



# Nährwerte

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

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

**Stand:** 12.09.2023

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Proteinheiten
2213	1/4 Schwabenlaib	217	910	39,917 g/100g	1,117 g/100g	2,279 g/100g	0,834 g/100g	7,151 g/100g	1,452 g/100g	3,30
2368	1766er Brot	215	902	41,705 g/100g	2,315 g/100g	0,925 g/100g	0,216 g/100g	7,390 g/100g	1,760 g/100g	3,50
4282	1766er Brötchen	282	1.179	45,174 g/100g	1,490 g/100g	5,043 g/100g	0,672 g/100g	11,172 g/100g	1,627 g/100g	3,80
6009	Amerikaner	338	1.416	53,572 g/100g	29,422 g/100g	10,915 g/100g	4,102 g/100g	4,864 g/100g	1,450 g/100g	4,50
6416	Apfelkuchen Vegan	188	785	33,798 g/100g	19,881 g/100g	4,970 g/100g	2,087 g/100g	1,591 g/100g	0,139 g/100g	2,80
4063	Apfeltasche	321	1.342	34,974 g/100g	13,489 g/100g	17,764 g/100g	7,871 g/100g	4,287 g/100g	0,554 g/100g	2,90
2025	Bäckerroggen	212	887	41,466 g/100g	2,550 g/100g	0,967 g/100g	0,152 g/100g	6,543 g/100g	1,321 g/100g	3,50
6011	Baiser	294	1.232	67,044 g/100g	66,627 g/100g	1,086 g/100g	0,243 g/100g	3,052 g/100g	0,003 g/100g	5,60
2041	Bauernbrot Schweizer Art	210	881	41,378 g/100g	1,446 g/100g	0,744 g/100g	0,118 g/100g	7,256 g/100g	1,257 g/100g	3,40
6008	Bienenstich	388	1.624	29,181 g/100g	17,156 g/100g	28,145 g/100g	11,995 g/100g	4,657 g/100g	0,403 g/100g	2,40
1550	Bombardino	149	626	12,786 g/100g	12,768 g/100g	10,000 g/100g	6,282 g/100g	2,215 g/100g	0,023 g/100g	1,10
1092	Boulettenbrötchen	231	969	20,454 g/100g	1,167 g/100g	12,380 g/100g	3,425 g/100g	9,109 g/100g	1,440 g/100g	1,70
1493	Brezel Schnittlauch	270	1.132	39,322 g/100g	2,961 g/100g	7,805 g/100g	3,850 g/100g	8,863 g/100g	1,274 g/100g	3,30
4000	Brezeln	334	1.399	60,202 g/100g	3,569 g/100g	3,688 g/100g	0,476 g/100g	11,898 g/100g	4,851 g/100g	5,00
1204	Brotretter	50	209	11,300 g/100g	10,100 g/100g	0,400 g/100g	0,100 g/100g	0,100 g/100g	0,100 g/100g	0,90
4035	Buttercroissant	299	1.250	31,523 g/100g	5,000 g/100g	16,305 g/100g	9,239 g/100g	6,522 g/100g	0,935 g/100g	2,60
4060	Buttercroissant mit Schokocreme	411	1.721	45,345 g/100g	13,147 g/100g	21,725 g/100g	12,144 g/100g	8,579 g/100g	1,003 g/100g	3,80
6592	Butterkekse Heidesand	408	1.707	59,702 g/100g	31,887 g/100g	15,865 g/100g	11,237 g/100g	5,407 g/100g	0,332 g/100g	5,00
6601	Butterkekse schwarz/weiß	423	1.770	56,892 g/100g	25,555 g/100g	18,205 g/100g	12,856 g/100g	6,467 g/100g	0,373 g/100g	4,70
1032	Cappuccino klein	50	209	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,792 g/100g	2,581 g/100g	0,101 g/100g	0,30
1453	Cappuccino normal	50	209	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,792 g/100g	2,581 g/100g	0,101 g/100g	0,30
4015	Ciabattabrötchen	215	899	40,475 g/100g	0,850 g/100g	1,255 g/100g	0,211 g/100g	8,481 g/100g	1,280 g/100g	3,40
2100	Ciabatta-Tomate-Peperoni	248	1.037	43,172 g/100g	0,983 g/100g	3,391 g/100g	1,840 g/100g	9,129 g/100g	1,869 g/100g	3,60
1004	Deutschland	239	1.002	19,196 g/100g	0,729 g/100g	13,027 g/100g	7,263 g/100g	10,805 g/100g	1,476 g/100g	1,60
2015	Dinkelbrot	217	908	42,154 g/100g	0,736 g/100g	0,979 g/100g	0,207 g/100g	7,796 g/100g	1,655 g/100g	3,50
4010	Dinkelherz	301	1.260	45,088 g/100g	1,024 g/100g	7,486 g/100g	1,146 g/100g	10,749 g/100g	1,347 g/100g	3,80
2003	Dinkel-Vollkornbrot	250	1.048	34,397 g/100g	2,706 g/100g	7,469 g/100g	0,874 g/100g	8,691 g/100g	0,960 g/100g	2,90
1318	Eiskaffee	112	469	14,551 g/100g	14,362 g/100g	5,397 g/100g	4,558 g/100g	1,312 g/100g	0,059 g/100g	1,20
1356	Eiskakao	159	665	19,805 g/100g	19,225 g/100g	7,288 g/100g	5,906 g/100g	3,434 g/100g	0,201 g/100g	1,70
6075	Erdbeerfruchtschnitte	172	718	28,000 g/100g	19,000 g/100g	5,400 g/100g	2,900 g/100g	2,500 g/100g	0,220 g/100g	2,30
1175	Fleischkäse Scheibe	309	1.294	0,500 g/100g	0,500 g/100g	29,100 g/100g	11,800 g/100g	12,300 g/100g	2,400 g/100g	0,00
1231	Französische Verführung	342	1.431	30,516 g/100g	11,880 g/100g	22,752 g/100g	13,600 g/100g	4,032 g/100g	0,772 g/100g	2,50
6497	Gef. Streuselnschnecke	270	1.130	39,009 g/100g	15,697 g/100g	9,934 g/100g	6,498 g/100g	5,319 g/100g	0,566 g/100g	3,30
2047	Genetztes Brot	210	878	40,271 g/100g	1,358 g/100g	1,056 g/100g	0,178 g/100g	7,343 g/100g	1,336 g/100g	3,40
1276	Geniesser-Frühstück	172	722	14,920 g/100g	5,024 g/100g	9,086 g/100g	3,863 g/100g	7,418 g/100g	0,651 g/100g	1,20
1328	Geniesser-Frühstück für zwei	170	710	16,198 g/100g	4,692 g/100g	8,028 g/100g	3,555 g/100g	7,720 g/100g	0,864 g/100g	1,30
6088	Glücksmoment	386	1.618	36,652 g/100g	26,559 g/100g	24,767 g/100g	13,138 g/100g	4,276 g/100g	0,361 g/100g	3,10
4293	Goldweck	263	1.101	49,763 g/100g	0,562 g/100g	1,975 g/100g	0,714 g/100g	9,002 g/100g	1,737 g/100g	4,10
1057	Gouda-Stern	231	969	23,073 g/100g	1,289 g/100g	10,809 g/100g	5,000 g/100g	9,628 g/100g	1,406 g/100g	1,90
4136	Grillkonfekt	257	1.075	43,676 g/100g	1,022 g/100g	3,972 g/100g	0,624 g/100g	9,111 g/100g	2,262 g/100g	3,60
1058	Grosses Glück	108	452	12,989 g/100g	2,709 g/100g	3,769 g/100g	1,390 g/100g	5,070 g/100g	0,712 g/100g	1,10
2258	Gruß aus der Backstube	197	823	39,020 g/100g	1,481 g/100g	0,677 g/100g	0,106 g/100g	6,446 g/100g	1,153 g/100g	3,30
1108	halbes belegtes Kaiserbrötchen	230	964	17,294 g/100g	0,476 g/100g	13,496 g/100g	7,246 g/100g	9,426 g/100g	1,278 g/100g	1,40
4036	Handbrot des Monats	190	794	15,851 g/100g	1,849 g/100g	9,805 g/100g	4,600 g/100g	8,832 g/100g	1,493 g/100g	1,30
2230	Hausbrot	231	969	43,308 g/100g	1,038 g/100g	2,078 g/100g	0,759 g/100g	7,650 g/100g	1,343 g/100g	3,60
4131	Hefeschnecke mit Zimt	376	1.573	50,343 g/100g	21,319 g/100g	16,423 g/100g	6,658 g/100g	5,705 g/100g	0,554 g/100g	4,20
2033	Hefezopf	316	1.323	51,688 g/100g	15,387 g/100g	7,788 g/100g	1,910 g/100g	8,124 g/100g	0,911 g/100g	4,30
6022	Himbeerschnitte	187	784	31,000 g/100g	21,000 g/100g	5,700 g/100g	3,000 g/100g	2,700 g/100g	0,260 g/100g	2,60
1112	Italiano	205	857	16,970 g/100g	1,207 g/100g	10,650 g/100g	6,751 g/100g	9,719 g/100g	1,312 g/100g	1,40
1325	Italien	232	972	14,496 g/100g	0,579 g/100g	13,797 g/100g	4,817 g/100g	12,189 g/100g	0,964 g/100g	1,20
4236	Jogging Schleife	301	1.259	43,426 g/100g	2,730 g/100g	7,635 g/100g	0,917 g/100g	11,175 g/100g	1,381 g/100g	3,60
1344	Kaffee Social Media	158	661	25,826 g/100g	2,209 g/100g	1,761 g/100g	0,653 g/100g	8,166 g/100g	1,274 g/100g	2,20
4016	Kaiserbrötchen	280	1.172	53,393 g/100g	0,645 g/100g	1,822 g/100g	0,343 g/100g	9,936 g/100g	1,656 g/100g	4,40
1541	Kakao Genuss dunkel klein	96	402	11,688 g/100g	10,984 g/100g	3,592 g/100g	2,433 g/100g	4,127 g/100g	0,247 g/100g	1,00
1542	Kakao Genuss dunkel normal	96	402	11,688 g/100g	10,984 g/100g	3,592 g/100g	2,433 g/100g	4,127 g/100g	0,247 g/100g	1,00
1543	Kakao Genuss weiß klein	121	506	13,131 g/100g	12,880 g/100g	5,737 g/100g	3,963 g/100g	4,167 g/100g	0,224 g/100g	1,10
1544	Kakao Genuss weiß normal	121	506	13,131 g/100g	12,880 g/100g	5,737 g/100g	3,963 g/100g	4,167 g/100g	0,224 g/100g	1,10
2013	Kartoffelbrot	218	911	42,844 g/100g	0,944 g/100g	0,769 g/100g	0,181 g/100g	7,493 g/100g	1,619 g/100g	3,60
1105	Kartoffelsalat	99	415	13,500 g/100g	2,200 g/100g	3,900 g/100g	0,300 g/100g	1,600 g/100g		1,10
4140	Käse-Glück	307	1.285	32,552 g/100g	2,086 g/100g	14,839 g/100g	8,393 g/100g	9,920 g/100g	1,285 g/100g	2,70
1119	Käse-Glück belegt	216	903	16,827 g/100g	1,842 g/100g	11,608 g/100g	5,050 g/100g	10,616 g/100g	1,274 g/100g	1,40
6029	Käsekuchen	205	860	28,455 g/100g	21,061 g/100g	6,923 g/100g	4,484 g/100g	6,957 g/100g	0,271 g/100g	2,40
1539	Kinder Cappuccino klein	76	318	8,163 g/100g	7,650 g/100g	3,374 g/100g	2,215 g/100g	3,184 g/100g	0,139 g/100g	0,70

1540	Kinder Cappuccino normal	76	318	8,163 g/100g	7,650 g/100g	3,374 g/100g	2,215 g/100g	3,184 g/100g	0,139 g/100g	0,70
1039	Kindertraum No1	173	725	18,889 g/100g	11,699 g/100g	8,636 g/100g	4,738 g/100g	4,741 g/100g	0,377 g/100g	1,60
1232	Kindertraum No2	183	767	23,148 g/100g	9,792 g/100g	7,331 g/100g	4,047 g/100g	5,507 g/100g	0,557 g/100g	1,90
6111	Kirsch-Banane-Schnitte	232	971	29,771 g/100g	21,035 g/100g	10,878 g/100g	7,154 g/100g	3,385 g/100g	0,361 g/100g	2,50
6082	Kirschkuchen traditionell	207	867	33,931 g/100g	16,950 g/100g	5,816 g/100g	3,333 g/100g	3,460 g/100g	0,270 g/100g	2,80
1003	Kleines Glück	161	675	18,731 g/100g	3,332 g/100g	7,135 g/100g	3,995 g/100g	4,879 g/100g	0,594 g/100g	1,60
1019	Kraftpaket	202	847	20,892 g/100g	1,062 g/100g	8,372 g/100g	3,240 g/100g	10,252 g/100g	0,912 g/100g	1,70
4235	Kürbiskracher	276	1.156	36,615 g/100g	0,336 g/100g	10,601 g/100g	2,394 g/100g	6,519 g/100g	1,172 g/100g	3,10
1024	Latte Macchiato klein	50	209	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,792 g/100g	2,581 g/100g	0,101 g/100g	0,30
1452	Latte Macchiato normal	50	209	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,792 g/100g	2,581 g/100g	0,101 g/100g	0,30
1017	Laugenbrezel mit Butter	334	1.398	44,718 g/100g	2,718 g/100g	12,406 g/100g	6,353 g/100g	8,906 g/100g	1,448 g/100g	3,70
4006	Laugencroissant	340	1.424	34,600 g/100g	3,900 g/100g	18,600 g/100g	10,500 g/100g	8,000 g/100g	1,320 g/100g	2,90
4003	Laugenknoten	282	1.182	47,756 g/100g	1,156 g/100g	5,059 g/100g	1,907 g/100g	9,346 g/100g	1,425 g/100g	4,00
4011	Laugenstange	301	1.260	53,727 g/100g	3,686 g/100g	3,798 g/100g	0,447 g/100g	10,164 g/100g	3,376 g/100g	4,50
4040	Limettenkamm	359	1.504	48,474 g/100g	24,299 g/100g	16,107 g/100g	9,383 g/100g	4,362 g/100g	0,482 g/100g	4,00
6056	Linzer Torte	472	1.974	46,273 g/100g	32,385 g/100g	28,199 g/100g	10,523 g/100g	7,026 g/100g	0,349 g/100g	3,90
6004	Mailänder Herz	377	1.579	55,186 g/100g	45,712 g/100g	13,620 g/100g	2,981 g/100g	6,779 g/100g	0,281 g/100g	4,60
6089	Mehrfruchtschnitte	203	849	27,317 g/100g	18,561 g/100g	9,367 g/100g	3,344 g/100g	1,876 g/100g	0,554 g/100g	2,30
4001	Milchhörnchen	328	1.373	52,026 g/100g	10,245 g/100g	8,293 g/100g	2,214 g/100g	9,538 g/100g	1,225 g/100g	4,30
1130	Milchkaffee klein	42	174	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,494 g/100g	2,152 g/100g	0,084 g/100g	0,30
1223	Milchkaffee normal	42	174	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,494 g/100g	2,152 g/100g	0,084 g/100g	0,30
4014	Mohnbrötchen	296	1.238	50,090 g/100g	0,599 g/100g	4,573 g/100g	0,644 g/100g	10,695 g/100g	1,489 g/100g	4,20
4059	Mohnschnecke	353	1.478	42,710 g/100g	20,254 g/100g	16,711 g/100g	6,206 g/100g	6,785 g/100g	0,467 g/100g	3,60
4173	Nußschnecke	352	1.473	42,115 g/100g	18,834 g/100g	17,210 g/100g	5,726 g/100g	6,072 g/100g	0,384 g/100g	3,50
2040	Nusszopf	337	1.412	49,807 g/100g	21,956 g/100g	11,094 g/100g	2,271 g/100g	7,910 g/100g	0,507 g/100g	4,20
1307	Obstsalat	50	209	11,300 g/100g	10,100 g/100g	0,400 g/100g	0,100 g/100g	0,100 g/100g	0,100 g/100g	0,90
6605	Omas Rührkuchen Marmor	430	1.802	42,468 g/100g	25,816 g/100g	25,731 g/100g	3,006 g/100g	6,604 g/100g	0,860 g/100g	3,50
6603	Omas Rührkuchen Zitrone	439	1.839	44,377 g/100g	27,003 g/100g	26,235 g/100g	2,681 g/100g	6,140 g/100g	0,901 g/100g	3,70
4295	Papageien- Muffin	358	1.498	43,511 g/100g	25,008 g/100g	18,440 g/100g	3,670 g/100g	4,031 g/100g	0,828 g/100g	3,60
4095	Party Roggenrad 14 Stück	240	1.006	36,046 g/100g	2,343 g/100g	5,187 g/100g	0,773 g/100g	9,728 g/100g	1,235 g/100g	3,00
4094	Party Weizenrad 14 Stück	256	1.072	41,308 g/100g	0,576 g/100g	4,971 g/100g	0,721 g/100g	9,146 g/100g	1,242 g/100g	3,40
6080	Pflaumenkuchen traditionell mit Streusel	231	967	34,935 g/100g	15,089 g/100g	8,034 g/100g	4,604 g/100g	3,662 g/100g	0,207 g/100g	2,90
1020	Pizzafeischkäse Scheibe	264	1.104	1,400 g/100g	0,900 g/100g	23,400 g/100g	8,400 g/100g	12,600 g/100g	1,300 g/100g	0,10
4143	Pizza-Schnecke	231	967	32,265 g/100g	2,617 g/100g	6,582 g/100g	3,718 g/100g	9,382 g/100g	1,462 g/100g	2,70
1044	Portion Frischkäse	396	1.660	5,400 g/100g	2,100 g/100g	41,000 g/100g	24,100 g/100g	3,000 g/100g	0,830 g/100g	0,50
4053	Puddingplunder	256	1.072	38,523 g/100g	16,599 g/100g	9,341 g/100g	4,678 g/100g	3,756 g/100g	0,445 g/100g	3,20
1358	Quark/Joghurt natur	65	270	3,800 g/100g	3,800 g/100g	4,000 g/100g	2,600 g/100g	3,400 g/100g	0,110 g/100g	0,30
4305	Rosenbrötchen dunkel	282	1.180	57,200 g/100g	1,586 g/100g	0,952 g/100g	0,211 g/100g	8,564 g/100g	2,009 g/100g	4,80
4129	Rosenbrötchen hell	311	1.303	63,326 g/100g	1,651 g/100g	0,943 g/100g	0,236 g/100g	9,552 g/100g	2,358 g/100g	5,30
6186	Roulade des Monats	264	1.105	24,607 g/100g	17,107 g/100g	16,110 g/100g	9,176 g/100g	4,935 g/100g	0,293 g/100g	2,10
1059	Salami-Stern	221	925	24,882 g/100g	1,229 g/100g	9,339 g/100g	2,759 g/100g	8,389 g/100g	1,611 g/100g	2,10
1101	Schinken-Stern	180	755	24,470 g/100g	1,427 g/100g	5,058 g/100g	0,891 g/100g	8,161 g/100g	1,470 g/100g	2,00
2046	Schwabenkorn	247	1.032	36,397 g/100g	1,220 g/100g	6,046 g/100g	0,887 g/100g	8,833 g/100g	1,181 g/100g	3,00
1094	Schweineschnitzel paniert	162	679	12,313 g/100g	2,374 g/100g	9,550 g/100g	1,700 g/100g	6,814 g/100g	0,665 g/100g	1,00
1095	Schweiz	232	970	16,785 g/100g	2,007 g/100g	13,801 g/100g	8,895 g/100g	9,681 g/100g	0,973 g/100g	1,40
4030	Seele	227	952	42,283 g/100g	0,750 g/100g	1,879 g/100g	0,509 g/100g	8,299 g/100g	1,332 g/100g	3,50
4184	Seele belegt	202	846	17,789 g/100g	0,583 g/100g	10,049 g/100g	6,154 g/100g	9,550 g/100g	1,305 g/100g	1,50
1326	Skandinavien	215	899	19,669 g/100g	0,616 g/100g	10,800 g/100g	5,087 g/100g	9,013 g/100g	1,434 g/100g	1,60
1336	Snack des Monats*	199	832	22,698 g/100g	2,279 g/100g	7,756 g/100g	1,255 g/100g	8,838 g/100g	1,573 g/100g	1,90
6321	Sommerapfelkuchen	280	1.172	30,899 g/100g	17,952 g/100g	15,791 g/100g	1,781 g/100g	3,427 g/100g	0,754 g/100g	2,60
1438	Spaghetti Bolognese	149	625	18,105 g/100g	0,382 g/100g	4,952 g/100g	1,137 g/100g	7,406 g/100g	0,442 g/100g	1,50
4144	Spinattasche	349	1.461	26,393 g/100g	1,358 g/100g	23,739 g/100g	11,422 g/100g	6,975 g/100g	1,502 g/100g	2,20
2157	Steinofenbaguette	217	908	40,609 g/100g	0,699 g/100g	1,737 g/100g	0,195 g/100g	7,790 g/100g	1,512 g/100g	3,40
1523	Sternen Mehl Dinkel	348	1.458	68,900 g/100g	0,700 g/100g	1,300 g/100g	0,190 g/100g	12,300 g/100g	0,003 g/100g	5,70
1466	Sternen Mehl Roggen	334	1.400	67,200 g/100g	6,700 g/100g	1,300 g/100g	0,180 g/100g	8,300 g/100g	0,003 g/100g	5,60
1464	Sternen Mehl Weizen	351	1.467	69,500 g/100g	0,400 g/100g	1,100 g/100g	0,170 g/100g	12,500 g/100g	0,003 g/100g	5,80
1524	Sternen Semmelbrösel	353	1.476	69,700 g/100g	4,900 g/100g	1,200 g/100g	0,200 g/100g	12,400 g/100g	1,250 g/100g	5,80
4308	Sternen-Spitz	286	1.198	35,036 g/100g	0,540 g/100g	10,638 g/100g	1,560 g/100g	9,614 g/100g	1,150 g/100g	2,90
4054	Streusel	356	1.491	58,981 g/100g	23,546 g/100g	9,460 g/100g	4,883 g/100g	7,227 g/100g	0,792 g/100g	4,90
6047	Streuselkuchen gefüllt	246	1.028	38,582 g/100g	17,075 g/100g	7,956 g/100g	4,652 g/100g	4,093 g/100g	0,327 g/100g	3,20
1329	Süsse Auszeit	167	698	18,065 g/100g	8,109 g/100g	8,512 g/100g	3,580 g/100g	4,074 g/100g	0,233 g/100g	1,50
1002	Süsse Versuchung	191	801	24,908 g/100g	10,706 g/100g	8,414 g/100g	3,836 g/100g	3,387 g/100g	0,373 g/100g	2,10
2039	Vesperlaib	187	782	36,902 g/100g	0,847 g/100g	0,633 g/100g	0,108 g/100g	6,512 g/100g	1,397 g/100g	3,10
4012	Vollkornbrötchen	258	1.079	36,467 g/100g	0,988 g/100g	6,333 g/100g	0,920 g/100g	9,922 g/100g	1,220 g/100g	3,00
4283	Walnuss-Plunder	401	1.678	45,114 g/100g	17,299 g/100g	20,981 g/100g	6,663 g/100g	6,781 g/100g	0,486 g/100g	3,80
4051	Zwetschgendatschi	271	1.135	41,997 g/100g	22,088 g/100g	9,542 g/100g	5,263 g/100g	3,381 g/100g	0,245 g/100g	3,50

6065	Zwetschgen-Tarte	241	1.009	36,403 g/100g	21,169 g/100g	8,127 g/100g	2,925 g/100g	4,240 g/100g	0,314 g/100g	3,00
6383	Zwiebelkuchen im Blech	192	804	15,122 g/100g	3,830 g/100g	12,374 g/100g	6,590 g/100g	4,572 g/100g	1,217 g/100g	1,30