



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: 04.07.2022

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Proteinheiten
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	276	1.157	15,882 g/100g	0,607 g/100g	18,651 g/100g	7,628 g/100g	11,119 g/100g	1,841 g/100g	1,30
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	2,556 g/100g	1,034 g/100g	0,240 g/100g	8,111 g/100g	1,600 g/100g	3,90
4282	1766er Brötchen	282	1.181	45,189 g/100g	1,472 g/100g	5,162 g/100g	0,975 g/100g	10,954 g/100g	1,640 g/100g	3,80
6009	Amerikaner	279	1.167	48,580 g/100g	23,822 g/100g	6,855 g/100g	1,873 g/100g	4,489 g/100g	1,544 g/100g	4,00
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	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
2041	Bauernbrot Schweizer Art	230	962	45,111 g/100g	1,451 g/100g	0,826 g/100g	0,135 g/100g	8,015 g/100g	1,391 g/100g	3,80
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	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
6085	Beeren-Sahneschnitte	193	808	32,000 g/100g	24,000 g/100g	5,900 g/100g	3,400 g/100g	2,700 g/100g	0,170 g/100g	2,70
6008	Bienenstich	396	1.660	29,368 g/100g	17,304 g/100g	28,981 g/100g	12,054 g/100g	4,761 g/100g	0,414 g/100g	2,40
1306	BIO Apfelschorle 50cl	207	868	40,289 g/100g	0,818 g/100g	0,823 g/100g	0,216 g/100g	7,701 g/100g	1,204 g/100g	3,40
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	245	1.026	17,229 g/100g	0,927 g/100g	15,202 g/100g	7,430 g/100g	9,512 g/100g	2,011 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	981	20,069 g/100g	1,485 g/100g	12,861 g/100g	3,551 g/100g	9,180 g/100g	1,368 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	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	204	856	9,865 g/100g	2,501 g/100g	14,712 g/100g	3,734 g/100g	8,153 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. 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
6592	Butterkekse Heidesand	415	1.737	60,484 g/100g	31,372 g/100g	16,715 g/100g	11,278 g/100g	4,668 g/100g	0,337 g/100g	5,00
6601	Butterkekse schwarz/weiß	431	1.807	57,849 g/100g	25,016 g/100g	19,178 g/100g	12,911 g/100g	5,637 g/100g	0,378 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
1360	Caesars Salat	71	299	1,610 g/100g	0,724 g/100g	2,665 g/100g	1,292 g/100g	10,029 g/100g	0,371 g/100g	0,10
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
2320	Ciabatta Olive	252	1.057	44,387 g/100g	0,794 g/100g	3,237 g/100g	0,567 g/100g	9,323 g/100g	1,781 g/100g	3,70
2005	Ciabatta Peperoni	234	982	43,549 g/100g	0,793 g/100g	1,763 g/100g	0,286 g/100g	8,957 g/100g	2,127 g/100g	3,60
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
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
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
2015	Dinkelbrot	191	801	37,461 g/100g	0,476 g/100g	0,769 g/100g	0,114 g/100g	6,951 g/100g	1,411 g/100g	3,10
4010	Dinkelherz	305	1.275	44,272 g/100g	1,151 g/100g	8,187 g/100g	1,025 g/100g	10,809 g/100g	1,411 g/100g	3,70
2003	Dinkel-Vollkornbrot	229	959	28,971 g/100g	2,460 g/100g	7,970 g/100g	0,974 g/100g	7,997 g/100g	0,832 g/100g	2,40
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	281	1.177	53,997 g/100g	0,983 g/100g	1,673 g/100g	0,585 g/100g	10,000 g/100g	1,660 g/100g	4,50
6040	Eclairs	227	949	22,272 g/100g	13,126 g/100g	14,187 g/100g	8,827 g/100g	2,566 g/100g	0,344 g/100g	1,90
6006	Eierschecke traditionell	204	854	26,148 g/100g	15,302 g/100g	8,543 g/100g	4,188 g/100g	5,288 g/100g	0,294 g/100g	2,20
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
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
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
4092	Erdbeerfruchtplunder	191	800	25,128 g/100g	10,713 g/100g	8,090 g/100g	3,571 g/100g	3,516 g/100g	0,368 g/100g	2,10
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
6617	Erdbeerzauber	194	811	23,782 g/100g	16,154 g/100g	10,022 g/100g	4,208 g/100g	1,965 g/100g	0,281 g/100g	2,00
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

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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
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	385	1.611	38,943 g/100g	29,237 g/100g	24,288 g/100g	10,559 g/100g	2,686 g/100g	0,317 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
4065	Fruchtplunder	252	1.054	39,696 g/100g	23,129 g/100g	8,603 g/100g	4,114 g/100g	3,151 g/100g	0,267 g/100g	3,30
6368	Fruchttorteletts	164	687	26,407 g/100g	13,856 g/100g	5,093 g/100g	3,543 g/100g	2,062 g/100g	0,158 g/100g	2,20
1004	Frühstück deftig	158	663	15,382 g/100g	2,228 g/100g	7,708 g/100g	4,484 g/100g	6,425 g/100g	0,715 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	111	466	13,443 g/100g	4,067 g/100g	4,530 g/100g	2,293 g/100g	3,829 g/100g	0,438 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	698	12,640 g/100g	1,876 g/100g	9,523 g/100g	4,223 g/100g	7,316 g/100g	0,981 g/100g	1,10
1276	Frühstück Schlemmer	153	639	13,735 g/100g	5,721 g/100g	8,103 g/100g	4,704 g/100g	5,905 g/100g	0,541 g/100g	1,10
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	0,499 g/100g	1,40
1328	Frühstück Sternbäck Spezial	110	460	10,777 g/100g	3,957 g/100g	5,305 g/100g	2,719 g/100g	4,555 g/100g	0,200 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	585	9,967 g/100g	2,570 g/100g	8,215 g/100g	4,737 g/100g	6,168 g/100g	0,631 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	275	1.149	43,898 g/100g	17,826 g/100g	8,421 g/100g	4,945 g/100g	4,704 g/100g	0,496 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
6088	Glücksmoment	380	1.589	35,085 g/100g	24,850 g/100g	24,818 g/100g	14,754 g/100g	4,265 g/100g	0,364 g/100g	2,90
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	962	23,728 g/100g	1,210 g/100g	10,471 g/100g	4,804 g/100g	9,273 g/100g	1,355 g/100g	2,00
4136	Grillkonfekt	244	1.023	41,645 g/100g	1,976 g/100g	3,545 g/100g	0,525 g/100g	9,005 g/100g	1,908 g/100g	3,50
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. Pfeffercremesauce	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
1236	Hamburger Schnitzel	247	1.033	15,594 g/100g	0,853 g/100g	15,107 g/100g	4,321 g/100g	11,816 g/100g	0,832 g/100g	1,30
4036	Handbrot des Monats	226	946	15,191 g/100g	1,950 g/100g	13,738 g/100g	6,724 g/100g	9,863 g/100g	1,102 g/100g	1,30
2230	Hausbrot	227	952	44,158 g/100g	1,638 g/100g	1,257 g/100g	0,158 g/100g	7,392 g/100g	1,402 g/100g	3,70
4131	Hefeschnecke mit Zimt	372	1.559	47,524 g/100g	18,892 g/100g	17,031 g/100g	6,872 g/100g	6,126 g/100g	0,573 g/100g	4,00
6486	Heidesandtaler	452	1.893	51,778 g/100g	17,417 g/100g	23,661 g/100g	12,272 g/100g	6,964 g/100g	0,100 g/100g	4,30
1067	Heißes Früchtchen	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
1455	Heißes Kakaotrunk (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 Kakaotrunk (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 Kakaotrunk 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
6086	Himbeer-Milchreis-Torte	177	740	27,024 g/100g	19,547 g/100g	5,781 g/100g	3,404 g/100g	3,219 g/100g	0,302 g/100g	2,30
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
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
4016	Kaiserbrötchen	281	1.177	53,997 g/100g	0,983 g/100g	1,673 g/100g	0,585 g/100g	10,000 g/100g	1,660 g/100g	4,50
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	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	288	1.205	37,510 g/100g	0,709 g/100g	8,834 g/100g	5,697 g/100g	13,026 g/100g	1,629 g/100g	3,10
1239	Käsebrötchen Spezial	275	1.153	25,009 g/100g	0,665 g/100g	13,008 g/100g	6,754 g/100g	13,523 g/100g	1,254 g/100g	2,10
6029	Käsekuchen	220	920	29,178 g/100g	20,218 g/100g	8,260 g/100g	4,695 g/100g	6,787 g/100g	0,295 g/100g	2,40

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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	270	1.129	23,317 g/100g	0,546 g/100g	12,147 g/100g	7,299 g/100g	15,933 g/100g	2,313 g/100g	1,90
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
6453	Kirmeskuchen traditionell	267	1.117	33,720 g/100g	21,733 g/100g	12,110 g/100g	5,756 g/100g	5,367 g/100g	0,298 g/100g	2,80
6595	Kirsch-Eclair	273	1.144	20,619 g/100g	16,009 g/100g	19,883 g/100g	13,490 g/100g	3,084 g/100g	0,185 g/100g	1,70
4214	Kirschkastropf	280	1.171	46,977 g/100g	8,571 g/100g	5,691 g/100g	0,329 g/100g	8,319 g/100g	0,832 g/100g	3,90
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
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
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	220	920	24,811 g/100g	1,682 g/100g	8,702 g/100g	1,175 g/100g	9,797 g/100g	1,290 g/100g	2,10
1255	Kraftpaket belegt mit Hähnchenschnitte	200	837	20,584 g/100g	1,541 g/100g	7,860 g/100g	1,792 g/100g	10,871 g/100g	0,977 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
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	926	40,959 g/100g	1,024 g/100g	1,822 g/100g	0,453 g/100g	8,115 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
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
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	21,602 g/100g	3,842 g/100g	8,354 g/100g	0,883 g/100g	8,988 g/100g	1,863 g/100g	1,80
4040	Limettenkamm	330	1.383	44,764 g/100g	23,079 g/100g	14,643 g/100g	8,380 g/100g	4,154 g/100g	0,422 g/100g	3,70
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
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
6089	Mehrfuchtschnitte	198	829	25,073 g/100g	17,200 g/100g	9,873 g/100g	3,776 g/100g	1,875 g/100g	0,298 g/100g	2,10
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	316	1.322	50,684 g/100g	9,778 g/100g	7,555 g/100g	0,639 g/100g	9,381 g/100g	1,207 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	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	1.227	47,739 g/100g	1,180 g/100g	5,304 g/100g	0,959 g/100g	10,607 g/100g	1,465 g/100g	4,00
4059	Mohnschnecke	357	1.494	45,254 g/100g	22,261 g/100g	15,956 g/100g	6,834 g/100g	6,522 g/100g	0,415 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
6389	Muffin des Monats	340	1.425	36,038 g/100g	21,041 g/100g	20,131 g/100g	10,703 g/100g	3,766 g/100g	2,822 g/100g	3,00
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
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
1205	Panini Salami	268	1.124	20,613 g/100g	0,923 g/100g	14,851 g/100g	8,459 g/100g	12,520 g/100g	1,548 g/100g	1,70
1207	Panini Schinken	245	1.025	23,976 g/100g	0,976 g/100g	10,645 g/100g	5,099 g/100g	12,422 g/100g	1,725 g/100g	2,00
1215	Panini Tomate Mozzarella	180	753	18,354 g/100g	1,522 g/100g	7,712 g/100g	4,787 g/100g	8,419 g/100g	1,013 g/100g	1,50
6166	Papageienkuchen	399	1.672	39,426 g/100g	24,316 g/100g	24,396 g/100g	3,021 g/100g	5,334 g/100g	0,738 g/100g	3,30
4295	Papageien-Muffin	347	1.452	42,707 g/100g	23,458 g/100g	17,621 g/100g	2,289 g/100g	4,078 g/100g	0,873 g/100g	3,60
4095	Partykranz	385	1.613	28,855 g/100g	11,014 g/100g	23,752 g/100g	7,747 g/100g	12,211 g/100g	0,589 g/100g	2,40
4094	Partyring	260	1.089	41,016 g/100g	0,955 g/100g	5,356 g/100g	1,258 g/100g	9,671 g/100g	1,256 g/100g	3,40
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. 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	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	391	1.636	48,105 g/100g	22,361 g/100g	18,460 g/100g	7,332 g/100g	7,033 g/100g	0,503 g/100g	4,00
4112	Pfannkuchen glas. mit Pflaumenmus	280	1.171	50,027 g/100g	23,902 g/100g	5,312 g/100g	2,193 g/100g	6,449 g/100g	0,777 g/100g	4,20
4055	Pfannkuchen/Berliner	325	1.362	49,795 g/100g	24,176 g/100g	10,680 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

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
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	257	1.074	25,691 g/100g	3,417 g/100g	12,035 g/100g	6,632 g/100g	10,645 g/100g	1,891 g/100g	2,10
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
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
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	Rogg'n Egg	197	825	21,265 g/100g	2,376 g/100g	8,667 g/100g	1,418 g/100g	7,483 g/100g	1,050 g/100g	1,80
4002	Roggenbrötchen	246	1.031	46,156 g/100g	2,532 g/100g	1,348 g/100g	0,463 g/100g	9,572 g/100g	1,756 g/100g	3,80
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	224	939	26,407 g/100g	19,733 g/100g	10,544 g/100g	4,987 g/100g	5,408 g/100g	0,266 g/100g	2,20
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
1059	Salami-Stern	222	931	25,063 g/100g	1,334 g/100g	9,636 g/100g	2,697 g/100g	7,890 g/100g	1,557 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
1131	Salzkartoffeln	0	0							
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
1258	Schinkenmettwurstbrötchen	200	838	18,415 g/100g	1,020 g/100g	8,544 g/100g	3,448 g/100g	11,680 g/100g	1,769 g/100g	1,50
1101	Schinken-Stern	179	750	24,172 g/100g	1,304 g/100g	4,987 g/100g	0,983 g/100g	8,293 g/100g	1,444 g/100g	2,00
6083	Schmandkuchen traditionell	199	833	22,930 g/100g	11,781 g/100g	10,077 g/100g	6,003 g/100g	3,824 g/100g	0,324 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	280	1.173	53,650 g/100g	1,143 g/100g	1,751 g/100g	0,622 g/100g	9,896 g/100g	1,590 g/100g	4,50
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
4008	Sesambrötchen	317	1.327	46,853 g/100g	0,953 g/100g	8,187 g/100g	1,440 g/100g	11,273 g/100g	1,447 g/100g	3,90
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
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
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
1371	Strammer Max	253	1.060	11,261 g/100g	0,795 g/100g	17,108 g/100g	5,828 g/100g	13,386 g/100g	1,899 g/100g	0,90
1013	Strammes Mäxchen	170	711	18,669 g/100g	1,410 g/100g	6,061 g/100g	1,264 g/100g	9,304 g/100g	1,154 g/100g	1,60
4054	Streusel	408	1.708	61,443 g/100g	28,767 g/100g	13,716 g/100g	7,363 g/100g	8,206 g/100g	0,861 g/100g	5,10
6092	Streuselkuchen traditionell	237	991	37,308 g/100g	16,610 g/100g	7,916 g/100g	3,874 g/100g	3,265 g/100g	0,351 g/100g	3,10
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
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	278	1.166	43,990 g/100g	8,483 g/100g	6,123 g/100g	0,432 g/100g	10,185 g/100g	1,433 g/100g	3,70
1084	Tiger-Chicken Brötchen	222	928	25,410 g/100g	3,994 g/100g	9,056 g/100g	0,845 g/100g	8,842 g/100g	1,052 g/100g	2,10
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	1,637 g/100g	2,483 g/100g	0,369 g/100g	8,218 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	178	746	33,062 g/100g	1,379 g/100g	0,994 g/100g	0,155 g/100g	5,568 g/100g	1,274 g/100g	2,80
4012	Vollkornbrötchen	292	1.225	39,149 g/100g	1,856 g/100g	7,146 g/100g	0,925 g/100g	13,511 g/100g	1,862 g/100g	3,30
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
2221	Weißbrot	235	985	43,737 g/100g	1,203 g/100g	2,269 g/100g	1,187 g/100g	7,944 g/100g	1,276 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
1143	Wrap Vuna	217	911	17,121 g/100g	2,339 g/100g	12,963 g/100g	3,249 g/100g	7,125 g/100g	0,699 g/100g	1,40
6109	Zitronen-Sahne-Schnitte	280	1.174	25,608 g/100g	17,354 g/100g	18,058 g/100g	11,481 g/100g	3,976 g/100g	0,276 g/100g	2,10
6500	Zitronen-Sandkuchen	401	1.678	44,239 g/100g	22,805 g/100g	22,773 g/100g	2,500 g/100g	4,590 g/100g	0,762 g/100g	3,70
6044	Zupfkuchen traditionell	262	1.099	32,857 g/100g	17,905 g/100g	11,263 g/100g	7,227 g/100g	6,681 g/100g	0,286 g/100g	2,70