



# 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	683	20,007 g/100g	8,896 g/100g	7,508 g/100g	3,659 g/100g	3,444 g/100g	0,139 g/100g	1,70
1003	Frühstück schnell	153	639	16,295 g/100g	2,811 g/100g	7,552 g/100g	4,549 g/100g	4,439 g/100g	0,490 g/100g	1,40
1004	Frühstück deftig	161	673	15,385 g/100g	2,362 g/100g	7,956 g/100g	4,652 g/100g	6,448 g/100g	0,272 g/100g	1,30
1013	Strammes Mäxchen	212	889	17,188 g/100g	0,835 g/100g	11,591 g/100g	6,089 g/100g	9,232 g/100g	1,174 g/100g	1,40
1017	Laugenbrezel mit Butter	287	1.203	36,653 g/100g	0,903 g/100g	11,972 g/100g	7,032 g/100g	6,966 g/100g	1,299 g/100g	3,10
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	19,857 g/100g	3,092 g/100g	8,622 g/100g	1,359 g/100g	9,935 g/100g	1,611 g/100g	1,70
1024	Latte Macchiato groß	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 groß	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	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
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	Pfirsich 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	238	998	23,576 g/100g	1,016 g/100g	11,492 g/100g	4,797 g/100g	9,329 g/100g	1,363 g/100g	2,00
1058	Frühstück Hallo Wach	111	465	13,430 g/100g	4,151 g/100g	4,598 g/100g	2,388 g/100g	3,647 g/100g	0,152 g/100g	1,10
1059	Salami-Stern	228	953	25,535 g/100g	1,158 g/100g	9,876 g/100g	2,745 g/100g	8,149 g/100g	1,232 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 Stracciata	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	191	798	28,005 g/100g	26,749 g/100g	7,140 g/100g	5,065 g/100g	3,224 g/100g	0,692 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	Vanilleeis mit heißen Himbeeren	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	Kindereis	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	160	671	22,671 g/100g	5,389 g/100g	3,896 g/100g	2,291 g/100g	7,560 g/100g	1,472 g/100g	1,90
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	Crème Mango Joghurt	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	161	674	22,074 g/100g	3,292 g/100g	4,117 g/100g	2,447 g/100g	7,778 g/100g	1,601 g/100g	1,80
1085	Erdbeer Speiseeis	144	604	33,435 g/100g	19,798 g/100g	0,473 g/100g	0,224 g/100g	0,890 g/100g	0,128 g/100g	2,80
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	1.073	19,747 g/100g	0,573 g/100g	14,147 g/100g	5,900 g/100g	12,131 g/100g	2,009 g/100g	1,60
1101	Schinken-Stern	196	821	24,983 g/100g	1,129 g/100g	6,680 g/100g	1,077 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
1107	Heißes Kakaogetränk mit Sahne	56	233	7,298 g/100g	6,635 g/100g	2,385 g/100g	1,731 g/100g	1,212 g/100g	0,129 g/100g	0,60
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	872	16,448 g/100g	1,844 g/100g	11,509 g/100g	6,667 g/100g	9,168 g/100g	0,912 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	1.012	16,439 g/100g	0,890 g/100g	15,249 g/100g	7,385 g/100g	9,416 g/100g	1,983 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
1118	Fischers Fritz	222	930	20,188 g/100g	1,722 g/100g	11,869 g/100g	4,389 g/100g	7,995 g/100g	1,132 g/100g	1,70
1121	Fischbrötchen	164	686	15,693 g/100g	1,275 g/100g	6,320 g/100g	0,165 g/100g	10,296 g/100g	0,429 g/100g	1,30
1124	Ketwurst	250	1.045	29,287 g/100g	3,168 g/100g	9,504 g/100g	4,151 g/100g	10,715 g/100g	1,766 g/100g	2,40
1125	Pizzaschnitte vegetarisch	152	638	21,979 g/100g	3,611 g/100g	3,743 g/100g	2,282 g/100g	6,523 g/100g	1,448 g/100g	1,80
1127	Hawaiistange	222	931	23,966 g/100g	3,125 g/100g	8,033 g/100g	5,019 g/100g	12,644 g/100g	2,003 g/100g	2,00
1130	Milchkaffee groß	42	176	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,429 g/100g	2,282 g/100g		0,30
1150	Käselaugenstange mit Speck	253	1.060	27,500 g/100g	0,784 g/100g	9,190 g/100g	5,327 g/100g	14,056 g/100g	2,108 g/100g	2,30
1163	Pizzaschnitte Salami	175	732	22,074 g/100g	3,323 g/100g	5,679 g/100g	3,110 g/100g	7,778 g/100g	1,469 g/100g	1,80
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	971	18,802 g/100g	1,657 g/100g	13,417 g/100g	6,782 g/100g	8,047 g/100g	0,778 g/100g	1,60
1186	Erdbeerreisbecher	185	776	25,012 g/100g	21,859 g/100g	8,600 g/100g	6,088 g/100g	1,328 g/100g	0,055 g/100g	2,10
1188	Pizzaschnitte Mozzarella	159	667	19,810 g/100g	3,083 g/100g	5,052 g/100g	3,158 g/100g	7,635 g/100g	1,469 g/100g	1,70
1189	Kraftprotz	247	1.034	18,619 g/100g	0,812 g/100g	14,595 g/100g	6,115 g/100g	9,889 g/100g	0,759 g/100g	1,60
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
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
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	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
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	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
1223	Milchkaffee XL	42	176	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,429 g/100g	2,282 g/100g		0,30
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	556	17,294 g/100g	6,801 g/100g	5,552 g/100g	3,103 g/100g	2,996 g/100g	0,455 g/100g	1,40
1239	Käsebrötchen Spezial	258	1.078	23,884 g/100g	0,613 g/100g	11,327 g/100g	5,496 g/100g	13,968 g/100g	1,214 g/100g	2,00
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	222	928	41,544 g/100g	0,701 g/100g	1,716 g/100g	0,455 g/100g	8,075 g/100g	1,305 g/100g	3,50
1267	Heißes Kakaogetränk groß	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	194	814	13,750 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	641	7,242 g/100g	5,798 g/100g	8,234 g/100g	3,956 g/100g	5,750 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
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
1303	Schülerbrötchen mit Salami	216	904	20,689 g/100g	1,303 g/100g	11,286 g/100g	2,719 g/100g	7,254 g/100g	1,000 g/100g	1,70
1304	Schülerbrötchen mit Salami und Käse	216	906	20,625 g/100g	1,239 g/100g	11,216 g/100g	3,241 g/100g	7,536 g/100g	1,043 g/100g	1,70
1305	Schülerbrötchen mit Käse	217	907	20,562 g/100g	1,176 g/100g	11,145 g/100g	3,762 g/100g	7,817 g/100g	1,085 g/100g	1,70
1324	Frühstück Mediterran	167	699							

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	853	24,020 g/100g	2,958 g/100g	6,986 g/100g	3,020 g/100g	10,205 g/100g	1,599 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
1425	Gulaschsuppe	59	246	5,900 g/100g		2,000 g/100g		4,200 g/100g		0,50
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 m. Pfeffercremesauce	247	1.034	7,600 g/100g		21,600 g/100g		6,200 g/100g		0,60
1452	Latte Macchiato XL	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 XL	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	255	1.068	27,863 g/100g	0,789 g/100g	9,940 g/100g	4,960 g/100g	12,314 g/100g	1,345 g/100g	2,30
1455	Heißes Kakaotrunk XL	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
1456	Heißes Kakaotrunk XL mit Sahne	53	220	7,312 g/100g	6,641 g/100g	2,047 g/100g	1,493 g/100g	1,203 g/100g	0,129 g/100g	0,60
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	Ser Quarkbällchentüte	311	1.303	35,893 g/100g	0,728 g/100g	15,196 g/100g	3,247 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	36,460 g/100g	1,954 g/100g	1,531 g/100g	0,566 g/100g	7,993 g/100g	1,300 g/100g	3,00
2013	Kartoffelbrot	210	878	41,160 g/100g	0,728 g/100g	0,684 g/100g	0,109 g/100g	7,390 g/100g	1,343 g/100g	3,40
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	35,925 g/100g	0,427 g/100g	0,840 g/100g	0,053 g/100g	5,908 g/100g	1,386 g/100g	3,00
2020	Roggenmischbrot	195	817	38,518 g/100g	2,302 g/100g	0,812 g/100g	0,066 g/100g	5,871 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	282	1.179	46,641 g/100g	17,991 g/100g	6,015 g/100g	3,305 g/100g	8,209 g/100g	0,924 g/100g	3,90
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	37,971 g/100g	2,215 g/100g	3,628 g/100g	1,529 g/100g	6,646 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
2139	Dinkel-Joghurt-Vollkornbrot	243	1.017	34,263 g/100g	4,010 g/100g	6,647 g/100g	1,035 g/100g	8,645 g/100g	1,337 g/100g	2,90
2145	Quarkstollen	308	1.291	44,033 g/100g	21,455 g/100g	11,124 g/100g	4,452 g/100g	7,145 g/100g	0,789 g/100g	3,50
2221	Weißbrot	228	955	42,561 g/100g	0,428 g/100g	1,968 g/100g	0,766 g/100g	8,124 g/100g	1,208 g/100g	3,70
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	231	968	40,947 g/100g	0,797 g/100g	2,810 g/100g	0,507 g/100g	8,338 g/100g	1,249 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
2245	Bierkrüstchen	194	813	36,153 g/100g	2,019 g/100g	1,085 g/100g	0,172 g/100g	7,234 g/100g	1,380 g/100g	3,00
2248	Mohnzopf groß	238	997	40,022 g/100g	0,865 g/100g	3,801 g/100g	0,617 g/100g	8,636 g/100g	1,220 g/100g	3,30
2249	Süßer Zopf klein	290	1.214	47,160 g/100g	8,846 g/100g	6,549 g/100g	3,348 g/100g	8,631 g/100g	0,870 g/100g	3,90
2250	Süßer Zopf groß	290	1.215	47,185 g/100g	8,868 g/100g	6,554 g/100g	3,349 g/100g	8,669 g/100g	0,871 g/100g	3,90
2253	Rosinenzopf klein	289	1.210	46,880 g/100g	11,128 g/100g	6,503 g/100g	3,217 g/100g	8,820 g/100g	0,779 g/100g	3,90
2254	Rosinenzopf groß	289	1.210	46,880 g/100g	11,128 g/100g	6,503 g/100g	3,217 g/100g	8,820 g/100g	0,779 g/100g	3,90
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	1/2 Roggenbäck	179	749	35,691 g/100g	3,497 g/100g	0,712 g/100g	0,098 g/100g	4,593 g/100g	1,076 g/100g	3,00
2354	Thüringer Mischbrot	205	860	39,935 g/100g	1,743 g/100g	1,153 g/100g	0,137 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	229	959	40,651 g/100g	0,929 g/100g	3,154 g/100g	1,516 g/100g	7,654 g/100g	10,237 g/100g	3,40
4001	Milchhörnchen	341	1.429	55,513 g/100g	10,433 g/100g	7,711 g/100g	3,940 g/100g	10,199 g/100g	1,024 g/100g	4,60
4002	Roggenbrötchen	210	881	38,165 g/100g	2,728 g/100g	1,853 g/100g	0,352 g/100g	7,701 g/100g	1,347 g/100g	3,20
4005	Käsebrötchen	251	1.052	27,323 g/100g	0,493 g/100g	9,086 g/100g	5,845 g/100g	13,963 g/100g	1,468 g/100g	2,30
4008	Sesambrötchen	260	1.088	38,892 g/100g	0,655 g/100g	6,512 g/100g	1,124 g/100g	9,271 g/100g	1,157 g/100g	3,20
4010	Dinkelherz	245	1.026	37,755 g/100g	2,427 g/100g	4,734 g/100g	0,549 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	1,777 g/100g	8,936 g/100g	5,183 g/100g	4,00
4012	Vollkornbrötchen	243	1.017	34,052 g/100g	1,974 g/100g	5,179 g/100g	0,737 g/100g	11,278 g/100g	1,627 g/100g	2,80
4014	Mohnbrötchen	253	1.061	38,010 g/100g	1,013 g/100g	5,957 g/100g	0,858 g/100g	9,285 g/100g	1,157 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	929	42,171 g/100g	0,707 g/100g	1,497 g/100g	0,360 g/100g	7,942 g/100g	1,287 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
4023	Schrippen	231	967	43,830 g/100g	0,865 g/100g	1,643 g/100g	0,459 g/100g	8,178 g/100g	1,280 g/100g	3,70
4029	Kürbiskernbrötchen	273	1.143	33,130 g/100g	1,309 g/100g	8,952 g/100g	1,631 g/100g	12,486 g/100g	1,013 g/100g	2,80
4033	Kornstange	282	1.179	39,570 g/100g	1,581 g/100g	6,585 g/100g	1,383 g/100g	12,515 g/100g	1,369 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	250	1.047	30,895 g/100g	0,731 g/100g	8,145 g/100g	5,127 g/100g	12,062 g/100g	1,545 g/100g	2,60
4053	Puddingplunder	250	1.047	38,886 g/100g	20,476 g/100g	8,541 g/100g	4,208 g/100g	3,469 g/100g	0,459 g/100g	3,20
4055	Pfannkuchen/Berliner	299	1.251	53,251 g/100g	30,253 g/100g	6,201 g/100g	2,214 g/100g	6,063 g/100g	0,729 g/100g	4,40
4056	Kirschkuchen	260	1.090	39,105 g/100g	19,066 g/100g	9,452 g/100g	4,628 g/100g	3,842 g/100g	0,424 g/100g	3,30
4058	Quarkkamm	354	1.482	41,342 g/100g	17,379 g/100g	17,547 g/100g	7,353 g/100g	6,785 g/100g	0,495 g/100g	3,40
4059	Mohnschnecke	368	1.542	41,467 g/100g	19,694 g/100g	18,497 g/100g	7,191 g/100g	7,205 g/100g	0,329 g/100g	3,50
4060	Buttercroissant m. Schokoecreme	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	308	1.289	31,161 g/100g	7,449 g/100g	18,216 g/100g	8,715 g/100g	4,048 g/100g	0,612 g/100g	2,60
4065	Fruchtpuddingplunder	265	1.110	33,163 g/100g	8,964 g/100g	12,194 g/100g	6,017 g/100g	4,899 g/100g	0,563 g/100g	2,80
4068	Sachsenschnecke	305	1.275	43,282 g/100g	21,834 g/100g	11,989 g/100g	5,550 g/100g	4,947 g/100g	0,432 g/100g	3,60
4073	Reformationsbrötchen	170	714	20,565 g/100g	13,057 g/100g	8,853 g/100g	5,313 g/100g	1,739 g/100g	0,151 g/100g	1,70
4076	Mehrkornbrötchen	267	1.117	36,525 g/100g	1,381 g/100g	7,388 g/100g	1,038 g/100g	10,897 g/100g	1,220 g/100g	3,00
4078	Kümmelbrötchen	207	868	37,961 g/100g	0,630 g/100g	2,011 g/100g	0,321 g/100g	7,639 g/100g	7,824 g/100g	3,20
4081	Quarkbällchen	311	1.303	35,893 g/100g	18,199 g/100g	15,196 g/100g	3,247 g/100g	7,271 g/100g	1,006 g/100g	3,00
4083	Rosinenbrötchen	264	1.105	45,847 g/100g	13,680 g/100g	4,738 g/100g	2,321 g/100g	7,487 g/100g	0,781 g/100g	3,80
4086	Streuselschnecken	334	1.399	56,006 g/100g	25,792 g/100g	8,796 g/100g	3,111 g/100g	6,215 g/100g	0,518 g/100g	4,70
4089	Käse-Schinken-Brötchen	249	1.041	22,309 g/100g	0,590 g/100g	10,212 g/100g	5,932 g/100g	16,065 g/100g	2,236 g/100g	1,90
4097	Kartoffelbrötchen	234	979	43,592 g/100g	1,737 g/100g	1,514 g/100g	0,260 g/100g	8,858 g/100g	1,934 g/100g	3,60
4099	Knoten	290	1.215	47,185 g/100g	8,868 g/100g	6,554 g/100g	3,349 g/100g	8,669 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	5,165 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	393	1.645	47,548 g/100g	22,521 g/100g	18,776 g/100g	7,520 g/100g	7,143 g/100g	0,486 g/100g	4,00
4106	Hahnekamm	326	1.363	48,419 g/100g	25,230 g/100g	12,259 g/100g	6,021 g/100g	4,368 g/100g	0,435 g/100g	4,00
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
4178	Doppelbrötchen	222	929							

4280	Johannisbeer-Schmand-Streusel	287	1.203	43.948 g/100g	21,052 g/100g	9,659 g/100g	8,845 g/100g	5,115 g/100g	1,554 g/100g	3,70
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	400	1.674	44.468 g/100g	18,996 g/100g	20,895 g/100g	6,731 g/100g	7,367 g/100g	0,466 g/100g	3,70
4293	Goldweck	228	955	43.167 g/100g	0,889 g/100g	1,851 g/100g	0,304 g/100g	7,540 g/100g	1,470 g/100g	3,60
4295	Papageien-Muffin	348	1.455	42.947 g/100g	26,913 g/100g	17,621 g/100g	2,289 g/100g	4,078 g/100g	0,859 g/100g	3,60
4296	Brownie- Muffin	391	1.637	40,207 g/100g	25,658 g/100g	22,953 g/100g	2,336 g/100g	5,409 g/100g	0,675 g/100g	3,40
6006	Eierschnecke traditionell	220	920	26,795 g/100g	17,099 g/100g	9,978 g/100g	5,144 g/100g	5,418 g/100g	0,272 g/100g	2,20
6012	Sandzunge	451	1.887	50,336 g/100g	25,549 g/100g	25,307 g/100g	15,855 g/100g	4,606 g/100g	0,033 g/100g	4,20
6021	Schwarzwälder Kirschschnitte	258	1.081	27,130 g/100g	19,212 g/100g	14,898 g/100g	9,473 g/100g	3,630 g/100g	0,284 g/100g	2,30
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	179	751	24,724 g/100g	16,139 g/100g	5,357 g/100g	2,777 g/100g	7,578 g/100g	0,361 g/100g	2,10
6030	Mohnkuchen	278	1.166	24,368 g/100g	16,010 g/100g	15,129 g/100g	2,913 g/100g	9,162 g/100g	0,250 g/100g	2,00
6032	Käse-Sahneschnitte	209	877	23,042 g/100g	16,056 g/100g	10,315 g/100g	6,322 g/100g	5,890 g/100g	0,234 g/100g	1,90
6039	Schweinsohren	445	1.862	42,174 g/100g	15,108 g/100g	28,132 g/100g	15,846 g/100g	5,159 g/100g	0,730 g/100g	3,50
6040	Eclairs	298	1.250	27,062 g/100g	19,315 g/100g	19,628 g/100g	11,828 g/100g	3,182 g/100g	0,341 g/100g	2,30
6041	Windbeutel	289	1.209	15,523 g/100g	11,760 g/100g	23,841 g/100g	14,234 g/100g	3,634 g/100g	0,204 g/100g	1,30
6042	Granatsplitter	391	1.639	35,817 g/100g	25,711 g/100g	25,281 g/100g	14,381 g/100g	4,544 g/100g	0,344 g/100g	3,00
6044	Zupfkuchen traditionell	254	1.064	32,728 g/100g	16,847 g/100g	10,015 g/100g	4,990 g/100g	7,394 g/100g	0,399 g/100g	2,70
6052	Butterkuchen	367	1.535	37,923 g/100g	15,695 g/100g	20,993 g/100g	12,246 g/100g	5,816 g/100g	0,654 g/100g	3,20
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	219	919	27,843 g/100g	16,623 g/100g	8,572 g/100g	2,140 g/100g	6,565 g/100g	0,280 g/100g	2,30
6072	Mandarinenschnitte	190	797	26,453 g/100g	19,057 g/100g	8,422 g/100g	3,303 g/100g	1,794 g/100g	0,420 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	30,692 g/100g	19,451 g/100g	11,021 g/100g	1,448 g/100g	2,902 g/100g	0,197 g/100g	2,60
6080	Pflaumenkuchen traditionell mit Streusel	235	985	34,558 g/100g	11,695 g/100g	8,761 g/100g	4,485 g/100g	3,823 g/100g	0,254 g/100g	2,90
6083	Schmandkuchen traditionell	190	796	19,368 g/100g	10,885 g/100g	10,867 g/100g	6,481 g/100g	3,581 g/100g	0,266 g/100g	1,60
6108	Marmorkuchen	407	1.703	39,004 g/100g	24,470 g/100g	25,186 g/100g	11,066 g/100g	5,322 g/100g	0,647 g/100g	3,30
6112	Heidesandtaler	430	1.801	74,740 g/100g	56,655 g/100g	12,417 g/100g	6,590 g/100g	3,645 g/100g	0,066 g/100g	6,20
6119	Kirsch-Sahnering	293	1.227	22,629 g/100g	19,337 g/100g	21,312 g/100g	13,598 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	6,304 g/100g	3,244 g/100g	0,329 g/100g	3,00
6135	Kokosquarkkuchen traditionell	269	1.126	28,362 g/100g	19,599 g/100g	14,345 g/100g	9,598 g/100g	5,878 g/100g	0,267 g/100g	2,40
6166	Papageienkuchen	399	1.670	39,328 g/100g	24,768 g/100g	24,371 g/100g	3,026 g/100g	5,417 g/100g	0,643 g/100g	3,30
6174	Eierlikör-Schokosahne-Schnitte	291	1.218	31,868 g/100g	25,175 g/100g	15,830 g/100g	9,421 g/100g	4,893 g/100g	0,294 g/100g	2,70
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
6314	Grüner Apfel Joghurtsahneschnitte	237	992	29,216 g/100g	20,139 g/100g	11,427 g/100g	6,952 g/100g	3,866 g/100g	0,314 g/100g	2,40
6319	Marzipanschnitte	406	1.699	46,906 g/100g	33,038 g/100g	20,886 g/100g	8,899 g/100g	6,641 g/100g	0,297 g/100g	3,90
6384	Sternenecke	475	1.987	45,454 g/100g	22,167 g/100g	29,840 g/100g	17,095 g/100g	5,397 g/100g	0,514 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
6453	Kirmesekuchen traditionell	278	1.162	34,166 g/100g	22,206 g/100g	12,937 g/100g	6,570 g/100g	5,744 g/100g	0,296 g/100g	2,80
6464	Himbeer-Schlemmerei	268	1.121	25,745 g/100g	15,598 g/100g	15,964 g/100g	2,640 g/100g	4,672 g/100g	0,418 g/100g	2,10
6524	Frankfurter Kranz klein	360	1.507	39,473 g/100g	28,246 g/100g	21,060 g/100g	8,352 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
6581	Russischer Zupf- Ball	245	1.025	32,303 g/100g	17,697 g/100g	9,261 g/100g	4,582 g/100g	7,258 g/100g	0,376 g/100g	2,70
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
6592	Butterkekse Heidesand	414	1.732	60,299 g/100g	33,300 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