



# Nährwerte

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

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

ArtNr	Bezeichnung 1	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Proteinheiten
2001	Baguette	216	903	42.200 g/100g	0,741 g/100g	0,843 g/100g	0,232 g/100g	7,751 g/100g	1,428 g/100g	3,50
2004	Speck-Zwiebel-Bogen	214	896	37,879 g/100g	1,102 g/100g	2,397 g/100g	0,935 g/100g	8,242 g/100g	1,293 g/100g	3,20
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	Rübi Eck	253	1.057	29,406 g/100g	2,298 g/100g	9,894 g/100g	1,292 g/100g	9,307 g/100g	1,151 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	Roggenmischbrot	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	32,958 g/100g	2,169 g/100g	7,890 g/100g	0,947 g/100g	10,528 g/100g	1,277 g/100g	2,70
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
2139	Dinkel-Joghurt-Vollkornbrot	242	1.015	34,314 g/100g	3,974 g/100g	6,539 g/100g	0,929 g/100g	8,663 g/100g	1,337 g/100g	2,90
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	Roggenkassenbrot	186	778	36,861 g/100g	3,395 g/100g	0,751 g/100g	0,106 g/100g	5,088 g/100g	1,145 g/100g	3,10
2223	Roggenmischbrot	159	667	31,277 g/100g	2,369 g/100g	0,605 g/100g	0,084 g/100g	5,184 g/100g	1,801 g/100g	2,60
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	926	34,386 g/100g	1,796 g/100g	4,458 g/100g	0,526 g/100g	8,068 g/100g	1,205 g/100g	2,90
2230	Hausbrot	189	790	36,683 g/100g	2,665 g/100g	0,784 g/100g	0,188 g/100g	6,221 g/100g	1,203 g/100g	3,10
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
2250	Süßer Zopf	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
2254	Rosinenzopf	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	237	990	40,309 g/100g	1,880 g/100g	3,248 g/100g	0,364 g/100g	8,731 g/100g	1,625 g/100g	3,40
2308	Tomaten-Käse-Brot	245	1.027	36,597 g/100g	1,535 g/100g	5,434 g/100g	2,643 g/100g	10,803 g/100g	0,923 g/100g	3,00
2324	Original Weihnachtsstollen	384	1.606	48,418 g/100g	27,749 g/100g	18,071 g/100g	9,409 g/100g	6,528 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	5,229 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	178	747	35,730 g/100g	3,514 g/100g	0,704 g/100g	0,100 g/100g	4,580 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	235	985	44,145 g/100g	2,475 g/100g	1,073 g/100g	0,189 g/100g	9,263 g/100g	1,480 g/100g	3,70
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	1,059 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	240	1.003	46,889 g/100g	0,824 g/100g	0,936 g/100g	0,258 g/100g	8,612 g/100g	1,587 g/100g	3,90
4020	Baguettebrötchen	216	903	42,200 g/100g	0,741 g/100g	0,843 g/100g	0,232 g/100g	7,751 g/100g	1,428 g/100g	3,50
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	1.181	39,187 g/100g	1,388 g/100g	6,701 g/100g	1,368 g/100g	12,754 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
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	Sachsenschnege	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	1.135	33,600 g/100g	1,661 g/100g	8,450 g/100g	1,155 g/100g	11,987 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	334	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	47,272 g/100g	29,561 g/100g	19,473 g/100g	10,391 g/100g	5,690 g/100g	0,482 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
4092	Erdbeerfruchtplunder	205	858	26,822 g/100g	11,169 g/100g	8,746 g/100g	3,932 g/100g	3,769 g/100g	0,386 g/100g	2,20
4097	Kartoffelbrötchen	235	985	44,057 g/100g	1,798 g/100g	1,581 g/100g	0,263 g/100g	8,587 g/100g	1,796 g/100g	3,70
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	3								

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
4196	Nutella® Muffin	436	1.825	49,200 g/100g	27,700 g/100g	24,100 g/100g	3,200 g/100g	5,300 g/100g	0,460 g/100g	4,10
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	1.042	40,261 g/100g	1,147 g/100g	4,955 g/100g	1,667 g/100g	8,516 g/100g	1,458 g/100g	3,40
4247	Landeswelle	273	1.144	49,749 g/100g	27,316 g/100g	5,209 g/100g	2,061 g/100g	5,440 g/100g	0,692 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