



Nährwerte

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

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

Stand: 12.09.2023

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Proteinheiten
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
1467	2 Spiegeleier	205	857	0,923 g/100g		17,231 g/100g	1,000 g/100g	12,000 g/100g	0,019 g/100g	0,10
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	308	1.290	46,840 g/100g	25,212 g/100g	10,893 g/100g	4,843 g/100g	4,417 g/100g	1,339 g/100g	3,90
4139	Apfel-Muffin	387	1.620	40,509 g/100g	22,479 g/100g	23,091 g/100g	3,344 g/100g	4,112 g/100g	0,751 g/100g	3,40
4063	Apfeltasche	319	1.337	34,675 g/100g	13,493 g/100g	17,771 g/100g	7,867 g/100g	4,271 g/100g	0,555 g/100g	2,90
2001	Baguette	262	1.097	51,442 g/100g	0,462 g/100g	0,898 g/100g	0,167 g/100g	9,561 g/100g	1,631 g/100g	4,30
2157	Baguette Rustique	245	1.025	46,191 g/100g	0,698 g/100g	1,826 g/100g	0,199 g/100g	8,772 g/100g	1,676 g/100g	3,80
6011	Baiser	286	1.195	66,569 g/100g	65,924 g/100g	0,082 g/100g	0,048 g/100g	3,500 g/100g	0,127 g/100g	5,50
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	945	41,502 g/100g	2,406 g/100g	1,648 g/100g	0,587 g/100g	8,552 g/100g	1,358 g/100g	3,50
6008	Bienenstich	394	1.649	29,298 g/100g	15,961 g/100g	28,790 g/100g	11,520 g/100g	4,637 g/100g	0,402 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	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	296	1.238	17,115 g/100g	0,633 g/100g	19,938 g/100g	8,231 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	235	983	20,533 g/100g	1,484 g/100g	12,683 g/100g	3,425 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
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
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	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
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
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
2100	Ciabatta-Tomate- Peperoni	248	1.037	43,246 g/100g	0,961 g/100g	3,372 g/100g	1,836 g/100g	9,063 g/100g	1,868 g/100g	3,60
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	716	16,821 g/100g	0,675 g/100g	7,121 g/100g	3,685 g/100g	9,288 g/100g	1,236 g/100g	1,40
4010	Dinkelherz	299	1.252	42,800 g/100g	1,040 g/100g	8,156 g/100g	1,020 g/100g	11,055 g/100g	1,354 g/100g	3,60
2003	Dinkel-Vollkornbrot	149	625	9,205 g/100g	1,256 g/100g	7,939 g/100g	0,978 g/100g	8,090 g/100g	0,832 g/100g	0,80
2999	div.Artikel Brot	398	1.667	44,036 g/100g	23,860 g/100g	20,413 g/100g	11,006 g/100g	7,499 g/100g	0,689 g/100g	3,70
4178	Doppelbrötchen	282	1.180	53,830 g/100g	0,636 g/100g	1,831 g/100g	0,344 g/100g	9,958 g/100g	1,660 g/100g	4,50
6040	Eclairs	226	944	22,234 g/100g	12,212 g/100g	14,119 g/100g	8,470 g/100g	2,510 g/100g	0,334 g/100g	1,90
1254	Egg-Snack	233	977	14,735 g/100g	3,354 g/100g	16,672 g/100g	5,138 g/100g	6,332 g/100g	0,772 g/100g	1,20
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
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	Erseneintopf	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
4092	Erdbeerfruchtplunder	195	817	26,955 g/100g	11,431 g/100g	7,889 g/100g	3,591 g/100g	3,278 g/100g	0,404 g/100g	2,20
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
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	158	663	13,863 g/100g	4,869 g/100g	8,247 g/100g	3,303 g/100g	6,834 g/100g	0,552 g/100g	1,20
1328	Geniesser-Frühstück für zwei	173	724	16,585 g/100g	4,749 g/100g	8,157 g/100g	3,401 g/100g	7,832 g/100g	0,763 g/100g	1,40
6088	Glücksmoment	396	1.656	36,608 g/100g	26,593 g/100g	25,840 g/100g	14,758 g/100g	4,232 g/100g	0,374 g/100g	3,10
4293	Goldweck	262	1.097	49,951 g/100g	0,725 g/100g	1,882 g/100g	0,687 g/100g	8,788 g/100g	1,758 g/100g	4,20
1057	Gouda-Stern	230	964	23,746 g/100g	1,092 g/100g	10,496 g/100g	4,767 g/100g	9,286 g/100g	1,360 g/100g	2,00
1058	Grosses Glück	108	453	12,864 g/100g	2,600 g/100g	3,750 g/100g	1,371 g/100g	5,221 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. 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
4036	Handbrot des Monats	196	823	16,636 g/100g	1,847 g/100g	10,122 g/100g	4,599 g/100g	8,960 g/100g	1,315 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	370	1.550	47,342 g/100g	18,626 g/100g	16,980 g/100g	6,895 g/100g	5,846 g/100g	0,575 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
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
1112	Italiano	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
1325	Italien	227	949	18,894 g/100g	0,655 g/100g	11,954 g/100g	4,973 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
4016	Kaiserbrötchen	282	1.180	53,830 g/100g	0,636 g/100g	1,831 g/100g	0,344 g/100g	9,958 g/100g	1,660 g/100g	4,50
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
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	238	995	44,044 g/100g	1,753 g/100g	1,603 g/100g	0,266 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	1.207	37,394 g/100g	0,468 g/100g	8,943 g/100g	5,530 g/100g	12,997 g/100g	1,629 g/100g	3,10
1239	Käsebrötchen Spezial	276	1.154	24,936 g/100g	0,513 g/100g	13,077 g/100g	6,649 g/100g	13,504 g/100g	1,254 g/100g	2,10
1119	Käse-Glück belegt	218	911	16,646 g/100g	1,672 g/100g	11,852 g/100g	5,047 g/100g	10,648 g/100g	1,188 g/100g	1,40
6029	Käsekuchen	214	895	24,260 g/100g	15,295 g/100g	9,571 g/100g	5,406 g/100g	7,430 g/100g	0,292 g/100g	2,00
4089	Käse-Schinken-Brötchen	245	1.024	23,531 g/100g	0,625 g/100g	9,453 g/100g	6,034 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	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	227	951	27,131 g/100g	17,375 g/100g	11,638 g/100g	6,915 g/100g	3,184 g/100g	0,403 g/100g	2,30
6595	Kirsch-Eclair	272	1.140	20,598 g/100g	14,646 g/100g	19,818 g/100g	12,949 g/100g	3,070 g/100g	0,167 g/100g	1,70
4058	Kirschkamm	287	1.203	39,967 g/100g	17,815 g/100g	11,996 g/100g	5,866 g/100g	3,879 g/100g	0,418 g/100g	3,30
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
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	917	24,537 g/100g	1,376 g/100g	8,997 g/100g	0,839 g/100g	9,241 g/100g	1,149 g/100g	2,00
4029	Kürbiskernbrötchen	325	1.361	41,010 g/100g	1,578 g/100g	9,869 g/100g	2,305 g/100g	14,646 g/100g	0,115 g/100g	3,40
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	316	1.321	46,754 g/100g	2,815 g/100g	9,185 g/100g	4,292 g/100g	9,285 g/100g	1,515 g/100g	3,90
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
4040	Limettenkamm	329	1.380	44,818 g/100g	23,069 g/100g	14,603 g/100g	8,392 g/100g	3,989 g/100g	0,424 g/100g	3,70
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
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
6089	Mehrfruchtschnitte	197	823	25,055 g/100g	17,195 g/100g	9,759 g/100g	3,762 g/100g	1,824 g/100g	0,303 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	289	1.209	36,315 g/100g	1,345 g/100g	9,489 g/100g	1,264 g/100g	11,671 g/100g	1,187 g/100g	3,00
4001	Milchhörnchen	335	1.403	51,984 g/100g	10,255 g/100g	9,125 g/100g	1,671 g/100g	9,503 g/100g	1,235 g/100g	4,30
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	262	1.098	51,491 g/100g	0,459 g/100g	0,897 g/100g	0,167 g/100g	9,556 g/100g	1,629 g/100g	4,30
4014	Mohnbrötchen	294	1.230	47,592 g/100g	0,876 g/100g	5,442 g/100g	0,748 g/100g	10,570 g/100g	1,465 g/100g	4,00
6030	Mohnkuchen	254	1.064	26,949 g/100g	16,349 g/100g	11,900 g/100g	2,676 g/100g	7,920 g/100g	0,250 g/100g	2,20
4059	Mohnschnecke	318	1.330	37,372 g/100g	17,695 g/100g	14,783 g/100g	5,908 g/100g	7,039 g/100g	0,552 g/100g	3,10
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
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	388	1.625	38,957 g/100g	24,079 g/100g	23,520 g/100g	2,915 g/100g	5,008 g/100g	0,754 g/100g	3,20
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
4055	Pfannkuchen/Berliner	318	1.330	49,821 g/100g	24,198 g/100g	9,867 g/100g	2,822 g/100g	6,027 g/100g	0,763 g/100g	4,20
6080	Pflaumenkuchen traditionell mit Streusel	236	990	35,690 g/100g	14,490 g/100g	8,243 g/100g	4,494 g/100g	3,679 g/100g	0,187 g/100g	3,00
1014	Pizzabrötchen	279	1.169	25,597 g/100g	3,196 g/100g	14,181 g/100g	6,925 g/100g	11,656 g/100g	1,863 g/100g	2,10
4143	Pizza-Schnecke	238	995	34,051 g/100g	2,975 g/100g	6,449 g/100g	3,490 g/100g	9,437 g/100g	1,632 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

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
4083	Rosinenbrötchen	272	1.139	45,082 g/100g	14,396 g/100g	4,575 g/100g	2,031 g/100g	10,649 g/100g	1,351 g/100g	3,80
2254	Rosinenzopf groß	289	1.212	46,074 g/100g	11,651 g/100g	6,185 g/100g	2,829 g/100g	10,437 g/100g	1,195 g/100g	3,80
2253	Rosinenzopf klein	289	1.212	46,074 g/100g	11,651 g/100g	6,185 g/100g	2,829 g/100g	10,437 g/100g	1,195 g/100g	3,80
6186	Roulade des Monats	269	1.126	22,761 g/100g	13,973 g/100g	17,537 g/100g	9,065 g/100g	4,866 g/100g	0,280 g/100g	1,90
1059	Salami-Stern	223	933	25,081 g/100g	1,210 g/100g	9,663 g/100g	2,658 g/100g	7,904 g/100g	1,562 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	752	24,190 g/100g	1,184 g/100g	5,013 g/100g	0,946 g/100g	8,306 g/100g	1,449 g/100g	2,00
4023	Schrippen	281	1.177	53,481 g/100g	0,794 g/100g	1,926 g/100g	0,352 g/100g	9,854 g/100g	1,590 g/100g	4,50
1445	Schweinegeschnetzeltes	260	1.087	20,965 g/100g	0,674 g/100g	13,850 g/100g	7,054 g/100g	12,019 g/100g	1,659 g/100g	1,70
1447	Schweinemedailon	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
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	1.036	15,170 g/100g	2,524 g/100g	15,638 g/100g	10,417 g/100g	11,235 g/100g	0,993 g/100g	1,30
1326	Skandinavien	215	900	19,806 g/100g	0,918 g/100g	10,925 g/100g	5,218 g/100g	8,643 g/100g	0,898 g/100g	1,70
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
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
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	17,373 g/100g	2,857 g/100g	13,049 g/100g	5,518 g/100g	11,000 g/100g	0,890 g/100g	1,40
4104	Spritzkuchen	437	1.829	32,785 g/100g	19,762 g/100g	32,861 g/100g	13,292 g/100g	2,861 g/100g	0,305 g/100g	2,70
1371	Strammer Max	217	910	11,668 g/100g	1,120 g/100g	13,175 g/100g	4,174 g/100g	12,681 g/100g	1,573 g/100g	1,00
1013	Strammes Mäxchen	171	714	18,605 g/100g	1,221 g/100g	6,179 g/100g	1,197 g/100g	9,290 g/100g	1,159 g/100g	1,60
4054	Streusel	400	1.675	67,077 g/100g	32,204 g/100g	10,761 g/100g	5,650 g/100g	6,994 g/100g	0,823 g/100g	5,60
6047	Streuselkuchen gefüllt	238	998	37,995 g/100g	17,224 g/100g	7,783 g/100g	4,544 g/100g	3,276 g/100g	0,317 g/100g	3,20
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
1329	Süsse Auszeit	164	687	18,068 g/100g	8,068 g/100g	8,149 g/100g	3,459 g/100g	4,211 g/100g	0,172 g/100g	1,50
1002	Süsse Versuchung	189	793	24,961 g/100g	10,675 g/100g	8,148 g/100g	3,782 g/100g	3,421 g/100g	0,374 g/100g	2,10
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	297	1.242	45,139 g/100g	8,903 g/100g	7,614 g/100g	1,344 g/100g	10,347 g/100g	1,451 g/100g	3,80
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	1.669	44,388 g/100g	18,351 g/100g	20,900 g/100g	6,681 g/100g	7,177 g/100g	0,474 g/100g	3,70
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
6500	Zitronen-Sandkuchen	394	1.651	44,151 g/100g	22,783 g/100g	22,218 g/100g	2,433 g/100g	4,346 g/100g	0,784 g/100g	3,70
6044	Zupfkuchen traditionell	258	1.080	32,761 g/100g	17,826 g/100g	10,869 g/100g	6,367 g/100g	6,560 g/100g	0,289 g/100g	2,70
4051	Zwetschgendatschi	296	1.240	41,560 g/100g	18,552 g/100g	11,976 g/100g	6,431 g/100g	4,438 g/100g	0,362 g/100g	3,50
6065	Zwetschgen-Tarte	244	1.020	36,695 g/100g	20,444 g/100g	8,379 g/100g	3,012 g/100g	4,204 g/100g	0,294 g/100g	3,10