



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: 04.01.2023

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
2222	100%er - Roggenbrot	213	892	42,369 g/100g	3,728 g/100g	0,856 g/100g	0,122 g/100g	5,869 g/100g	1,307 g/100g	3,50
2368	1766er Brot	239	1.000	46,332 g/100g	2,563 g/100g	1,034 g/100g	0,241 g/100g	8,118 g/100g	1,600 g/100g	3,90
4282	1766er Brötchen	282	1.182	45,530 g/100g	1,394 g/100g	4,948 g/100g	0,744 g/100g	11,308 g/100g	1,641 g/100g	3,80
1384	3 Rührer 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	300	1.255	48,517 g/100g	25,126 g/100g	9,219 g/100g	2,515 g/100g	4,564 g/100g	1,454 g/100g	4,00
4063	Apfeltasche	319	1.334	34,517 g/100g	13,335 g/100g	17,769 g/100g	7,867 g/100g	4,287 g/100g	0,556 g/100g	2,90
2001	Baguette	262	1.098	51,380 g/100g	0,543 g/100g	0,999 g/100g	0,272 g/100g	9,531 g/100g	1,631 g/100g	4,30
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	208	871	38,201 g/100g	2,230 g/100g	1,524 g/100g	0,541 g/100g	7,936 g/100g	1,256 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
6008	Bienenstich	394	1.651	29,337 g/100g	17,296 g/100g	28,790 g/100g	12,031 g/100g	4,676 g/100g	0,422 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	295	1.236	17,115 g/100g	0,633 g/100g	19,891 g/100g	8,306 g/100g	11,812 g/100g	1,948 g/100g	1,40
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
1092	Boulettenbrötchen	234	982	20,533 g/100g	1,484 g/100g	12,643 g/100g	3,489 g/100g	9,178 g/100g	1,386 g/100g	1,70
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
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	222	931	30,469 g/100g	2,025 g/100g	4,845 g/100g	0,369 g/100g	12,695 g/100g	1,635 g/100g	2,50
4000	Brezeln	293	1.225	52,708 g/100g	3,125 g/100g	3,229 g/100g	0,417 g/100g	10,417 g/100g	7,802 g/100g	4,40
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
6592	Butterkekse Heidesand	413	1.730	60,457 g/100g	31,366 g/100g	16,561 g/100g	11,260 g/100g	4,599 g/100g	0,343 g/100g	5,00
6590	Butterkekse Heidesand 2500g	408	1.708	54,931 g/100g	23,759 g/100g	18,055 g/100g	12,246 g/100g	5,283 g/100g	0,365 g/100g	4,60
6601	Butterkekse schwarz/weiß	429	1.798	57,821 g/100g	25,009 g/100g	19,004 g/100g	12,891 g/100g	5,561 g/100g	0,385 g/100g	4,80
6591	Butterkekse schwarz/weiß 2500g	515	2.158	61,400 g/100g	22,200 g/100g	27,400 g/100g	16,700 g/100g	4,900 g/100g	0,300 g/100g	5,10
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
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	252	1.056	47,221 g/100g	0,891 g/100g	1,531 g/100g	0,257 g/100g	10,023 g/100g	1,629 g/100g	3,90
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
1004	Deutschland	171	715	16,821 g/100g	0,675 g/100g	7,076 g/100g	3,757 g/100g	9,288 g/100g	1,236 g/100g	1,40
4010	Dinkelherz	298	1.250	42,711 g/100g	1,090 g/100g	8,190 g/100g	1,054 g/100g	10,861 g/100g	1,416 g/100g	3,60
2003	Dinkel-Vollkornbrot	145	608	8,170 g/100g	1,280 g/100g	8,005 g/100g	0,991 g/100g	8,032 g/100g	0,848 g/100g	0,70
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
1156	Donuts am Spieß	414	1.733	43,000 g/100g	16,000 g/100g	23,000 g/100g	13,000 g/100g	7,900 g/100g	1,100 g/100g	3,60
4178	Doppelbrötchen	281	1.175	53,830 g/100g	0,636 g/100g	1,679 g/100g	0,588 g/100g	9,958 g/100g	1,660 g/100g	4,50
6040	Eclairs	226	945	22,261 g/100g	13,123 g/100g	14,119 g/100g	8,819 g/100g	2,537 g/100g	0,347 g/100g	1,90
1254	Egg-Snack	258	1.082	17,499 g/100g	3,254 g/100g	17,767 g/100g	6,289 g/100g	7,083 g/100g	0,895 g/100g	1,50
6006	Eierschecke traditionell	203	849	26,131 g/100g	15,298 g/100g	8,442 g/100g	4,175 g/100g	5,244 g/100g	0,298 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
4142	Elsässer-Schnecke	244	1.020	31,512 g/100g	2,609 g/100g	8,294 g/100g	4,308 g/100g	9,447 g/100g	1,525 g/100g	2,60
1196	Erbseintopf	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
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
2349	Erfurter Roggenkracher	219	919	43,592 g/100g	2,514 g/100g	0,813 g/100g	0,129 g/100g	6,734 g/100g	1,397 g/100g	3,60
1327	Fitness-Frühstück	98	409	12,444 g/100g	5,444 g/100g	3,402 g/100g	1,858 g/100g	3,628 g/100g	0,130 g/100g	1,00
6524	Frankfurter Kranz klein	383	1.602	38,913 g/100g	29,229 g/100g	24,101 g/100g	10,537 g/100g	2,604 g/100g	0,324 g/100g	3,20
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
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
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	275	1.150	44,285 g/100g	18,170 g/100g	8,262 g/100g	5,288 g/100g	4,691 g/100g	0,469 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	157	659	13,863 g/100g	4,887 g/100g	8,042 g/100g	3,301 g/100g	7,015 g/100g	0,566 g/100g	1,20
1328	Geniesser-Frühstück für zwei	172	721	16,585 g/100g	4,758 g/100g	8,025 g/100g	3,432 g/100g	7,932 g/100g	0,771 g/100g	1,40
4293	Goldweck	262	1.098	49,892 g/100g	0,801 g/100g	1,978 g/100g	0,786 g/100g	8,759 g/100g	1,758 g/100g	4,20
1057	Gouda-Stern	230	964	23,718 g/100g	1,129 g/100g	10,542 g/100g	4,814 g/100g	9,273 g/100g	1,360 g/100g	2,00
6042	Granatsplitter	391	1.638	35,571 g/100g	26,620 g/100g	25,549 g/100g	15,725 g/100g	4,259 g/100g	0,324 g/100g	3,00
4136	Grillkonfekt	244	1.023	41,625 g/100g	1,976 g/100g	3,545 g/100g	0,525 g/100g	9,006 g/100g	1,908 g/100g	3,50
1058	Grosses Glück	108	453	12,851 g/100g	2,617 g/100g	3,770 g/100g	1,393 g/100g	5,215 g/100g	0,646 g/100g	1,10
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
1427	Hackfleischbällchen m. Pfefferc	120	501	11,265 g/100g	4,167 g/100g	5,523 g/100g	1,987 g/100g	6,210 g/100g	1,090 g/100g	0,90
4106	Hahnekamm	326	1.364	48,445 g/100g	26,135 g/100g	12,268 g/100g	5,957 g/100g	4,367 g/100g	0,443 g/100g	4,00
4036	Handbrot des Monats	189	790	17,143 g/100g	1,287 g/100g	7,964 g/100g	2,985 g/100g	11,132 g/100g	1,507 g/100g	1,40
2230	Hausbrot	227	949	44,084 g/100g	1,634 g/100g	1,238 g/100g	0,151 g/100g	7,351 g/100g	1,409 g/100g	3,70
4131	Hefeschnecke mit Zimt	369	1.545	46,821 g/100g	18,203 g/100g	16,976 g/100g	6,870 g/100g	6,099 g/100g	0,575 g/100g	3,90
1067	Heißes Fruchttchen	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
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	111	466	10,716 g/100g	0,362 g/100g	4,335 g/100g	2,319 g/100g	7,278 g/100g	1,087 g/100g	0,90
1325	Italien	226	947	18,894 g/100g	0,655 g/100g	11,903 g/100g	5,056 g/100g	10,298 g/100g	1,103 g/100g	1,60
4236	Jogging Schleife	315	1.319	43,094 g/100g	2,685 g/100g	9,238 g/100g	1,121 g/100g	11,468 g/100g	1,288 g/100g	3,60
4280	Johannisbeer-Schmand-Streusel	272	1.139	36,337 g/100g	14,536 g/100g	11,022 g/100g	11,741 g/100g	6,132 g/100g	1,869 g/100g	3,00
4016	Kaiserbrötchen	281	1.175	53,830 g/100g	0,636 g/100g	1,679 g/100g	0,588 g/100g	9,958 g/100g	1,660 g/100g	4,50
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	203	849	39,866 g/100g	1,141 g/100g	0,697 g/100g	0,151 g/100g	7,159 g/100g	1,497 g/100g	3,30
4097	Kartoffelbrötchen	236	990	44,044 g/100g	1,753 g/100g	1,466 g/100g	0,485 g/100g	8,692 g/100g	1,591 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	287	1.203	37,394 g/100g	0,468 g/100g	8,837 g/100g	5,699 g/100g	12,997 g/100g	1,629 g/100g	3,10
1239	Käsebrötchen Spezial	275	1.152	24,936 g/100g	0,513 g/100g	13,011 g/100g	6,755 g/100g	13,504 g/100g	1,254 g/100g	2,10
6029	Käsekuchen	217	910	29,062 g/100g	20,132 g/100g	8,120 g/100g	4,768 g/100g	6,660 g/100g	0,303 g/100g	2,40
4089	Käse-Schinken-Brötchen	244	1.022	23,531 g/100g	0,625 g/100g	9,388 g/100g	6,138 g/100g	15,420 g/100g	2,084 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
1039	Kindertraum No1	135	567	17,005 g/100g	8,300 g/100g	6,202 g/100g	3,014 g/100g	2,600 g/100g	0,284 g/100g	1,40
1232	Kindertraum No2									

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kj)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
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
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
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	416	1.744	52,845 g/100g	49,875 g/100g	19,911 g/100g	16,832 g/100g	4,337 g/100g	0,063 g/100g	4,40
6003	Kokosmakronen hell	395	1.655	54,463 g/100g	51,425 g/100g	16,904 g/100g	15,981 g/100g	4,247 g/100g	0,069 g/100g	4,50
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	915	24,537 g/100g	1,376 g/100g	8,946 g/100g	0,920 g/100g	9,241 g/100g	1,149 g/100g	2,00
4013	Kuchenbrötchen	269	1.124	44,419 g/100g	6,758 g/100g	5,736 g/100g	2,669 g/100g	8,019 g/100g	0,030 g/100g	3,70
4078	Kümmelbrötchen	221	924	40,836 g/100g	0,771 g/100g	1,826 g/100g	0,455 g/100g	8,084 g/100g	7,892 g/100g	3,40
4029	Kürbiskernbrötchen	325	1.362	40,954 g/100g	1,651 g/100g	9,961 g/100g	2,401 g/100g	14,619 g/100g	0,115 g/100g	3,40
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	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	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
1545	Laugenstürmer	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
6010	Lebkuchenkonfekt	376	1.573	58,175 g/100g	44,813 g/100g	12,824 g/100g	6,167 g/100g	5,381 g/100g	0,233 g/100g	4,80
6056	Linzer Torte	476	1.994	43,817 g/100g	32,457 g/100g	30,183 g/100g	1,777 g/100g	7,401 g/100g	0,358 g/100g	3,70
6072	Mandarinschnitte	208	870	26,578 g/100g	18,485 g/100g	10,316 g/100g	3,985 g/100g	1,853 g/100g	0,322 g/100g	2,20
2234	Mandelstollen	424	1.777	40,613 g/100g	15,705 g/100g	25,134 g/100g	12,666 g/100g	7,708 g/100g	0,545 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
2226	Mehrkornbrot	225	941	33,366 g/100g	2,003 g/100g	5,120 g/100g	0,652 g/100g	8,427 g/100g	1,107 g/100g	2,80
4076	Mehrkornbrötchen	288	1.206	36,315 g/100g	1,345 g/100g	9,403 g/100g	1,403 g/100g	11,671 g/100g	1,187 g/100g	3,00
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	335	1.403	51,986 g/100g	10,255 g/100g	9,125 g/100g	1,671 g/100g	9,503 g/100g	1,235 g/100g	4,30
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	262	1.099	51,429 g/100g	0,540 g/100g	0,999 g/100g	0,272 g/100g	9,526 g/100g	1,629 g/100g	4,30
4014	Mohnbrötchen	293	1.225	47,592 g/100g	0,876 g/100g	5,309 g/100g	0,962 g/100g	10,570 g/100g	1,465 g/100g	4,00
6030	Mohnkuchen	253	1.059	26,669 g/100g	16,069 g/100g	11,897 g/100g	2,676 g/100g	7,948 g/100g	0,251 g/100g	2,20
4059	Mohnschnecke	318	1.332	37,314 g/100g	17,702 g/100g	14,784 g/100g	5,892 g/100g	7,181 g/100g	0,551 g/100g	3,10
6167	Nougatkremring	507	2.121	52,259 g/100g	27,195 g/100g	30,734 g/100g	16,620 g/100g	4,703 g/100g	0,061 g/100g	4,40
4213	Nudossi Muffin	523	2.189	49,734 g/100g	32,335 g/100g	33,580 g/100g	5,660 g/100g	5,636 g/100g	0,843 g/100g	4,10
2138	Nussbrot	259	1.083	32,005 g/100g	2,359 g/100g	9,357 g/100g	1,000 g/100g	9,294 g/100g	0,886 g/100g	2,70
4173	Nußschnecke	347	1.451	42,028 g/100g	19,198 g/100g	16,529 g/100g	5,579 g/100g	6,330 g/100g	0,386 g/100g	3,50
1307	Obstsalat	52	216	10,260 g/100g	10,200 g/100g	0,260 g/100g	0,050 g/100g	0,930 g/100g	0,012 g/100g	0,90
1257	Oktoberfest-Brezel	280	1.173	31,730 g/100g	2,469 g/100g	12,701 g/100g	5,701 g/100g	8,466 g/100g	1,541 g/100g	2,60
1416	Omelette	152	636	1,291 g/100g	0,229 g/100g	11,918 g/100g	0,499 g/100g	10,119 g/100g	0,010 g/100g	0,10
6166	Papageienkuchen	392	1.641	39,327 g/100g	24,291 g/100g	23,779 g/100g	2,947 g/100g	5,063 g/100g	0,762 g/100g	3,30
4295	Papageien-Muffin	343	1.434	42,648 g/100g	23,443 g/100g	17,256 g/100g	2,245 g/100g	3,917 g/100g	0,888 g/100g	3,60
1381	Pasta m. Bolognese	251	1.052	46,502 g/100g	4,146 g/100g	2,201 g/100g	0,939 g/100g	9,709 g/100g	0,372 g/100g	3,90
1382	Pasta m. Tomatensauce	238	995	47,663 g/100g	4,287 g/100g	0,925 g/100g	0,400 g/100g	7,987 g/100g	0,644 g/100g	4,00
1380	Pasta m. Käsesauce	265	1.107	46,316 g/100g	2,901 g/100g	4,145 g/100g	2,469 g/100g	8,933 g/100g	0,414 g/100g	3,90
1379	Pasta m. Käsesauce u. Filetstreif	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	267	1.116	45,575 g/100g	2,531 g/100g	2,849 g/100g	1,395 g/100g	13,007 g/100g	0,525 g/100g	3,80
4105	Persipanplunder	389	1.629	47,641 g/100g	22,339 g/100g	18,494 g/100g	7,335 g/100g	7,050 g/100g	0,502 g/100g	4,00
4112	Pfannkuchen glas. mit Pflaumer	277	1.158	49,986 g/100g	23,892 g/100g	5,046 g/100g	2,161 g/100g	6,336 g/100g	0,788 g/100g	4,20
4055	Pfannkuchen/Berliner	318	1.333	49,755 g/100g	24,166 g/100g	9,977 g/100g	2,837 g/100g	6,018 g/100g	0,762 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
1014	Pizzabrötchen	279	1.167	25,597 g/100g	3,196 g/100g	14,120 g/100g	7,022 g/100g	11,656 g/100g	1,863 g/100g	2,10
4143	Pizza-Schnecke	241	1.008	33,108 g/100g	2,895 g/100g	7,075 g/100g	3,948 g/100g	9,813 g/100g	1,637 g/100g	2,80
1021	Putenmax	197	826	18,253 g/100g	3,708 g/100g	9,572 g/100g	4,299 g/100g	8,495 g/100g	1,275 g/100g	1,50
1447	Putenmedaillon	104	437	10,643 g/100g	1,304 g/100g	3,611 g/100g	2,246 g/100g	7,205 g/100g	0,906 g/100g	0,90
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
4081	Quarkbällchen	317	1.327	36,937 g/100g	18,502 g/100g	15,171 g/100g	3,300 g/100g	7,690 g/100g	1,049 g/100g	3,10
4179	Quarkteig-Nikolaus	360	1.509	50,006 g/100g	23,447 g/100g	13,599 g/100g	7,597 g/100g	8,291 g/100g	1,075 g/100g	4,20
4073	Reformationsbrötchen	322	1.349	49,270 g/100g	25,597 g/100g	10,919 g/100g	6,671 g/100g	5,070 g/100g	0,466 g/100g	4,10
1183	Rogg'n Egg	198	829	21,274 g/100g	2,224 g/100g	8,758 g/100g	1,419 g/100g	7,483 g/100g	1,048 g/100g	1,80
4002	Roggenbrötchen	246	1.029	46,216 g/100g	2,487 g/100g	1,288 g/100g	0,425 g/100g	9,572 g/100g	1,732 g/100g	3,90
2020	Roggenmischbrot	199	833	39,527 g/100g	2,281 g/100g	0,738 g/100g	0,117 g/100g	6,113 g/100g	1,267 g/100g	3,30
2223	Roggenmischbrot	196	821	38,843 g/100g	2,083 g/100g	0,737 g/100g	0,110 g/100g	6,113 g/100g	1,393 g/100g	3,20
4305	Rosenbrötchen 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	Rosenbrötchen 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
4083	Rosinenbrötchen	275	1.150	44,709 g/100g	12,514 g/100g	4,867 g/100g	2,185 g/100g	10,994 g/100g	1,381 g/100g	3,70
6186	Roulade des Monats	243	1.018	22,456 g/100g	16,134 g/100g	15,104 g/100g	9,667 g/100g	4,080 g/100g	0,290 g/100g	1,90
1059	Salami-Stern	223	933	25,052 g/100g	1,248 g/100g	9,711 g/100g	2,708 g/100g	7,890 g/100g	1,562 g/100g	2,10
6147	Schaum das Schaf	297	1.242	69,343 g/100g	68,663 g/100g	0,128 g/100g	0,071 g/100g	3,336 g/100g	0,119 g/100g	5,80
1101	Schinken-Stern	180	753	24,161 g/100g	1,221 g/100g	5,060 g/100g	0,994 g/100g	8,293 g/100g	1,449 g/100g	2,00
6083	Schmandkuchen traditionell	196	821	22,892 g/100g	11,771 g/100g	9,841 g/100g	5,975 g/100g	3,720 g/100g	0,334 g/100g	1,90
4023	Schrippen	280	1.171	53,481 g/100g	0,794 g/100g	1,756 g/100g	0,625 g/100g	9,854 g/100g	1,590 g/100g	4,50
6021	Schwarzwälder Kirschnitte	250	1.046	26,195 g/100g	19,738 g/100g	14,443 g/100g	9,267 g/100g	3,534 g/100g	0,261 g/100g	2,20
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	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	247	1.035	15,170 g/100g	2,524 g/100g	15,603 g/100g	10,473 g/100g	11,235 g/100g	0,993 g/100g	1,30
4008	Sesambrotchen	316	1.324	46,708 g/100g	0,653 g/100g	8,192 g/100g	1,443 g/100g	11,237 g/100g	1,447 g/100g	3,90
1326	Skandinavien	214	898	19,806 g/100g	0,918 g/100g	10,871 g/100g	5,305 g/100g	8,643 g/100g	0,898 g/100g	1,70
1336	Snack des Monats*	205	860	16,846 g/100g	1,440 g/100g	10,739 g/100g	6,809 g/100g	9,782 g/100g	0,726 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
1324	Spanien	233	974	17,373 g/100g	2,857 g/100g	13,008 g/100g	5,584 g/100g	11,000 g/100g	0,890 g/100g	1,40
4144	Spinattasche	354	1.481	26,671 g/100g	1,466 g/100g	24,076 g/100g	11,529 g/100g	7,075 g/100g	1,556 g/100g	2,20
4104	Spritzkuchen	443	1.855	28,100 g/100g	14,700 g/					

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kj)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Proteinheiten
1013	Strammes Mäxchen	170	712	18,605 g/100g	1,221 g/100g	6,131 g/100g	1,275 g/100g	9,290 g/100g	1,159 g/100g	1,60
4054	Streusel	405	1.695	61,647 g/100g	28,582 g/100g	13,362 g/100g	8,299 g/100g	8,115 g/100g	0,820 g/100g	5,10
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
1002	Süsse Versuchung	189	793	24,939 g/100g	10,678 g/100g	8,130 g/100g	3,804 g/100g	3,474 g/100g	0,374 g/100g	2,10
6148	Sweet Pig	297	1.242	69,343 g/100g	68,663 g/100g	0,128 g/100g	0,071 g/100g	3,336 g/100g	0,119 g/100g	5,80
2061	Unser Handgeschöpftes	191	800	37,948 g/100g	2,386 g/100g	0,721 g/100g	0,116 g/100g	5,769 g/100g	1,214 g/100g	3,20
2299	Urkruste	224	938	39,686 g/100g	1,652 g/100g	2,483 g/100g	0,370 g/100g	8,233 g/100g	1,331 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
2017	Vollkornbrot	179	750	33,568 g/100g	1,531 g/100g	0,940 g/100g	0,123 g/100g	5,733 g/100g	1,271 g/100g	2,80
4012	Vollkornbrötchen	258	1.078	36,685 g/100g	1,107 g/100g	6,164 g/100g	0,941 g/100g	9,998 g/100g	1,228 g/100g	3,10
4283	Walnuss-Plunder	399	1.671	44,311 g/100g	18,361 g/100g	20,901 g/100g	6,659 g/100g	7,365 g/100g	0,473 g/100g	3,70
6531	Weihnachtsbaum	446	1.865	45,809 g/100g	32,562 g/100g	27,117 g/100g	3,773 g/100g	4,008 g/100g	0,516 g/100g	3,80
6532	Weihnachtsbaum Sauerkirsch	399	1.670	41,077 g/100g	28,663 g/100g	24,059 g/100g	2,246 g/100g	3,803 g/100g	0,475 g/100g	3,40
2221	Weißbrot	232	971	43,168 g/100g	1,175 g/100g	2,195 g/100g	1,026 g/100g	7,832 g/100g	1,259 g/100g	3,60
4189	Wrap Farmer	184	771	21,009 g/100g	5,381 g/100g	7,418 g/100g	2,386 g/100g	7,988 g/100g	1,737 g/100g	1,80
6044	Zupfkuchen traditionell	258	1.080	32,763 g/100g	17,826 g/100g	10,869 g/100g	6,367 g/100g	6,561 g/100g	0,289 g/100g	2,70
6581	Zupf-Stern	264	1.106	34,335 g/100g	19,314 g/100g	10,934 g/100g	6,426 g/100g	6,364 g/100g	0,284 g/100g	2,90
6177	Zwiebelkuchen Thüringer Art	146	611	11,720 g/100g	2,553 g/100g	6,862 g/100g	3,914 g/100g	8,681 g/100g	1,238 g/100g	1,00