brötchen	237	991	38,379 g/100g	1,284 g/100g	4,393 g/100g	0,677 g/100g	8,535 g/100g	1,444 g/100g	3,20
4283	Walnuss-Plunder	397	1.664	43,884 g/100g	18,784 g/100g	20,925 g/100g	6,746 g/100g	7,298 g/100g	0,467 g/100g	3,70
4293	Goldweck	229	958	43,167 g/100g	0,889 g/100g	1,939 g/100g	0,310 g/100g	7,540 g/100g	1,470 g/100g	3,60
4294	Dinkelschleife	251	1.051	38,620 g/100g	2,330 g/100g	4,742 g/100g	0,540 g/100g	10,767 g/100g	1,157 g/100g	3,20
4295	Papageien-Muffin	348	1.456	42,947 g/100g	26,913 g/100g	17,635 g/100g	2,435 g/100g	4,078 g/100g	0,859 g/100g	3,60
4296	Brownie- Muffin	391	1.638	40,207 g/100g	25,658 g/100g	22,974 g/100g	2,543 g/100g	5,409 g/100g	0,675 g/100g	3,40
6004	Mailänder Herz	376	1.573	53,573 g/100g	44,814 g/100g	14,129 g/100g	3,109 g/100g	6,888 g/100g	0,234 g/100g	4,50
6006	Eierschecke traditionell	220	920	26,797 g/100g	17,099 g/100g	9,978 g/100g	5,150 g/100g	5,419 g/100g	0,264 g/100g	2,20
6010	Lebkuchenkonfekt	385	1.613	56,851 g/100g	44,855 g/100g	14,081 g/100g	7,005 g/100g	5,833 g/100g	0,179 g/100g	4,70
6021	Schwarzwälder Kirschschnitte	261	1.093	28,253 g/100g	19,505 g/100g	14,615 g/100g	9,191 g/100g	3,777 g/100g	0,289 g/100g	2,40
6029	Käsekuchen	181	758	25,381 g/100g	16,996 g/100g	5,338 g/100g	2,787 g/100g	7,419 g/100g	0,316 g/100g	2,10
6039	Schweinsohren	445	1.862	42,174 g/100g	15,108 g/100g	28,132 g/100g	15,848 g/100g	5,159 g/100g	0,730 g/100g	3,50
6040	Eclairs	300	1.256	27,062 g/100g	19,315 g/100g	19,792 g/100g	11,838 g/100g	3,182 g/100g	0,341 g/100g	2,30
6041	Windbeutel	291	1.217	15,523 g/100g	11,760 g/100g	24,049 g/100g	14,247 g/100g	3,634 g/100g	0,204 g/100g	1,30
6042	Granatsplitter	391	1.639	35,821 g/100g	25,711 g/100g	25,281 g/100g	14,382 g/100g	4,546 g/100g	0,332 g/100g	3,00
6044	Zupfkuchen traditionell	246	1.029	32,175 g/100g	17,320 g/100g	9,454 g/100g	4,675 g/100g	7,213 g/100g	0,370 g/100g	2,70
6060	Donut	426	1.783	39,300 g/100g	10,700 g/100g	26,800 g/100g	14,300 g/100g	6,100 g/100g	1,725 g/100g	3,30
6061	Eiche	328	1.373	30,278 g/100g	19,563 g/100g	21,241 g/100g	12,773 g/100g	3,925 g/100g	0,333 g/100g	2,50
6063	Kleckselkuchen traditionell	221	926	27,843 g/100g	16,623 g/100g	8,761 g/100g	2,154 g/100g	6,565 g/100g	0,280 g/100g	2,30
6075	Erdbeerfruchtschnitte	216	902	25,019 g/100g	16,881 g/100g	11,628 g/100g	4,610 g/100g	2,208 g/100g	0,314 g/100g	2,10
6076	Bratapfelkuchen traditionell	237	992	30,884 g/100g	19,643 g/100g	11,031 g/100g	1,533 g/100g	2,881 g/100g	0,198 g/100g	2,60
6080	Pflaumenkuchen traditionell mit Streusel	235	985	34,562 g/100g	11,695 g/100g	8,761 g/100g	4,495 g/100g	3,825 g/100g	0,242 g/100g	2,90
6083	Schmandkuchen traditionell	190	796	19,371 g/100g	10,885 g/100g	10,867 g/100g	6,483 g/100g	3,582 g/100g	0,258 g/100g	1,60
6084	Birnen-Nuss-Schnitte	334	1.400	32,215 g/100g	22,349 g/100g	20,977 g/100g	2,096 g/100g	3,691 g/100g	0,341 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	416	1.741	39,004 g/100g	24,470 g/100g	26,215 g/100g	11,131 g/100g	5,322 g/100g	0,647 g/100g	3,30
6119	Kirsch-Sahnering	294	1.231	22,629 g/100g	19,337 g/100g	21,414 g/100g	13,604 g/100g	2,761 g/100g	0,117 g/100g	1,90
6122	Knusperstreuselkuchen traditionell	268	1.123	36,125 g/100g	17,706 g/100g	11,985 g/100g	6,311 g/100g	3,244 g/100g	0,329 g/100g	3,00
6135	Kokosquarkkuchen traditionell	269	1.126	28,364 g/100g	19,599 g/100g	14,345 g/100g	9,607 g/100g	5,880 g/100g	0,257 g/100g	2,40
6166	Papageienkuchen	399	1.671	39,328 g/100g	24,768 g/100g	24,392 g/100g	3,232 g/100g	5,417 g/100g	0,643 g/100g	3,30
6167	Nougatkremring	515	2.155	49,801 g/100g	24,637 g/100g	32,551 g/100g	18,447 g/100g	5,012 g/100g	0,042 g/100g	4,20
6172	Delikatess-Erdbeersahneschnitte	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
6177	Zwiebelkuchen Thüringer Art	113	471	16,320 g/100g	2,993 g/100g	2,570 g/100g	0,626 g/100g	4,758 g/100g	0,716 g/100g	1,40
6179	Donut Vanille	424	1.774	43,500 g/100g	19,000 g/100g	24,800 g/100g	13,400 g/100g	6,100 g/100g	0,576 g/100g	3,60
6209	Sternenbäck-Haustorte	335	1.402	33,797 g/100g	25,096 g/100g	19,818 g/100g	9,638 g/100g	4,897 g/100g	0,333 g/100g	2,80
6314	Grüner Apfel Joghurtsahneschnitte	237	992	29,224 g/100g	20,140 g/100g	11,427 g/100g	6,955 g/100g	3,870 g/100g	0,287 g/100g	2,40
6319	Marzipanschnitte	406	1.699	46,917 g/100g	33,038 g/100g	20,887 g/100g	8,909 g/100g	6,648 g/100g	0,259 g/100g	3,90
6384	Sternenecke	475	1.988	45,419 g/100g	22,262 g/100g	29,872 g/100g	17,104 g/100g	5,413 g/100g	0,515 g/100g	3,80
6392	Donut Filly Berry	383	1.603	50,100 g/100g	23,800 g/100g	18,200 g/100g	10,900 g/100g	3,600 g/100g	1,175 g/100g	4,20
6404	Sternentaler	387	1.621	48,966 g/100g	33,379 g/100g	18,935 g/100g	14,733 g/100g	4,126 g/100g	0,204 g/100g	4,10
6414	Cranberry-Nussecke	477	1.997	53,542 g/100g	28,565 g/100g	24,828 g/100g	6,769 g/100g	7,332 g/100g	0,116 g/100g	4,50
6453	Kirmeskuchen traditionell	278	1.162	34,168 g/100g	22,207 g/100g	12,938 g/100g	6,583 g/100g	5,746 g/100g	0,288 g/100g	2,80
6524	Frankfurter Kranz klein	366	1.531	39,473 g/100g	28,246 g/100g	21,694 g/100g	8,392 g/100g	2,996 g/100g	0,348 g/100g	3,30
6546	Schokosahnetorte	313	1.309	30,100 g/100g	20,400 g/100g	19,400 g/100g	9,300 g/100g	3,900 g/100g	0,280 g/100g	2,50
6547	Käse-Sahne-Torte	256	1.074	26,000 g/100g	16,000 g/100g	15,000 g/100g	8,600 g/100g	4,500 g/100g	0,250 g/100g	2,20
6548	Schwarzwälder Kirschtorte	244	1.019	26,000 g/100g	16,000 g/100g	14,000 g/100g	8,700 g/100g	3,500 g/100g	0,160 g/100g	2,20
6549	Nuss-Creme-Torte	339	1.419	32,000 g/100g	21,000 g/100g	22,000 g/100g	11,000 g/100g	3,600 g/100g	0,250 g/100g	2,70
6550	Frankfurter Kranz	293	1.227	39,000 g/100g	26,000 g/100g	14,000 g/100g	7,900 g/100g	2,700 g/100g	0,280 g/100g	3,30
6552	Erdbeer-Buttermilch-Torte	200	836	27,300 g/100g	19,000 g/100g	8,200 g/100g	3,900 g/100g	3,800 g/100g	0,200 g/100g	2,30
6582	Marzipan-Sahne-Torte	336	1.406	27,900 g/100g	20,500 g/100g	22,800 g/100g	10,800 g/100g	4,600 g/100g	0,200 g/100g	2,30
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
6590	Butterkekse Heidesand 2500g	414	1.735	55,550 g/100g	24,030 g/100g	18,381 g/100g	10,985 g/100g	5,457 g/100g	0,351 g/100g	4,60
6591	Butterkekse schwarz/weiß 2500g	515	2.158	61,400 g/100g	22,200 g/100g	27,400 g/100g	16,700 g/100g	4,900 g/100g	0,300 g/100g	5,10
6592	Butterkekse Heidesand	414	1.732	60,299 g/100g	31,300 g/100g	16,622 g/100g	9,930 g/100g	4,690 g/100g	0,324 g/100g	5,00
6601	Butterkekse schwarz/weiß	430	1.802	57,693 g/100g	24,956 g/100g	19,089 g/100g	11,409 g/100g	5,667 g/100g	0,364 g/100g	4,80
6607	Kirsch-Marmor-Kuchen	295	1.237	27,758 g/100g	15,016 g/100g	18,723 g/100g	3,207 g/100g	3,683 g/100g	0,353 g/100g	2,30
6608	Bieni	388	1.627	34,584 g/100g	19,138 g/100g	25,617 g/100g	4,181 g/100g	4,866 g/100g	0,525 g/100g	2,90