

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Proteinheiten
2222	100%er - Roggenbrot	207	867	41,174 g/100g	3,622 g/100g	0,832 g/100g	0,118 g/100g	5,703 g/100g	1,270 g/100g	3,40
2368	1766er Brot	239	1.002	46,925 g/100g	2,699 g/100g	1,038 g/100g	0,240 g/100g	7,726 g/100g	1,554 g/100g	3,90
1384	3 Rühreier mit Schinken	185	773	1,213 g/100g	0,439 g/100g	13,572 g/100g	1,071 g/100g	14,696 g/100g	1,177 g/100g	0,10
6009	Amerikaner	314	1.315	47,837 g/100g	25,595 g/100g	11,047 g/100g	4,865 g/100g	4,531 g/100g	1,377 g/100g	4,00
4139	Apfel-Muffin	389	1.629	40,636 g/100g	22,549 g/100g	23,299 g/100g	3,440 g/100g	4,052 g/100g	0,735 g/100g	3,40
4063	Apfeltasche	320	1.338	35,366 g/100g	13,687 g/100g	17,771 g/100g	7,865 g/100g	3,746 g/100g	0,556 g/100g	2,90
2001	Baguette	263	1.101	53,276 g/100g	0,976 g/100g	0,898 g/100g	0,163 g/100g	8,167 g/100g	1,632 g/100g	4,40
2157	Baguette Rustique	246	1.028	47,694 g/100g	1,118 g/100g	1,826 g/100g	0,196 g/100g	7,629 g/100g	1,677 g/100g	4,00
6011	Baiser	290	1.213	67,615 g/100g	66,889 g/100g	0,138 g/100g	0,101 g/100g	3,380 g/100g	0,123 g/100g	5,60
1417	Bauernfrühstück	123	516	7,040 g/100g	0,432 g/100g	7,677 g/100g	0,370 g/100g	6,569 g/100g	0,008 g/100g	0,60
2006	Bauernstange	226	946	42,120 g/100g	2,579 g/100g	1,648 g/100g	0,586 g/100g	8,082 g/100g	1,359 g/100g	3,50
6008	Bienenstich	395	1.653	29,321 g/100g	15,984 g/100g	28,890 g/100g	11,566 g/100g	4,637 g/100g	0,395 g/100g	2,40
1115	Bockwurst	334	1.400	0,900 g/100g	0,700 g/100g	31,000 g/100g	13,000 g/100g	14,000 g/100g	2,300 g/100g	0,10
1114	Bockwurst mit Brötchen	288	1.205	20,453 g/100g	1,011 g/100g	17,921 g/100g	7,512 g/100g	10,919 g/100g	1,861 g/100g	1,70
1388	Bohneneintopf	43	178	4,900 g/100g	1,800 g/100g	1,500 g/100g	0,200 g/100g	1,900 g/100g	0,750 g/100g	0,40
1092	Boulettenbrötchen	235	982	20,916 g/100g	1,626 g/100g	12,682 g/100g	3,424 g/100g	8,793 g/100g	1,392 g/100g	1,70
1493	Brezel Schnittlauch	299	1.250	39,822 g/100g	2,753 g/100g	11,014 g/100g	5,287 g/100g	8,322 g/100g	1,440 g/100g	3,30
4000	Brezeln	263	1.103	47,438 g/100g	2,813 g/100g	2,906 g/100g	0,375 g/100g	9,375 g/100g	7,631 g/100g	4,00
4035	Buttercroissant	363	1.520	39,000 g/100g	6,800 g/100g	20,000 g/100g	13,000 g/100g	6,200 g/100g	0,960 g/100g	3,30
4060	Buttercroissant m. Schokocreme	371	1.555	46,335 g/100g	20,461 g/100g	17,661 g/100g	9,700 g/100g	6,709 g/100g	0,783 g/100g	3,90
6592	Butterkekse Heidesand	414	1.733	60,545 g/100g	32,110 g/100g	16,549 g/100g	11,198 g/100g	4,734 g/100g	0,332 g/100g	5,00
6601	Butterkekse schwarz/weiß	430	1.800	57,841 g/100g	25,807 g/100g	18,969 g/100g	12,806 g/100g	5,707 g/100g	0,371 g/100g	4,80
1032	Cappuccino klein	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 normal	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
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
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
4015	Ciabattabrötchen	253	1.059	48,587 g/100g	1,273 g/100g	1,531 g/100g	0,254 g/100g	8,984 g/100g	1,631 g/100g	4,00
2100	Ciabatta-Tomate-Peperoni	248	1.040	44,399 g/100g	1,284 g/100g	3,372 g/100g	1,833 g/100g	8,188 g/100g	1,869 g/100g	3,70
1061	Ciocolata Straciatella	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
1387	Deftige Linsensuppe	67	279	9,200 g/100g	1,000 g/100g	0,700 g/100g	0,200 g/100g	4,300 g/100g	0,750 g/100g	0,80
1004	Deutschland	240	1.005	19,880 g/100g	1,014 g/100g	13,028 g/100g	7,250 g/100g	10,305 g/100g	1,460 g/100g	1,70
4010	Dinkelherz	306	1.280	44,473 g/100g	1,108 g/100g	8,159 g/100g	0,992 g/100g	11,025 g/100g	1,353 g/100g	3,70
2003	Dinkel-Vollkornbrot	236	986	30,039 g/100g	2,449 g/100g	8,066 g/100g	0,980 g/100g	8,194 g/100g	0,829 g/100g	2,50
4178	Doppelbrötchen	280	1.172	55,043 g/100g	1,175 g/100g	1,821 g/100g	0,339 g/100g	8,480 g/100g	1,696 g/100g	4,60
6040	Eclairs	226	946	22,242 g/100g	12,220 g/100g	14,154 g/100g	8,487 g/100g	2,510 g/100g	0,331 g/100g	1,90
1254	Egg-Snack	272	1.137	19,083 g/100g	4,311 g/100g	18,846 g/100g	7,095 g/100g	6,419 g/100g	0,815 g/100g	1,60
6006	Eierschecke traditionell	204	852	26,347 g/100g	15,367 g/100g	8,495 g/100g	4,199 g/100g	5,089 g/100g	0,294 g/100g	2,20
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
1060	Eiskakao weiß	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
4092	Erdbeerfruchtplunder	198	829	27,571 g/100g	11,475 g/100g	8,070 g/100g	3,667 g/100g	2,988 g/100g	0,371 g/100g	2,30
6075	Erdbeerfruchtschnitte	172	721	29,000 g/100g	20,000 g/100g	5,000 g/100g	2,900 g/100g	2,500 g/100g	0,180 g/100g	2,40
6524	Frankfurter Kranz klein	384	1.606	38,935 g/100g	29,252 g/100g	24,198 g/100g	10,582 g/100g	2,604 g/100g	0,317 g/100g	3,20
1231	Französische Verführung	398	1.667	36,916 g/100g	13,288 g/100g	25,952 g/100g	16,480 g/100g	4,160 g/100g	0,836 g/100g	3,10
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
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
6497	Gef. Streusel-schnecke	272	1.140	44,479 g/100g	17,879 g/100g	8,241 g/100g	5,273 g/100g	4,063 g/100g	0,477 g/100g	3,70
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
1276	Geniesser-Frühstück	167	699	15,693 g/100g	5,326 g/100g	8,476 g/100g	3,154 g/100g	6,685 g/100g	0,575 g/100g	1,30
1328	Geniesser-Frühstück für zwei	172	722	17,123 g/100g	4,949 g/100g	8,285 g/100g	3,382 g/100g	6,944 g/100g	0,677 g/100g	1,40
6088	Glücksmoment	397	1.663	36,644 g/100g	26,628 g/100g	25,993 g/100g	14,828 g/100g	4,232 g/100g	0,362 g/100g	3,10
4293	Goldweck	272	1.139	53,071 g/100g	1,138 g/100g	1,950 g/100g	0,710 g/100g	8,043 g/100g	1,823 g/100g	4,40
1057	Gouda-Stern	231	965	24,383 g/100g	1,271 g/100g	10,496 g/100g	4,766 g/100g	8,802 g/100g	1,361 g/100g	2,00
1058	Grosses Glück	108	453	13,153 g/100g	2,681 g/100g	3,750 g/100g	1,371 g/100g	5,002 g/100g	0,647 g/100g	1,10
1108	halbes belegtes Kaiserbrötchen	200	837	18,849 g/100g	1,187 g/100g	8,564 g/100g	3,463 g/100g	11,219 g/100g	1,772 g/100g	1,60
4036	Handbrot des Monats	197	823	16,830 g/100g	1,892 g/100g	10,123 g/100g	4,599 g/100g	8,832 g/100g	1,300 g/100g	1,40
2230	Hausbrot	227	951	45,097 g/100g	1,919 g/100g	1,238 g/100g	0,149 g/100g	6,573 g/100g	1,410 g/100g	3,80
4131	Hefeschnecke mit Zimt	365	1.530	47,365 g/100g	18,687 g/100g	16,796 g/100g	6,760 g/100g	5,129 g/100g	0,565 g/100g	3,90
6022	Himbeerschnitte	183	765	31,000 g/100g	19,000 g/100g	5,200 g/100g	3,000 g/100g	2,700 g/100g	0,210 g/100g	2,60
1112	Italiano	205	858	17,288 g/100g	1,578 g/100g	10,669 g/100g	6,753 g/100g	9,393 g/100g	1,298 g/100g	1,40
1325	Italien	241	1.011	16,634 g/100g	0,717 g/100g	14,097 g/100g	4,263 g/100g	11,688 g/100g	0,952 g/100g	1,40
4236	Jogging Schleife	301	1.261	44,494 g/100g	3,029 g/100g	7,624 g/100g	0,934 g/100g	10,394 g/100g	1,382 g/100g	3,70
4016	Kaiserbrötchen	281	1.177	55,281 g/100g	1,175 g/100g	1,825 g/100g	0,340 g/100g	8,498 g/100g	1,683 g/100g	4,60
1029	Kakao Genuss mit Sahne normal	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

2013	Kartoffelbrot	198	829	39,534 g/100g	1,352 g/100g	0,680 g/100g	0,146 g/100g	6,525 g/100g	1,452 g/100g	3,30
4097	Kartoffelbrötchen	235	982	44,316 g/100g	2,079 g/100g	1,571 g/100g	0,264 g/100g	7,844 g/100g	1,640 g/100g	3,70
4005	Käsebrötchen	288	1.205	38,401 g/100g	0,842 g/100g	8,939 g/100g	5,527 g/100g	11,984 g/100g	1,644 g/100g	3,20
1119	Käse-Glück belegt	218	912	17,140 g/100g	1,810 g/100g	11,852 g/100g	5,046 g/100g	10,272 g/100g	1,189 g/100g	1,40
6029	Käsekuchen	215	901	24,471 g/100g	15,377 g/100g	9,712 g/100g	5,471 g/100g	7,294 g/100g	0,281 g/100g	2,00
4089	Käse-Schinken-Brötchen	244	1.022	24,154 g/100g	0,857 g/100g	9,451 g/100g	6,032 g/100g	14,793 g/100g	2,094 g/100g	2,00
1039	Kindertraum No1	136	567	17,226 g/100g	8,363 g/100g	6,208 g/100g	3,016 g/100g	2,433 g/100g	0,284 g/100g	1,40
1232	Kindertraum No2	145	605	20,246 g/100g	6,890 g/100g	5,215 g/100g	2,656 g/100g	3,512 g/100g	0,478 g/100g	1,70
6111	Kirsch-Banane-Schnitte	228	956	27,297 g/100g	17,440 g/100g	11,749 g/100g	6,966 g/100g	3,078 g/100g	0,394 g/100g	2,30
6595	Kirsch-Eclair	273	1.141	20,606 g/100g	14,653 g/100g	19,852 g/100g	12,965 g/100g	3,070 g/100g	0,164 g/100g	1,70
4058	Kirschkamm	288	1.205	40,676 g/100g	18,014 g/100g	11,996 g/100g	5,865 g/100g	3,340 g/100g	0,418 g/100g	3,40
1003	Kleines Glück	162	677	18,731 g/100g	3,332 g/100g	7,135 g/100g	3,946 g/100g	4,976 g/100g	0,531 g/100g	1,60
1120	Körnerbrezel	363	1.518	39,856 g/100g	2,814 g/100g	15,085 g/100g	2,081 g/100g	13,605 g/100g	1,230 g/100g	3,30
1019	Kraftpaket	219	916	25,021 g/100g	1,556 g/100g	8,995 g/100g	0,837 g/100g	8,754 g/100g	1,156 g/100g	2,10
4029	Kürbiskernbrötchen	326	1.363	42,182 g/100g	1,906 g/100g	9,869 g/100g	2,303 g/100g	13,755 g/100g	0,115 g/100g	3,50
1024	Latte Macchiato klein	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
1452	Latte Macchiato normal	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
1017	Laugenbrezel mit Butter	331	1.386	45,044 g/100g	2,733 g/100g	11,889 g/100g	6,022 g/100g	8,967 g/100g	1,459 g/100g	3,80
4074	Laugenpeitsche	258	1.080	41,565 g/100g	0,618 g/100g	6,623 g/100g	0,853 g/100g	6,247 g/100g	1,976 g/100g	3,50
1184	Laugenpeitsche belegt	236	988	21,216 g/100g	1,031 g/100g	12,397 g/100g	4,788 g/100g	9,270 g/100g	1,914 g/100g	1,80
4011	Laugentange	296	1.239	52,824 g/100g	3,624 g/100g	3,734 g/100g	0,439 g/100g	9,994 g/100g	4,735 g/100g	4,40
4040	Limettenkamm	330	1.382	45,470 g/100g	23,677 g/100g	14,639 g/100g	8,464 g/100g	3,493 g/100g	0,439 g/100g	3,80
6056	Linzer Torte	477	1.999	44,244 g/100g	32,594 g/100g	30,287 g/100g	1,824 g/100g	7,095 g/100g	0,350 g/100g	3,70
6089	Mehrfruchtschnitte	197	826	25,175 g/100g	17,239 g/100g	9,818 g/100g	3,789 g/100g	1,743 g/100g	0,299 g/100g	2,10
2226	Mehrkornbrot	222	929	33,441 g/100g	2,150 g/100g	5,089 g/100g	0,623 g/100g	7,824 g/100g	1,089 g/100g	2,80
4076	Mehrkornbrötchen	286	1.199	36,842 g/100g	1,614 g/100g	9,449 g/100g	1,254 g/100g	10,766 g/100g	1,166 g/100g	3,10
4001	Milchhörnchen	288	1.204	45,415 g/100g	9,080 g/100g	7,942 g/100g	1,494 g/100g	7,269 g/100g	1,046 g/100g	3,80
1130	Milchkaffee klein	42	176	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,429 g/100g	2,282 g/100g		0,30
1223	Milchkaffee normal	42	176	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,429 g/100g	2,282 g/100g		0,30
4019	Minibaguettebrötchen	263	1.102	53,328 g/100g	0,974 g/100g	0,897 g/100g	0,163 g/100g	8,161 g/100g	1,631 g/100g	4,40
4014	Mohnbrötchen	261	1.094	40,823 g/100g	1,241 g/100g	5,957 g/100g	0,785 g/100g	8,419 g/100g	1,240 g/100g	3,40
6030	Mohnkuchen	264	1.104	28,125 g/100g	17,214 g/100g	12,550 g/100g	2,854 g/100g	7,756 g/100g	0,248 g/100g	2,30
4059	Mohnschnecke	319	1.335	37,999 g/100g	17,886 g/100g	14,877 g/100g	5,950 g/100g	6,579 g/100g	0,545 g/100g	3,20
2138	Nussbrot	259	1.084	32,492 g/100g	2,498 g/100g	9,356 g/100g	0,965 g/100g	8,913 g/100g	0,886 g/100g	2,70
6166	Papageienkuchen	395	1.655	39,401 g/100g	24,365 g/100g	24,100 g/100g	3,095 g/100g	5,063 g/100g	0,738 g/100g	3,30
4055	Pfannkuchen	315	1.320	49,605 g/100g	24,419 g/100g	10,034 g/100g	2,841 g/100g	5,362 g/100g	0,754 g/100g	4,10
6080	Pflaumenkuchen traditionell mit Streusel	237	991	36,337 g/100g	14,671 g/100g	8,243 g/100g	4,492 g/100g	3,187 g/100g	0,187 g/100g	3,00
1014	Pizzabrötchen	278	1.163	25,861 g/100g	3,687 g/100g	14,190 g/100g	6,923 g/100g	11,100 g/100g	1,861 g/100g	2,20
4143	Pizza-Schnecke	241	1.011	34,036 g/100g	3,126 g/100g	7,100 g/100g	3,956 g/100g	9,118 g/100g	1,636 g/100g	2,80
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
1358	Quark/Joghurt natur	66	275	4,500 g/100g	3,700 g/100g	3,700 g/100g	2,400 g/100g	3,600 g/100g		0,40
2020	Roggenmischbrot	201	840	40,398 g/100g	2,447 g/100g	0,739 g/100g	0,116 g/100g	5,697 g/100g	1,266 g/100g	3,40
2223	Roggenmischbrot	197	824	39,489 g/100g	2,243 g/100g	0,736 g/100g	0,109 g/100g	5,661 g/100g	1,390 g/100g	3,30
4083	Rosinenbrötchen	273	1.142	46,181 g/100g	14,704 g/100g	4,575 g/100g	2,029 g/100g	9,814 g/100g	1,352 g/100g	3,80
2254	Rosinenzopf	290	1.216	47,325 g/100g	12,007 g/100g	6,217 g/100g	2,841 g/100g	9,491 g/100g	1,193 g/100g	3,90
2253	Rosinenzopf klein	290	1.216	47,325 g/100g	12,007 g/100g	6,217 g/100g	2,841 g/100g	9,491 g/100g	1,193 g/100g	3,90
6186	Roulade des Monats	270	1.131	22,794 g/100g	14,006 g/100g	17,679 g/100g	9,130 g/100g	4,866 g/100g	0,269 g/100g	1,90
1059	Salami-Stern	223	934	25,753 g/100g	1,398 g/100g	9,663 g/100g	2,657 g/100g	7,393 g/100g	1,563 g/100g	2,10
1054	Sanfter Engel	114	478	17,206 g/100g	17,155 g/100g	4,277 g/100g	3,716 g/100g	1,577 g/100g	0,052 g/100g	1,40
1101	Schinken-Stern	180	754	24,837 g/100g	1,365 g/100g	5,013 g/100g	0,944 g/100g	7,814 g/100g	1,450 g/100g	2,10
4023	Schrippen	280	1.172	54,858 g/100g	1,302 g/100g	1,916 g/100g	0,347 g/100g	8,417 g/100g	1,607 g/100g	4,60
1094	Schweineschnitzel paniert	218	914	15,000 g/100g	0,500 g/100g	10,000 g/100g	1,000 g/100g	17,000 g/100g	1,100 g/100g	1,30
6039	Schweinsohren	462	1.936	47,458 g/100g	22,067 g/100g	27,856 g/100g	17,120 g/100g	5,157 g/100g	0,944 g/100g	4,00
1095	Schweiz	231	967	18,483 g/100g	3,138 g/100g	13,255 g/100g	8,751 g/100g	9,039 g/100g	0,848 g/100g	1,50
1326	Skandinavien	176	736	16,784 g/100g	0,897 g/100g	8,875 g/100g	4,220 g/100g	6,689 g/100g	0,733 g/100g	1,40
1336	Snack des Monats*	200	838	21,284 g/100g	3,670 g/100g	8,415 g/100g	0,895 g/100g	9,214 g/100g	1,881 g/100g	1,80
6321	Sommerapfelkuchen	281	1.176	31,122 g/100g	18,642 g/100g	15,734 g/100g	1,735 g/100g	3,446 g/100g	0,715 g/100g	2,60
1324	Spanien	233	975	17,793 g/100g	2,970 g/100g	13,109 g/100g	5,542 g/100g	10,486 g/100g	0,927 g/100g	1,50
4104	Spritzkuchen	224	938	24,447 g/100g	10,272 g/100g	11,912 g/100g	2,854 g/100g	4,663 g/100g	0,481 g/100g	2,00
1371	Strammer Max	184	772	12,639 g/100g	1,202 g/100g	8,690 g/100g	1,131 g/100g	13,340 g/100g	1,674 g/100g	1,10
1013	Strammes Mäxchen	170	713	19,070 g/100g	1,394 g/100g	6,178 g/100g	1,195 g/100g	8,823 g/100g	1,166 g/100g	1,60
4054	Streusel	408	1.709	67,925 g/100g	30,140 g/100g	11,541 g/100g	6,056 g/100g	6,533 g/100g	0,878 g/100g	5,70
6047	Streuselkuchen gefüllt	239	999	38,552 g/100g	17,380 g/100g	7,783 g/100g	4,543 g/100g	2,852 g/100g	0,317 g/100g	3,20
1329	Süsse Auszeit	164	688	18,373 g/100g	8,157 g/100g	8,149 g/100g	3,451 g/100g	3,980 g/100g	0,176 g/100g	1,50
1002	Süsse Versuchung	189	793	25,354 g/100g	10,803 g/100g	8,147 g/100g	3,776 g/100g	3,080 g/100g	0,380 g/100g	2,10
2250	Süsser Zopf	298	1.246	46,375 g/100g	9,254 g/100g	7,647 g/100g	1,357 g/100g	9,413 g/100g	1,450 g/100g	3,90
2249	Süsser Zopf klein	298	1.246	46,375 g/100g	9,254 g/100g	7,647 g/100g	1,357 g/100g	9,413 g/100g	1,450 g/100g	3,90
2061	Unser Handgeschöpftes	186	778	37,456 g/100g	2,466 g/100g	0,677 g/100g	0,103 g/100g	5,234 g/100g	1,199 g/100g	3,10
2299	Urkuste	206	862	36,871 g/100g	1,559 g/100g	2,208 g/100g	0,328 g/100g	7,359 g/100g	1,166 g/100g	3,10
2017	Vollkornbrot	178	745	33,113 g/100g	0,981 g/100g	0,977 g/100g	0,130 g/100g	5,488 g/100g	1,289 g/100g	2,80
4012	Vollkornbrötchen	258	1.078	36,724 g/100g	1,118 g/100g	6,164 g/100g	0,941 g/100g	9,968 g/100g	1,228 g/100g	3,10

4283	Walnuss-Plunder	399	1.671	45,188 g/100g	18,575 g/100g	20,900 g/100g	6,679 g/100g	6,569 g/100g	0,474 g/100g	3,80
2221	Weißbrot	229	960	44,036 g/100g	1,539 g/100g	2,133 g/100g	0,992 g/100g	6,659 g/100g	1,225 g/100g	3,70
6500	Zitronen-Sandkuchen	440	1.843	48,890 g/100g	25,164 g/100g	24,993 g/100g	2,842 g/100g	4,829 g/100g	0,847 g/100g	4,10
6044	Zupfkuchen traditionell	259	1.084	33,216 g/100g	17,965 g/100g	10,937 g/100g	6,397 g/100g	6,226 g/100g	0,284 g/100g	2,80
4051	Zwetschgendatschi	299	1.252	42,475 g/100g	18,679 g/100g	12,158 g/100g	6,506 g/100g	3,920 g/100g	0,329 g/100g	3,50
6065	Zwetschgen-Tarte	244	1.024	37,132 g/100g	20,576 g/100g	8,438 g/100g	3,038 g/100g	3,881 g/100g	0,290 g/100g	3,10