



# 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:** 10.01.2022

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäueren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
1098	1 Paar Wiener	301	1.261	0,500 g/100g	0,500 g/100g	28,010 g/100g	11,500 g/100g	12,700 g/100g	2,100 g/100g	0,00
1099	1 Paar Wiener mit Brötchen	278	1.162	16,055 g/100g	0,611 g/100g	18,700 g/100g	7,559 g/100g	11,151 g/100g	1,842 g/100g	1,30
2222	100%er - Roggenbrot	214	897	42,594 g/100g	3,748 g/100g	0,861 g/100g	0,123 g/100g	5,899 g/100g	1,307 g/100g	3,50
2368	1766er Brot	240	1.004	46,520 g/100g	2,576 g/100g	1,035 g/100g	0,241 g/100g	8,087 g/100g	1,600 g/100g	3,90
4282	1766er Brötchen	240	1.005	38,467 g/100g	1,248 g/100g	4,410 g/100g	0,805 g/100g	9,283 g/100g	1,384 g/100g	3,20
4311	Aktions-Muffin	412	1.726	46,100 g/100g	27,200 g/100g	23,000 g/100g	5,500 g/100g	4,500 g/100g	0,630 g/100g	3,80
6009	Amerikaner	289	1.208	50,374 g/100g	26,956 g/100g	7,151 g/100g	1,298 g/100g	4,411 g/100g	1,422 g/100g	4,20
4063	Apfeltasche	308	1.289	31,161 g/100g	7,915 g/100g	18,214 g/100g	8,679 g/100g	4,048 g/100g	0,623 g/100g	2,60
2001	Baguette	237	993	42,531 g/100g	0,474 g/100g	3,109 g/100g	0,495 g/100g	7,893 g/100g	1,558 g/100g	3,50
1141	Baguette gefüllt	254	1.064	41,617 g/100g	1,221 g/100g	4,942 g/100g	2,087 g/100g	9,037 g/100g	1,553 g/100g	3,50
2171	Bauernbrot	194	814	38,407 g/100g	1,291 g/100g	0,708 g/100g	0,127 g/100g	6,506 g/100g	1,245 g/100g	3,20
1417	Bauernfrühstück	124	519	7,074 g/100g	0,435 g/100g	7,725 g/100g	0,372 g/100g	6,608 g/100g	0,008 g/100g	0,60
2006	Bauernstange	208	872	38,157 g/100g	2,263 g/100g	1,568 g/100g	0,586 g/100g	7,936 g/100g	1,259 g/100g	3,20
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
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
1114	Bockwurst mit Brötchen	246	1.032	17,415 g/100g	0,931 g/100g	15,255 g/100g	7,356 g/100g	9,547 g/100g	2,012 g/100g	1,50
1388	Bohneneintopf	43	179	4,900 g/100g	1,900 g/100g	1,500 g/100g	0,200 g/100g	1,900 g/100g	0,890 g/100g	0,40
4305	Boule Rustique dunkel	281	1.175	56,946 g/100g	1,579 g/100g	0,947 g/100g	0,210 g/100g	8,526 g/100g	2,000 g/100g	4,70
4129	Boule Rustique hell	278	1.163	56,525 g/100g	1,474 g/100g	0,842 g/100g	0,210 g/100g	8,526 g/100g	2,105 g/100g	4,70
1092	Boulettenbrötchen	230	964	19,698 g/100g	1,452 g/100g	12,630 g/100g	3,408 g/100g	9,005 g/100g	1,335 g/100g	1,60
1338	Bratkartoffeln	86	358	14,600 g/100g	0,700 g/100g	2,100 g/100g	0,200 g/100g	1,900 g/100g	0,005 g/100g	1,20
1062	Braunbär-Becher	190	797	28,100 g/100g	26,828 g/100g	7,003 g/100g	4,970 g/100g	3,321 g/100g	0,707 g/100g	2,30
1493	Brezel Schnittlauch	301	1.262	38,084 g/100g	2,713 g/100g	12,290 g/100g	6,075 g/100g	8,051 g/100g	1,408 g/100g	3,20
1499	Brezel Spiegelei	242	1.014	30,247 g/100g	1,847 g/100g	6,988 g/100g	1,271 g/100g	13,080 g/100g	1,812 g/100g	2,50
4000	Brezeln	287	1.200	51,632 g/100g	3,061 g/100g	3,163 g/100g	0,408 g/100g	10,204 g/100g	9,633 g/100g	4,30
1259	Brotzeit	205	856	9,886 g/100g	2,503 g/100g	14,713 g/100g	3,734 g/100g	8,156 g/100g	1,968 g/100g	0,80
4035	Buttercroissant	305	1.278	32,222 g/100g	5,111 g/100g	16,666 g/100g	9,444 g/100g	6,667 g/100g	0,956 g/100g	2,70
4060	Buttercroissant m. Schokocreme	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
6592	Butterkekse Heidesand	414	1.734	60,465 g/100g	31,354 g/100g	16,621 g/100g	9,948 g/100g	4,693 g/100g	0,335 g/100g	5,00
6601	Butterkekse schwarz/weiß	431	1.803	57,828 g/100g	24,994 g/100g	19,072 g/100g	11,419 g/100g	5,665 g/100g	0,376 g/100g	4,80
4031	Butter-Laugenspitze	409	1.711	43,410 g/100g	4,546 g/100g	21,251 g/100g	14,773 g/100g	9,887 g/100g	1,341 g/100g	3,60
1453	Cappuccino (L)	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
1032	Cappuccino (M)	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
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	238	997	44,587 g/100g	0,834 g/100g	1,442 g/100g	0,244 g/100g	9,435 g/100g	1,532 g/100g	3,70
1061	Ciocolata Stracciatella	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
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
1393	Da steppt die Beere	129	541	17,990 g/100g	15,123 g/100g	4,776 g/100g	2,426 g/100g	2,675 g/100g	0,082 g/100g	1,50
1387	Deftige Linsensuppe	74	312	11,000 g/100g	1,300 g/100g	0,600 g/100g	0,100 g/100g	5,000 g/100g	0,900 g/100g	0,90
6615	Delikatess-Bienenstich	307	1.286	31,000 g/100g	14,000 g/100g	18,000 g/100g	9,700 g/100g	5,500 g/100g	0,430 g/100g	2,60
2052	Dinkel-Grünkernbrot	248	1.040	38,136 g/100g	0,806 g/100g	5,852 g/100g	0,597 g/100g	8,842 g/100g	1,396 g/100g	3,20
4010	Dinkelherz	302	1.264	44,355 g/100g	1,151 g/100g	7,865 g/100g	0,996 g/100g	10,777 g/100g	1,414 g/100g	3,70
6060	Donut Black	462	1.934	44,400 g/100g	12,400 g/100g	28,700 g/100g	15,200 g/100g	5,600 g/100g	0,626 g/100g	3,70
6179	Donut Vanille	419	1.755	41,600 g/100g	17,900 g/100g	25,900 g/100g	14,200 g/100g	4,500 g/100g	0,569 g/100g	3,50
4178	Doppelbrötchen	234	981	44,772 g/100g	0,815 g/100g	1,513 g/100g	0,283 g/100g	8,291 g/100g	1,364 g/100g	3,70

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1532	Doppeltes Lottchen	212	888	23,932 g/100g	1,113 g/100g	8,715 g/100g	1,539 g/100g	8,560 g/100g	0,992 g/100g	2,00
6040	Eclairs	231	968	22,248 g/100g	13,277 g/100g	14,713 g/100g	7,921 g/100g	2,581 g/100g	0,370 g/100g	1,90
6006	Eierschecke traditionell	204	855	25,772 g/100g	14,823 g/100g	8,568 g/100g	4,117 g/100g	5,644 g/100g	0,285 g/100g	2,10
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	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
1196	Erbseneintopf	94	393	9,700 g/100g	1,100 g/100g	2,600 g/100g	0,900 g/100g	6,000 g/100g	0,850 g/100g	0,80
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
6552	Erdbeer-Buttermilch-Torte	198	829	27,000 g/100g	18,700 g/100g	8,100 g/100g	4,000 g/100g	3,900 g/100g	0,200 g/100g	2,30
1186	Erdbeer-Dream	185	775	25,081 g/100g	21,917 g/100g	8,501 g/100g	6,019 g/100g	1,398 g/100g	0,066 g/100g	2,10
4092	Erdbeerfruchtplunder	191	801	25,128 g/100g	10,680 g/100g	8,123 g/100g	3,593 g/100g	3,516 g/100g	0,356 g/100g	2,10
6075	Erdbeerfruchtschmitte	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
6096	Erdbeerherz	275	1.151	40,792 g/100g	24,193 g/100g	9,023 g/100g	0,212 g/100g	7,236 g/100g	0,049 g/100g	3,40
2349	Erfurter Roggenkracher	221	923	43,816 g/100g	2,534 g/100g	0,817 g/100g	0,130 g/100g	6,764 g/100g	1,397 g/100g	3,70
1386	Feines Ragout vom Schwein	117	492	4,641 g/100g	0,997 g/100g	6,407 g/100g	4,028 g/100g	10,345 g/100g	1,352 g/100g	0,40
1070	Feines Würzfleisch	90	377	4,900 g/100g	1,100 g/100g	3,800 g/100g	2,300 g/100g	9,000 g/100g	1,300 g/100g	0,40
1121	Fischbrötchen	164	685	15,669 g/100g	1,225 g/100g	6,303 g/100g	0,137 g/100g	10,292 g/100g	0,442 g/100g	1,30
1012	Fitnesssalat mit Hähnchenstreifen	50	208	4,096 g/100g	1,690 g/100g	1,474 g/100g	0,145 g/100g	4,688 g/100g	0,316 g/100g	0,30
6524	Frankfurter Kranz klein	384	1.610	38,882 g/100g	29,098 g/100g	24,224 g/100g	9,393 g/100g	2,781 g/100g	0,315 g/100g	3,20
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
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
4065	Fruchtplunder	253	1.060	39,837 g/100g	23,056 g/100g	8,657 g/100g	4,660 g/100g	3,221 g/100g	0,222 g/100g	3,30
1004	Frühstück deftig	160	668	15,556 g/100g	2,256 g/100g	7,776 g/100g	4,533 g/100g	6,378 g/100g	0,674 g/100g	1,30
1327	Frühstück Fitness	168	702	11,910 g/100g	2,084 g/100g	10,083 g/100g	6,774 g/100g	7,106 g/100g	0,269 g/100g	1,00
1231	Frühstück französisch	158	663	13,222 g/100g	6,179 g/100g	10,280 g/100g	6,187 g/100g	3,383 g/100g	0,281 g/100g	1,10
1232	Frühstück für kleine Gäste	133	556	17,284 g/100g	6,801 g/100g	5,553 g/100g	3,083 g/100g	3,001 g/100g	0,462 g/100g	1,40
1058	Frühstück Hallo Wach	112	470	13,552 g/100g	4,077 g/100g	4,567 g/100g	2,289 g/100g	3,823 g/100g	0,424 g/100g	1,10
1324	Frühstück Mediterran	167	699	16,178 g/100g	3,524 g/100g	8,081 g/100g	4,127 g/100g	6,947 g/100g	0,264 g/100g	1,30
1325	Frühstück Rustikal	167	700	12,784 g/100g	1,903 g/100g	9,557 g/100g	4,326 g/100g	7,237 g/100g	0,907 g/100g	1,10
1276	Frühstück	153	642	13,836 g/100g	5,738 g/100g	8,149 g/100g	4,728 g/100g	5,880 g/100g	0,523 g/100g	1,20
1003	Frühstück schnell	153	639	16,281 g/100g	2,812 g/100g	7,553 g/100g	4,522 g/100g	4,445 g/100g	0,498 g/100g	1,40
1328	Frühstück	110	461	10,777 g/100g	3,957 g/100g	5,310 g/100g	2,716 g/100g	4,557 g/100g	0,204 g/100g	0,90
1002	Frühstück süß	165	689	20,010 g/100g	8,896 g/100g	7,568 g/100g	3,640 g/100g	3,648 g/100g	0,141 g/100g	1,70
1326	Frühstücksteller	140	586	10,036 g/100g	2,602 g/100g	8,256 g/100g	4,844 g/100g	6,098 g/100g	0,597 g/100g	0,80
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. Streuselschnecke	276	1.157	44,051 g/100g	17,698 g/100g	8,516 g/100g	5,426 g/100g	4,782 g/100g	0,427 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
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
6088	Glücksmoment	428	1.790	42,057 g/100g	32,238 g/100g	26,415 g/100g	10,748 g/100g	5,567 g/100g	0,367 g/100g	3,50
4293	Goldweck	227	952	42,678 g/100g	0,718 g/100g	1,959 g/100g	0,321 g/100g	7,711 g/100g	1,482 g/100g	3,60
1057	Gouda-Stern	232	972	23,485 g/100g	1,011 g/100g	10,839 g/100g	4,630 g/100g	9,394 g/100g	1,367 g/100g	2,00
4080	Gourmetbrötchen	267	1.118	36,126 g/100g	1,484 g/100g	7,158 g/100g	1,321 g/100g	11,120 g/100g	1,286 g/100g	3,00
6042	Granatsplitter	393	1.645	35,527 g/100g	26,543 g/100g	25,696 g/100g	14,624 g/100g	4,377 g/100g	0,313 g/100g	3,00
1116	Grilled Chicken	194	812	21,191 g/100g	3,171 g/100g	7,013 g/100g	3,682 g/100g	10,634 g/100g	1,391 g/100g	1,80
4136	Grillkonfekt	250	1.046	40,924 g/100g	1,864 g/100g	4,137 g/100g	0,723 g/100g	9,662 g/100g	1,925 g/100g	3,40
1425	Gulaschsuppe	62	258	4,000 g/100g	2,600 g/100g	1,000 g/100g	0,300 g/100g	9,000 g/100g	1,300 g/100g	0,30

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1427	Hackfleischbällchen m. Pfeffercremesauce	132	552	12,527 g/100g	4,710 g/100g	6,147 g/100g	2,246 g/100g	6,553 g/100g	1,232 g/100g	1,00
1236	Hamburger Schnitzel	247	1.034	15,647 g/100g	0,858 g/100g	15,107 g/100g	4,321 g/100g	11,823 g/100g	0,832 g/100g	1,30
4036	Handbrot des Monats	226	947	15,219 g/100g	1,819 g/100g	13,872 g/100g	6,712 g/100g	9,604 g/100g	1,082 g/100g	1,30
2230	Hausbrot	228	955	44,290 g/100g	1,650 g/100g	1,260 g/100g	0,159 g/100g	7,409 g/100g	1,402 g/100g	3,70
4131	Hefeschnecke mit Zimt	372	1.559	47,524 g/100g	18,859 g/100g	17,031 g/100g	6,872 g/100g	6,110 g/100g	0,540 g/100g	4,00
6486	Heidesantaler	452	1.892	51,772 g/100g	17,412 g/100g	23,633 g/100g	11,881 g/100g	6,969 g/100g	0,099 g/100g	4,30
1067	Heißes Fröchtchen	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
1456	Heißes Kakaogetränk 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
1455	Heißes Kakaogetränk (L)	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
1267	Heißes Kakaogetränk (M)	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
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
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
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
1287	Hühnerfrikassee	110	461	10,585 g/100g	0,357 g/100g	4,284 g/100g	2,286 g/100g	7,225 g/100g	1,071 g/100g	0,90
1112	Italiano	210	881	16,588 g/100g	1,561 g/100g	11,533 g/100g	6,668 g/100g	9,544 g/100g	0,802 g/100g	1,40
4236	Jogging Schleife	241	1.011	37,240 g/100g	2,365 g/100g	4,881 g/100g	0,613 g/100g	9,265 g/100g	1,265 g/100g	3,10
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
4016	Kaiserbrötchen	260	1.090	49,746 g/100g	0,905 g/100g	1,681 g/100g	0,314 g/100g	9,213 g/100g	1,516 g/100g	4,10
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
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
2013	Kartoffelbrot	202	847	39,766 g/100g	1,137 g/100g	0,687 g/100g	0,150 g/100g	7,034 g/100g	1,497 g/100g	3,30
4097	Kartoffelbrötchen	238	998	44,180 g/100g	1,758 g/100g	1,608 g/100g	0,266 g/100g	8,719 g/100g	1,595 g/100g	3,70
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
4005	Käsebrötchen	291	1.218	37,928 g/100g	0,716 g/100g	8,953 g/100g	5,530 g/100g	13,104 g/100g	1,631 g/100g	3,20
1239	Käsebrötchen Spezial	277	1.161	25,273 g/100g	0,670 g/100g	13,084 g/100g	6,649 g/100g	13,572 g/100g	1,255 g/100g	2,10
6029	Käsekuchen	219	915	28,157 g/100g	19,202 g/100g	8,277 g/100g	4,713 g/100g	7,509 g/100g	0,314 g/100g	2,30
6547	Käse-Sahne-Torte	256	1.074	28,000 g/100g	17,000 g/100g	14,000 g/100g	9,000 g/100g	4,700 g/100g	0,250 g/100g	2,30
4089	Käse-Schinken-Brötchen	271	1.137	23,576 g/100g	0,551 g/100g	12,221 g/100g	7,196 g/100g	15,981 g/100g	2,315 g/100g	2,00
4043	Käse-Schinken-Croissant	348	1.458	29,555 g/100g	3,667 g/100g	20,889 g/100g	11,889 g/100g	10,333 g/100g	1,355 g/100g	2,50
1241	Kassler	99	413	7,689 g/100g	0,701 g/100g	4,983 g/100g	1,586 g/100g	5,781 g/100g	1,196 g/100g	0,60
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
6111	Kirsch-Banane-Schnitte	230	963	27,209 g/100g	18,371 g/100g	11,852 g/100g	7,321 g/100g	3,302 g/100g	0,407 g/100g	2,30
6595	Kirsch-Eclair	278	1.162	20,613 g/100g	16,009 g/100g	20,394 g/100g	12,651 g/100g	3,081 g/100g	0,208 g/100g	1,70
4056	Kirschplunder	330	1.380	44,535 g/100g	17,842 g/100g	14,000 g/100g	7,263 g/100g	5,129 g/100g	0,475 g/100g	3,70
1068	Kleiner Eisspaß	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
4099	Knoten	292	1.225	44,729 g/100g	8,412 g/100g	6,484 g/100g	3,172 g/100g	11,909 g/100g	1,390 g/100g	3,70
6122	Knusperstreuselkuchen traditionell	295	1.235	40,403 g/100g	19,550 g/100g	12,800 g/100g	6,939 g/100g	3,673 g/100g	0,310 g/100g	3,40
1428	Kohlroulade	87	366	9,618 g/100g	2,653 g/100g	4,162 g/100g	1,674 g/100g	2,400 g/100g	0,880 g/100g	0,80
6579	Kokosmakronen dunkel	428	1.793	50,768 g/100g	47,842 g/100g	22,037 g/100g	18,750 g/100g	4,480 g/100g	0,062 g/100g	4,20
6003	Kokosmakronen hell	420	1.759	50,279 g/100g	47,348 g/100g	21,294 g/100g	20,132 g/100g	4,532 g/100g	0,067 g/100g	4,20
1120	Körnerbrezel	356	1.492	39,856 g/100g	2,812 g/100g	14,377 g/100g	2,071 g/100g	13,585 g/100g	1,230 g/100g	3,30

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
1019	Kraftpaket	223	935	24,784 g/100g	1,365 g/100g	9,080 g/100g	1,125 g/100g	9,834 g/100g	1,319 g/100g	2,10
1255	Kraftpaket belegt mit Hähnchenschnitte	202	845	20,373 g/100g	1,247 g/100g	8,155 g/100g	1,820 g/100g	10,871 g/100g	1,002 g/100g	1,70
1189	Kraftprotz	226	945	18,180 g/100g	1,116 g/100g	12,534 g/100g	5,261 g/100g	9,551 g/100g	0,693 g/100g	1,50
4078	Kümmelbrötchen	219	915	40,277 g/100g	0,726 g/100g	2,026 g/100g	0,252 g/100g	7,950 g/100g	7,893 g/100g	3,40
4029	Kürbiskernbrötchen	324	1.357	42,379 g/100g	1,614 g/100g	9,974 g/100g	2,024 g/100g	13,391 g/100g	0,108 g/100g	3,50
1452	Latte Macchiato (L)	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
1024	Latte Macchiato (M)	50	211	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,714 g/100g	2,737 g/100g		0,30
4006	Laugencroissant	378	1.583	38,444 g/100g	4,333 g/100g	20,666 g/100g	11,666 g/100g	8,889 g/100g	1,467 g/100g	3,20
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	239	1.000	20,918 g/100g	0,736 g/100g	12,379 g/100g	4,586 g/100g	10,340 g/100g	2,071 g/100g	1,70
4011	Laugenstange	306	1.282	54,688 g/100g	3,752 g/100g	3,866 g/100g	0,455 g/100g	10,346 g/100g	4,015 g/100g	4,60
1489	Laugenstange Philadelphia	334	1.397	46,138 g/100g	2,955 g/100g	11,591 g/100g	5,909 g/100g	9,887 g/100g	2,443 g/100g	3,80
1545	Laugenstürmer	212	886	19,902 g/100g	3,462 g/100g	10,181 g/100g	1,985 g/100g	9,604 g/100g	1,864 g/100g	1,70
4182	Laugenzopf	230	964	40,846 g/100g	0,945 g/100g	3,178 g/100g	1,448 g/100g	7,744 g/100g	3,304 g/100g	3,40
6010	Lebkuchenkonfekt	383	1.604	57,533 g/100g	45,263 g/100g	13,562 g/100g	6,443 g/100g	5,725 g/100g	0,226 g/100g	4,80
4040	Limettenkamm	330	1.383	44,764 g/100g	23,130 g/100g	14,643 g/100g	8,380 g/100g	4,154 g/100g	0,422 g/100g	3,70
6072	Mandarinenschnitte	209	875	26,562 g/100g	18,478 g/100g	10,422 g/100g	3,665 g/100g	1,928 g/100g	0,314 g/100g	2,20
2234	Mandelstollen	422	1.765	40,220 g/100g	15,380 g/100g	25,012 g/100g	11,475 g/100g	7,589 g/100g	0,540 g/100g	3,40
2325	Mandelstollen	429	1.797	40,644 g/100g	16,629 g/100g	25,858 g/100g	12,160 g/100g	7,280 g/100g	0,517 g/100g	3,40
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
6108	Marmorkuchen	449	1.879	40,164 g/100g	23,457 g/100g	29,968 g/100g	7,627 g/100g	4,463 g/100g	0,675 g/100g	3,30
4185	Mehrfucht- Berliner	383	1.602	57,131 g/100g	31,724 g/100g	14,317 g/100g	4,800 g/100g	5,959 g/100g	0,836 g/100g	4,80
2226	Mehrkornbrot	225	942	33,558 g/100g	2,074 g/100g	5,076 g/100g	0,636 g/100g	8,393 g/100g	1,107 g/100g	2,80
4076	Mehrkornbrötchen	288	1.208	37,928 g/100g	1,330 g/100g	8,743 g/100g	1,180 g/100g	11,696 g/100g	1,301 g/100g	3,20
1056	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
4001	Milchhörnchen	325	1.363	50,013 g/100g	7,504 g/100g	7,357 g/100g	0,526 g/100g	12,878 g/100g	1,766 g/100g	4,20
1223	Milchkaffee (L)	42	176	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,429 g/100g	2,282 g/100g		0,30
1130	Milchkaffee (M)	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	252	1.054	49,340 g/100g	0,518 g/100g	0,958 g/100g	0,262 g/100g	9,139 g/100g	1,550 g/100g	4,10
4014	Mohnbrötchen	297	1.244	48,268 g/100g	1,190 g/100g	5,455 g/100g	0,748 g/100g	10,704 g/100g	1,468 g/100g	4,00
6030	Mohnkuchen	255	1.067	26,317 g/100g	15,603 g/100g	12,066 g/100g	2,738 g/100g	8,386 g/100g	0,237 g/100g	2,20
4059	Mohnschnecke	359	1.503	45,420 g/100g	22,270 g/100g	16,053 g/100g	7,695 g/100g	6,648 g/100g	0,352 g/100g	3,80
2248	Mohnzopf groß	304	1.271	44,769 g/100g	8,564 g/100g	8,662 g/100g	3,373 g/100g	9,313 g/100g	0,845 g/100g	3,70
2225	Mohnzopf klein	298	1.248	45,815 g/100g	8,695 g/100g	7,797 g/100g	3,334 g/100g	9,032 g/100g	0,864 g/100g	3,80
2138	Nussbrot	260	1.088	32,136 g/100g	2,423 g/100g	9,417 g/100g	1,008 g/100g	9,137 g/100g	0,887 g/100g	2,70
1257	Oktoberfest- Brezel	277	1.158	31,533 g/100g	2,381 g/100g	12,120 g/100g	5,277 g/100g	9,015 g/100g	1,400 g/100g	2,60
1416	Omelette	154	643	1,285 g/100g	0,231 g/100g	12,053 g/100g	0,505 g/100g	10,229 g/100g	0,010 g/100g	0,10
2324	Original Weihnachtsstollen geschnitten	378	1.584	46,903 g/100g	26,408 g/100g	18,113 g/100g	9,709 g/100g	5,396 g/100g	0,539 g/100g	3,90
2238	Original Weihnachtsstollen mit Dekor 1000g	376	1.573	46,742 g/100g	25,606 g/100g	17,772 g/100g	9,462 g/100g	5,583 g/100g	0,561 g/100g	3,90
2237	Original Weihnachtsstollen mit Dekor 1500g	376	1.576	46,781 g/100g	25,706 g/100g	17,847 g/100g	9,513 g/100g	5,564 g/100g	0,559 g/100g	3,90
2236	Original Weihnachtsstollen ohne Dekor 1000g	360	1.508	45,892 g/100g	23,453 g/100g	16,163 g/100g	8,354 g/100g	6,006 g/100g	0,603 g/100g	3,80

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
2235	Original Weihnachtsstolle n ohne Dekor 1500g	365	1.529	45,466 g/100g	23,235 g/100g	16,940 g/100g	8,857 g/100g	5,950 g/100g	0,598 g/100g	3,80
1205	Panini Salami	267	1.120	20,684 g/100g	0,995 g/100g	14,849 g/100g	8,910 g/100g	12,206 g/100g	1,320 g/100g	1,70
6166	Papageienkuchen	399	1.672	39,426 g/100g	24,321 g/100g	24,399 g/100g	3,019 g/100g	5,334 g/100g	0,738 g/100g	3,30
4295	Papageien-Muffin	347	1.451	42,658 g/100g	23,498 g/100g	17,621 g/100g	2,289 g/100g	4,078 g/100g	0,873 g/100g	3,60
4095	Partykranz	383	1.605	29,465 g/100g	10,867 g/100g	23,613 g/100g	8,114 g/100g	11,500 g/100g	0,559 g/100g	2,50
4094	Partyring	262	1.097	41,617 g/100g	0,957 g/100g	5,365 g/100g	1,069 g/100g	9,594 g/100g	1,258 g/100g	3,50
1398	Pasta	356	1.489	72,000 g/100g	3,500 g/100g	1,000 g/100g	0,400 g/100g	12,000 g/100g	0,010 g/100g	6,00
1381	Pasta m. Bolognese	262	1.095	49,067 g/100g	4,058 g/100g	2,065 g/100g	0,877 g/100g	9,931 g/100g	0,331 g/100g	4,10
1382	Pasta m. Tomatensauce	251	1.050	50,367 g/100g	4,200 g/100g	0,933 g/100g	0,400 g/100g	8,433 g/100g	0,573 g/100g	4,20
1380	Pasta m.Käsesauce	274	1.147	49,034 g/100g	2,961 g/100g	3,793 g/100g	2,237 g/100g	9,258 g/100g	0,368 g/100g	4,10
1379	Pasta m.Käsesauce u.Filetstreifen	254	1.065	42,695 g/100g	2,678 g/100g	4,054 g/100g	2,321 g/100g	10,315 g/100g	0,452 g/100g	3,60
1378	Pasta mit Gulasch	276	1.155	48,376 g/100g	2,631 g/100g	2,641 g/100g	1,283 g/100g	12,876 g/100g	0,467 g/100g	4,00
4112	Pfannkuchen glas. mit Pflaumenmus	280	1.171	50,028 g/100g	23,902 g/100g	5,311 g/100g	2,193 g/100g	6,450 g/100g	0,777 g/100g	4,20
4055	Pfannkuchen/Berl iner	325	1.362	49,796 g/100g	24,176 g/100g	10,679 g/100g	2,924 g/100g	6,128 g/100g	0,752 g/100g	4,10
1549	Pizza Grillgemüse	168	703	23,157 g/100g	2,105 g/100g	4,842 g/100g	2,211 g/100g	6,737 g/100g	1,368 g/100g	1,90
1548	Pizza Kebab	189	791	25,262 g/100g	2,526 g/100g	5,473 g/100g	2,000 g/100g	8,421 g/100g	1,579 g/100g	2,10
1546	Pizza Spinata Romana	222	931	25,262 g/100g	2,211 g/100g	8,526 g/100g	4,316 g/100g	9,894 g/100g	1,474 g/100g	2,10
1547	Pizza Tomo- Rucola-Pesto	205	860	23,157 g/100g	1,789 g/100g	7,894 g/100g	4,053 g/100g	9,368 g/100g	1,484 g/100g	1,90
1289	Pizza-Snack Classico	285	1.192	28,900 g/100g	4,600 g/100g	13,400 g/100g	7,200 g/100g	10,600 g/100g	1,650 g/100g	2,40
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
1526	Portionshefe	357	1.493	19,000 g/100g	14,000 g/100g	5,700 g/100g	0,900 g/100g	43,700 g/100g	0,300 g/100g	1,60
1222	Premium Pizza Caprese	255	1.068	37,800 g/100g	4,400 g/100g	6,200 g/100g	3,700 g/100g	9,500 g/100g	1,770 g/100g	3,10
1278	Premium Pizza Salami	297	1.245	34,200 g/100g	2,800 g/100g	10,400 g/100g	5,400 g/100g	13,700 g/100g	2,430 g/100g	2,90
4061	Puddingschnecke	319	1.334	44,694 g/100g	20,579 g/100g	12,733 g/100g	6,501 g/100g	5,234 g/100g	0,390 g/100g	3,70
1021	Putenmax	197	826	18,253 g/100g	3,708 g/100g	9,572 g/100g	4,300 g/100g	8,495 g/100g	1,275 g/100g	1,50
1447	Putenmedaillon	103	432	10,514 g/100g	1,286 g/100g	3,570 g/100g	2,214 g/100g	7,154 g/100g	0,893 g/100g	0,90
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
1011	Reis	150	629	33,200 g/100g	0,100 g/100g	0,400 g/100g	0,100 g/100g	2,900 g/100g	14,600 g/100g	2,80
1183	Roggen Egg	197	823	19,747 g/100g	1,920 g/100g	9,151 g/100g	1,576 g/100g	7,832 g/100g	1,023 g/100g	1,60
4002	Roggenbrötchen	213	893	40,106 g/100g	2,276 g/100g	1,151 g/100g	0,407 g/100g	8,162 g/100g	1,430 g/100g	3,30
2020	Roggenmischbrot	200	837	39,730 g/100g	2,300 g/100g	0,742 g/100g	0,118 g/100g	6,140 g/100g	1,267 g/100g	3,30
2223	Roggenmischbrot	197	823	38,914 g/100g	2,090 g/100g	0,738 g/100g	0,111 g/100g	6,122 g/100g	1,393 g/100g	3,20
4083	Rosinenbrötchen	274	1.147	44,048 g/100g	11,853 g/100g	4,878 g/100g	2,197 g/100g	11,461 g/100g	1,386 g/100g	3,70
6186	Roulade des Monats	247	1.034	22,589 g/100g	15,963 g/100g	15,382 g/100g	9,734 g/100g	4,192 g/100g	0,333 g/100g	1,90
1384	Rührei mit Schinken	219	916	0,826 g/100g	0,129 g/100g	17,314 g/100g	2,645 g/100g	15,367 g/100g	1,487 g/100g	0,10
6581	Russischer Zupf- Ball	267	1.120	33,835 g/100g	18,820 g/100g	11,280 g/100g	6,557 g/100g	6,905 g/100g	0,291 g/100g	2,80
1059	Salami-Stern	224	938	24,888 g/100g	1,205 g/100g	10,024 g/100g	2,998 g/100g	7,695 g/100g	1,328 g/100g	2,10
1005	Salatteller groß	36	151	4,617 g/100g	1,941 g/100g	1,233 g/100g	0,074 g/100g	1,275 g/100g	0,224 g/100g	0,40
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
2372	scharfe Stange	277	1.158	45,822 g/100g	0,536 g/100g	5,723 g/100g	0,813 g/100g	8,507 g/100g	1,908 g/100g	3,80

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
1258	Schinkenmettwurstbrötchen	234	980	44,106 g/100g	0,807 g/100g	1,733 g/100g	0,379 g/100g	8,419 g/100g	1,382 g/100g	3,70
1101	Schinken-Stern	183	766	23,945 g/100g	1,121 g/100g	5,476 g/100g	0,730 g/100g	8,454 g/100g	1,552 g/100g	2,00
6067	Schmandkuchen	200	836	23,088 g/100g	11,787 g/100g	10,125 g/100g	6,030 g/100g	3,719 g/100g	0,295 g/100g	1,90
1368	Schokihammer	267	1.120	29,793 g/100g	24,724 g/100g	14,664 g/100g	11,628 g/100g	3,341 g/100g	0,240 g/100g	2,50
6546	Schokosahnetorte	274	1.147	24,000 g/100g	14,000 g/100g	18,000 g/100g	11,000 g/100g	4,300 g/100g	0,160 g/100g	2,00
4023	Schrippen	272	1.138	51,758 g/100g	1,102 g/100g	1,853 g/100g	0,337 g/100g	9,547 g/100g	1,520 g/100g	4,30
1227	Schwedisch gut	228	955	22,522 g/100g	18,810 g/100g	14,233 g/100g	10,298 g/100g	2,444 g/100g	0,197 g/100g	1,90
1094	Schweineschnitzel paniert	224	937	15,600 g/100g	0,700 g/100g	9,600 g/100g	1,800 g/100g	18,600 g/100g	1,540 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
4084	Semmelbrösel* 250g	234	981	44,772 g/100g	0,815 g/100g	1,513 g/100g	0,283 g/100g	8,291 g/100g	1,364 g/100g	3,70
4008	Sesambrötchen	313	1.309	47,375 g/100g	0,963 g/100g	7,413 g/100g	1,232 g/100g	11,370 g/100g	1,450 g/100g	3,90
1336	Snack des Monats*	210	881	16,588 g/100g	1,561 g/100g	11,533 g/100g	6,668 g/100g	9,544 g/100g	0,802 g/100g	1,40
1424	Soljanka	63	265	5,100 g/100g	4,400 g/100g	3,400 g/100g	1,300 g/100g	2,800 g/100g	1,000 g/100g	0,40
1467	Spiegelei mit 2 Eier	205	857	0,923 g/100g		17,231 g/100g	1,000 g/100g	12,000 g/100g	0,019 g/100g	0,10
4104	Spritzkuchen	448	1.876	28,400 g/100g	14,900 g/100g	36,000 g/100g	14,600 g/100g	3,200 g/100g	0,330 g/100g	2,40
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	338	1.415	67,800 g/100g	6,200 g/100g	1,300 g/100g	0,200 g/100g	9,000 g/100g	0,003 g/100g	5,70
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
1440	Sternenburger	208	872	15,276 g/100g	4,439 g/100g	12,107 g/100g	3,850 g/100g	8,964 g/100g	1,050 g/100g	1,30
4087	Stollenkonfekt	364	1.526	46,235 g/100g	25,533 g/100g	16,330 g/100g	8,463 g/100g	6,354 g/100g	0,534 g/100g	3,90
1371	Strammer Max	253	1.061	11,316 g/100g	0,800 g/100g	17,108 g/100g	5,829 g/100g	13,394 g/100g	1,898 g/100g	0,90
1013	Strammes Mäxchen	174	727	18,733 g/100g	1,228 g/100g	6,432 g/100g	1,133 g/100g	9,376 g/100g	1,265 g/100g	1,60
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
4086	Streuselschnecke	349	1.460	52,469 g/100g	24,417 g/100g	11,714 g/100g	7,178 g/100g	7,096 g/100g	0,667 g/100g	4,40
1397	Sülze mit Bratkartoffeln	151	632	9,995 g/100g	2,877 g/100g	9,886 g/100g	2,296 g/100g	5,662 g/100g	0,867 g/100g	0,80
2250	Süßer Zopf groß	292	1.223	45,395 g/100g	8,535 g/100g	6,529 g/100g	3,201 g/100g	11,034 g/100g	1,255 g/100g	3,80
2249	Süßer Zopf klein	279	1.166	43,427 g/100g	6,513 g/100g	6,344 g/100g	0,442 g/100g	10,294 g/100g	1,403 g/100g	3,60
6602	Tortenaufleger	421	1.763	79,683 g/100g	76,250 g/100g	10,333 g/100g	3,950 g/100g	1,000 g/100g	0,005 g/100g	6,60
2061	Unser Handgeschöpftes	192	804	38,136 g/100g	2,404 g/100g	0,725 g/100g	0,116 g/100g	5,793 g/100g	1,214 g/100g	3,20
2299	Urkruste	224	936	39,537 g/100g	1,631 g/100g	2,499 g/100g	0,358 g/100g	8,049 g/100g	1,330 g/100g	3,30
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
1365	Vitaminbecher	122	509	19,110 g/100g	16,721 g/100g	3,640 g/100g	2,480 g/100g	2,261 g/100g	0,046 g/100g	1,60
2017	Vollkornbrot	179	751	33,351 g/100g	0,992 g/100g	1,001 g/100g	0,138 g/100g	5,534 g/100g	1,274 g/100g	2,80
4012	Vollkornbrötchen	281	1.178	39,120 g/100g	1,871 g/100g	6,047 g/100g	0,761 g/100g	13,181 g/100g	1,854 g/100g	3,30
4283	Walnuss-Plunder	399	1.671	44,311 g/100g	18,389 g/100g	20,901 g/100g	6,659 g/100g	7,365 g/100g	0,473 g/100g	3,70
2221	Weißbrot	235	986	43,786 g/100g	1,207 g/100g	2,257 g/100g	1,059 g/100g	7,951 g/100g	1,275 g/100g	3,60
6044	Zupfkuchen traditionell	261	1.094	32,226 g/100g	17,274 g/100g	11,221 g/100g	6,499 g/100g	7,130 g/100g	0,296 g/100g	2,70