



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. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
2213	1/4 Schwabenlaib	219	916	39,770 g/100g	1,109 g/100g	2,622 g/100g	0,276 g/100g	6,948 g/100g	1,505 g/100g	3,30
2368	1766er Brot	215	899	41,572 g/100g	2,219 g/100g	0,918 g/100g	0,218 g/100g	7,428 g/100g	1,779 g/100g	3,50
4282	1766er Brötchen	262	1.099	42,725 g/100g	1,654 g/100g	4,859 g/100g	0,770 g/100g	9,192 g/100g	1,537 g/100g	3,60
6009	Amerikaner	309	1.295	54,584 g/100g	29,233 g/100g	7,456 g/100g	1,624 g/100g	4,627 g/100g	1,355 g/100g	4,50
6416	Apfelkuchen Vegan	189	790	34,000 g/100g	20,000 g/100g	5,000 g/100g	2,100 g/100g	1,600 g/100g	0,140 g/100g	2,80
4063	Apfeltasche	323	1.353	37,967 g/100g	17,499 g/100g	16,817 g/100g	6,973 g/100g	4,045 g/100g	0,517 g/100g	3,20
2025	Bäckerroggen	214	895	41,796 g/100g	2,384 g/100g	0,968 g/100g	0,159 g/100g	6,793 g/100g	1,340 g/100g	3,50
2002	Baguette Nature	247	1.035	48,104 g/100g	0,515 g/100g	0,937 g/100g	0,215 g/100g	9,020 g/100g	1,643 g/100g	4,00
2041	Bauernbrot Schweizer Art	213	893	42,206 g/100g	1,471 g/100g	0,765 g/100g	0,138 g/100g	7,114 g/100g	1,332 g/100g	3,50
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
4055	Berliner mit Fruchtfüllung	375	1.569	49,010 g/100g	20,383 g/100g	16,676 g/100g	5,494 g/100g	6,074 g/100g	2,834 g/100g	4,10
4314	Birne-Schmand-Streusel	295	1.234	38,954 g/100g	14,652 g/100g	12,226 g/100g	8,034 g/100g	6,420 g/100g	0,686 g/100g	3,20
1550	Bombardino	149	626	12,786 g/100g	12,768 g/100g	10,000 g/100g	6,282 g/100g	2,215 g/100g	0,023 g/100g	1,10
1533	Brezel Black Pepper	382	1.600	55,796 g/100g	3,383 g/100g	11,622 g/100g	1,409 g/100g	11,036 g/100g	2,600 g/100g	4,60
1535	Brezel Cheese&Onion	381	1.595	55,866 g/100g	3,333 g/100g	11,262 g/100g	1,619 g/100g	11,406 g/100g	2,648 g/100g	4,70
1494	Brezel Gouda	281	1.176	27,129 g/100g	1,770 g/100g	13,629 g/100g	8,227 g/100g	11,359 g/100g	1,405 g/100g	2,30
1534	Brezel Pizza	378	1.583	56,206 g/100g	3,643 g/100g	10,902 g/100g	1,419 g/100g	11,146 g/100g	2,802 g/100g	4,70
1498	Brezel Salami	275	1.153	29,012 g/100g	2,069 g/100g	12,980 g/100g	6,504 g/100g	9,482 g/100g	1,286 g/100g	2,40
1493	Brezel Schnittlauch	269	1.126	37,503 g/100g	2,954 g/100g	8,564 g/100g	4,435 g/100g	8,680 g/100g	1,217 g/100g	3,10
4000	Brezeln	332	1.388	59,716 g/100g	3,541 g/100g	3,659 g/100g	0,472 g/100g	11,802 g/100g	5,771 g/100g	5,00
4035	Buttercroissant	299	1.250	31,523 g/100g	5,000 g/100g	16,305 g/100g	9,239 g/100g	6,522 g/100g	0,935 g/100g	2,60
4060	Buttercroissant mit Schokocreame	411	1.721	45,345 g/100g	13,147 g/100g	21,725 g/100g	12,144 g/100g	8,579 g/100g	1,003 g/100g	3,80
6592	Butterkekse Heidesand	414	1.732	59,727 g/100g	31,868 g/100g	16,530 g/100g	11,175 g/100g	5,395 g/100g	0,334 g/100g	5,00
6601	Butterkekse schwarz/weiß	429	1.798	56,920 g/100g	25,535 g/100g	18,944 g/100g	12,776 g/100g	6,450 g/100g	0,376 g/100g	4,70
4248	Butter-Rosi	284	1.189	49,932 g/100g	19,447 g/100g	5,244 g/100g	3,119 g/100g	7,693 g/100g	0,821 g/100g	4,20
1032	Cappuccino klein	50	209	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,792 g/100g	2,581 g/100g	0,101 g/100g	0,30
1453	Cappuccino normal	50	209	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,792 g/100g	2,581 g/100g	0,101 g/100g	0,30
1537	Chai Latte klein	66	277	5,535 g/100g	5,454 g/100g	3,451 g/100g	2,268 g/100g	3,256 g/100g	0,128 g/100g	0,50
1538	Chai Latte normal	66	277	5,535 g/100g	5,454 g/100g	3,451 g/100g	2,268 g/100g	3,256 g/100g	0,128 g/100g	0,50
4015	Ciabattabrötchen	205	860	39,230 g/100g	0,777 g/100g	1,185 g/100g	0,210 g/100g	7,441 g/100g	1,232 g/100g	3,30
1089	Debreziner	310	1.299	0,700 g/100g	0,500 g/100g	28,500 g/100g	11,400 g/100g	13,700 g/100g	2,700 g/100g	0,10
6615	Delikatess-Bienenstich	307	1.286	31,000 g/100g	14,000 g/100g	18,000 g/100g	9,600 g/100g	5,500 g/100g	0,480 g/100g	2,60
6172	Delikatess-Erdbeersahneschnitte	172	718	28,000 g/100g	19,000 g/100g	5,400 g/100g	2,900 g/100g	2,500 g/100g	0,220 g/100g	2,30
2096	Dinkelbrot	215	898	41,478 g/100g	0,631 g/100g	1,001 g/100g	0,234 g/100g	7,861 g/100g	1,969 g/100g	3,50
2052	Dinkel-Grünkernbrot	249	1.044	38,351 g/100g	0,841 g/100g	5,799 g/100g	0,650 g/100g	9,029 g/100g	1,399 g/100g	3,20
4010	Dinkelherz	303	1.270	45,221 g/100g	1,075 g/100g	7,591 g/100g	0,979 g/100g	10,809 g/100g	1,400 g/100g	3,80
4274	Dinkelseele m. Grünkern	257	1.077	41,072 g/100g	0,666 g/100g	5,157 g/100g	0,741 g/100g	9,542 g/100g	1,376 g/100g	3,40
2003	Dinkel-Vollkornbrot	248	1.038	34,073 g/100g	2,691 g/100g	7,326 g/100g	0,908 g/100g	8,677 g/100g	0,959 g/100g	2,80
6332	Dominosteine	379	1.588	56,599 g/100g	42,403 g/100g	13,528 g/100g	5,422 g/100g	5,493 g/100g	0,169 g/100g	4,70
1506	Dressing Joghurt 70ml	146	610	7,200 g/100g	5,600 g/100g	12,500 g/100g	1,700 g/100g	1,500 g/100g	1,000 g/100g	0,60
1505	Dressing Vinaigrette 70ml	96	402	6,700 g/100g	6,600 g/100g	7,700 g/100g	0,500 g/100g	0,200 g/100g	2,000 g/100g	0,60
6242	Eclair gefüllt	249	1.040	21,044 g/100g	8,885 g/100g	16,617 g/100g	6,059 g/100g	3,905 g/100g	0,461 g/100g	1,80
1318	Eiskaffee	112	469	14,551 g/100g	14,362 g/100g	5,397 g/100g	4,558 g/100g	1,312 g/100g	0,059 g/100g	1,20
1356	Eiskakao	159	665	19,805 g/100g	19,225 g/100g	7,288 g/100g	5,906 g/100g	3,434 g/100g	0,201 g/100g	1,70
1060	Eiskakao weiß	168	704	19,659 g/100g	19,425 g/100g	8,458 g/100g	6,725 g/100g	3,356 g/100g	0,173 g/100g	1,60
2070	Emmerbrot	233	975	41,485 g/100g	2,121 g/100g	2,243 g/100g	0,485 g/100g	8,315 g/100g	1,647 g/100g	3,50
1175	Fleischkäse Scheibe	289	1.210	0,100 g/100g	0,500 g/100g	27,200 g/100g	10,800 g/100g	11,900 g/100g	2,800 g/100g	0,00
6633	Flocken-Sahnetorte	257	1.076	25,000 g/100g	9,500 g/100g	15,800 g/100g	8,500 g/100g	3,600 g/100g	0,300 g/100g	2,10
2206	Früchtebrot 250g	320	1.338	55,511 g/100g	34,267 g/100g	6,688 g/100g	1,863 g/100g	5,424 g/100g	0,316 g/100g	4,60
1004	Frühstück deftig	159	667	15,639 g/100g	2,190 g/100g	7,760 g/100g	4,670 g/100g	6,277 g/100g	0,752 g/100g	1,30
1327	Frühstück Fitness	164	687	11,387 g/100g	1,763 g/100g	10,076 g/100g	6,527 g/100g	6,805 g/100g	0,633 g/100g	0,90
1231	Frühstück französisch	158	662	13,227 g/100g	6,185 g/100g	10,297 g/100g	6,352 g/100g	3,275 g/100g	0,348 g/100g	1,10
1232	Frühstück für kleine Gäste	176	737	20,573 g/100g	9,900 g/100g	7,957 g/100g	4,429 g/100g	5,125 g/100g	0,551 g/100g	1,70
1058	Frühstück Hallo Wach	112	470	13,608 g/100g	4,033 g/100g	4,557 g/100g	2,356 g/100g	3,805 g/100g	0,444 g/100g	1,10

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1324	Frühstück Mediterran	162	679	15,113 g/100g	2,862 g/100g	8,219 g/100g	3,937 g/100g	6,548 g/100g	0,683 g/100g	1,30
1325	Frühstück Rustikal	166	697	12,715 g/100g	1,845 g/100g	9,573 g/100g	4,493 g/100g	7,085 g/100g	0,956 g/100g	1,10
1276	Frühstück Schlemmer	159	664	13,868 g/100g	5,500 g/100g	8,633 g/100g	5,122 g/100g	6,093 g/100g	0,594 g/100g	1,20
1003	Frühstück schnell	117	488	12,710 g/100g	2,989 g/100g	5,503 g/100g	3,125 g/100g	3,756 g/100g	0,432 g/100g	1,10
1328	Frühstück Sternenbäck Spezial	108	452	10,593 g/100g	3,868 g/100g	5,230 g/100g	2,584 g/100g	4,400 g/100g	0,460 g/100g	0,90
1002	Frühstück süß	166	694	19,929 g/100g	8,892 g/100g	7,817 g/100g	3,734 g/100g	3,526 g/100g	0,312 g/100g	1,70
1326	Frühstücksteller	139	581	9,764 g/100g	2,513 g/100g	8,276 g/100g	4,997 g/100g	6,040 g/100g	0,674 g/100g	0,80
2047	Genetztes Brot	210	879	40,392 g/100g	1,321 g/100g	1,063 g/100g	0,187 g/100g	7,319 g/100g	1,379 g/100g	3,40
6088	Glücksmoment	490	2.052	45,815 g/100g	40,449 g/100g	31,840 g/100g	12,436 g/100g	5,497 g/100g	0,229 g/100g	3,80
4293	Goldweck	227	952	42,850 g/100g	0,810 g/100g	1,996 g/100g	0,324 g/100g	7,336 g/100g	1,426 g/100g	3,60
1057	Gouda-Stern	241	1.007	22,766 g/100g	0,876 g/100g	12,023 g/100g	5,177 g/100g	9,578 g/100g	1,398 g/100g	1,90
6042	Granatsplitter dunkel	448	1.876	39,388 g/100g	28,295 g/100g	28,403 g/100g	14,431 g/100g	4,688 g/100g	0,396 g/100g	3,30
6036	Granatsplitter hell	445	1.865	42,210 g/100g	31,528 g/100g	27,849 g/100g	14,025 g/100g	5,260 g/100g	0,494 g/100g	3,50
4136	Grillkonfekt	258	1.081	43,932 g/100g	1,221 g/100g	3,947 g/100g	0,649 g/100g	9,217 g/100g	2,449 g/100g	3,70
1108	halbes belegtes Kaiserbrötchen	232	973	17,844 g/100g	0,620 g/100g	13,546 g/100g	7,577 g/100g	9,336 g/100g	1,237 g/100g	1,50
4036	Handbrot des Monats	224	938	14,812 g/100g	1,962 g/100g	13,816 g/100g	6,754 g/100g	9,661 g/100g	1,209 g/100g	1,20
2230	Hausbrot	227	949	42,310 g/100g	0,953 g/100g	2,125 g/100g	0,218 g/100g	7,484 g/100g	1,328 g/100g	3,50
4131	Hefeschnecke mit Zimt	378	1.585	50,275 g/100g	21,296 g/100g	16,669 g/100g	6,715 g/100g	5,892 g/100g	0,533 g/100g	4,20
2033	Hefezopf	318	1.330	49,170 g/100g	14,236 g/100g	9,268 g/100g	4,266 g/100g	7,865 g/100g	0,959 g/100g	4,10
6486	Heidesandtaler	477	1.999	51,951 g/100g	13,982 g/100g	26,072 g/100g	13,556 g/100g	7,661 g/100g	0,166 g/100g	4,30
6022	Himbeerschnitte	187	784	31,000 g/100g	21,000 g/100g	5,700 g/100g	3,000 g/100g	2,700 g/100g	0,260 g/100g	2,60
2307	Holzofenkruste	208	869	40,977 g/100g	0,893 g/100g	0,702 g/100g	0,122 g/100g	7,288 g/100g	1,572 g/100g	3,40
1124	Hot Dog	236	987	21,398 g/100g	3,833 g/100g	12,305 g/100g	5,098 g/100g	9,212 g/100g	1,744 g/100g	1,80
1112	Italiano	207	867	16,253 g/100g	1,299 g/100g	11,491 g/100g	6,665 g/100g	9,152 g/100g	0,800 g/100g	1,40
4236	Jogging Schleife	302	1.266	42,063 g/100g	2,776 g/100g	8,592 g/100g	1,185 g/100g	10,972 g/100g	1,290 g/100g	3,50
4016	Kaiserbrötchen	276	1.156	53,076 g/100g	0,969 g/100g	1,750 g/100g	0,328 g/100g	9,654 g/100g	1,604 g/100g	4,40
1541	Kakao Genuss klein	96	402	11,688 g/100g	10,984 g/100g	3,592 g/100g	2,433 g/100g	4,127 g/100g	0,247 g/100g	1,00
1542	Kakao Genuss normal	96	402	11,688 g/100g	10,984 g/100g	3,592 g/100g	2,433 g/100g	4,127 g/100g	0,247 g/100g	1,00
1543	Kakao weiß klein	121	506	13,131 g/100g	12,880 g/100g	5,737 g/100g	3,963 g/100g	4,167 g/100g	0,224 g/100g	1,10
1544	Kakao weiß normal	121	506	13,131 g/100g	12,880 g/100g	5,737 g/100g	3,963 g/100g	4,167 g/100g	0,224 g/100g	1,10
2013	Kartoffelbrot	221	926	44,181 g/100g	0,969 g/100g	0,708 g/100g	0,155 g/100g	7,207 g/100g	1,596 g/100g	3,70
4153	Kartoffel-Knoten	321	1.343	59,531 g/100g	4,235 g/100g	3,177 g/100g	0,588 g/100g	10,588 g/100g	1,682 g/100g	5,00
4039	Käsebrezel	295	1.236	38,400 g/100g	2,250 g/100g	9,075 g/100g	5,025 g/100g	13,150 g/100g	1,630 g/100g	3,20
4005	Käsebrötchen	363	1.518	39,986 g/100g	2,326 g/100g	16,613 g/100g	8,970 g/100g	12,087 g/100g	1,113 g/100g	3,30
6029	Käsekuchen	239	1.001	19,132 g/100g	12,892 g/100g	14,640 g/100g	5,476 g/100g	7,821 g/100g	0,268 g/100g	1,60
1144	Käselaugenstange	283	1.185	39,511 g/100g	2,711 g/100g	7,882 g/100g	3,936 g/100g	11,600 g/100g	1,465 g/100g	3,30
1149	Käselaugenstange mit Debreziner	294	1.233	23,084 g/100g	1,753 g/100g	16,535 g/100g	7,155 g/100g	12,630 g/100g	1,921 g/100g	1,90
1150	Käselaugenstange mit Speck	288	1.207	35,655 g/100g	2,151 g/100g	9,070 g/100g	4,564 g/100g	14,303 g/100g	2,125 g/100g	3,00
6125	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
4043	Käse-Schinken- Croissant	313	1.312	26,600 g/100g	3,300 g/100g	18,800 g/100g	10,700 g/100g	9,300 g/100g	1,220 g/100g	2,20
4192	Käseseele	230	964	31,203 g/100g	0,511 g/100g	6,630 g/100g	3,954 g/100g	10,113 g/100g	1,420 g/100g	2,60
1539	Kinder Cappuccino klein	76	318	8,163 g/100g	7,650 g/100g	3,374 g/100g	2,215 g/100g	3,184 g/100g	0,139 g/100g	0,70
1540	Kinder Cappuccino normal	76	318	8,163 g/100g	7,650 g/100g	3,374 g/100g	2,215 g/100g	3,184 g/100g	0,139 g/100g	0,70
6111	Kirsch-Banane- Schnitte	250	1.046	30,164 g/100g	20,781 g/100g	12,700 g/100g	7,573 g/100g	3,392 g/100g	0,289 g/100g	2,50
6595	Kirsch-Eclair	272	1.137	18,706 g/100g	13,748 g/100g	20,485 g/100g	11,251 g/100g	3,079 g/100g	0,436 g/100g	1,60
6122	Knusperstreuselkuche n traditionell	288	1.204	39,388 g/100g	17,131 g/100g	12,295 g/100g	6,001 g/100g	3,991 g/100g	0,389 g/100g	3,30
4107	Konfetti-Berliner	381	1.594	58,268 g/100g	34,741 g/100g	13,821 g/100g	4,424 g/100g	4,706 g/100g	2,162 g/100g	4,90
1120	Körnerbrezel	351	1.470	40,726 g/100g	2,517 g/100g	13,664 g/100g	1,964 g/100g	13,144 g/100g	2,330 g/100g	3,40
1019	Kraftpaket	201	841	20,658 g/100g	1,109 g/100g	8,202 g/100g	3,531 g/100g	10,455 g/100g	1,055 g/100g	1,70
4078	Kümmelbrötchen	229	959	41,585 g/100g	1,214 g/100g	2,263 g/100g	0,282 g/100g	8,432 g/100g	7,682 g/100g	3,50
4235	Kürbiskracher	278	1.165	35,970 g/100g	0,514 g/100g	11,136 g/100g	2,129 g/100g	6,440 g/100g	1,220 g/100g	3,00
1024	Latte Macchiato klein	50	209	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,792 g/100g	2,581 g/100g	0,101 g/100g	0,30
1452	Latte Macchiato normal	50	209	3,745 g/100g	3,740 g/100g	2,732 g/100g	1,792 g/100g	2,581 g/100g	0,101 g/100g	0,30

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kj)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
1017	Laugenbrezel mit Butter	334	1.399	44,730 g/100g	2,729 g/100g	12,441 g/100g	6,588 g/100g	8,894 g/100g	1,448 g/100g	3,70
4006	Laugencroissant	340	1.424	34,600 g/100g	3,900 g/100g	18,600 g/100g	10,500 g/100g	8,000 g/100g	1,320 g/100g	2,90
4183	Laugeneck	426	1.784	44,257 g/100g	4,618 g/100g	22,549 g/100g	15,148 g/100g	10,447 g/100g	1,361 g/100g	3,70
4003	Laugenknoten	280	1.174	48,786 g/100g	1,187 g/100g	4,508 g/100g	0,693 g/100g	9,110 g/100g	1,484 g/100g	4,10
1018	Laugenknoten mit Butter	287	1.201	37,335 g/100g	0,585 g/100g	11,565 g/100g	6,105 g/100g	6,965 g/100g	1,086 g/100g	3,10
4011	Laugenstange	301	1.260	53,727 g/100g	3,686 g/100g	3,798 g/100g	0,447 g/100g	10,164 g/100g	3,376 g/100g	4,50
6056	Linzer Torte	488	2.041	47,152 g/100g	32,955 g/100g	29,539 g/100g	10,746 g/100g	7,137 g/100g	0,362 g/100g	3,90
4001	Milchhörnle	313	1.311	49,720 g/100g	7,670 g/100g	7,708 g/100g	4,805 g/100g	9,375 g/100g	1,151 g/100g	4,10
1130	Milchkaffee klein	42	174	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,494 g/100g	2,152 g/100g	0,084 g/100g	0,30
1223	Milchkaffee normal	42	174	3,122 g/100g	3,117 g/100g	2,277 g/100g	1,494 g/100g	2,152 g/100g	0,084 g/100g	0,30
1237	Milchreis Rote Grütze Dessert	104	437	20,179 g/100g	13,721 g/100g	1,421 g/100g	0,900 g/100g	2,143 g/100g	0,119 g/100g	1,70
4014	Mohnbrötchen	296	1.241	50,245 g/100g	0,919 g/100g	4,568 g/100g	0,641 g/100g	10,733 g/100g	1,512 g/100g	4,20
4059	Mohnschnecke	355	1.486	41,773 g/100g	19,504 g/100g	16,517 g/100g	6,590 g/100g	7,908 g/100g	0,622 g/100g	3,50
6389	Muffin des Monats	359	1.503	45,716 g/100g	24,403 g/100g	17,546 g/100g	4,300 g/100g	4,058 g/100g	0,712 g/100g	3,80
2160	Naturroggenbrot	221	926	44,377 g/100g	4,058 g/100g	0,851 g/100g	0,131 g/100g	5,891 g/100g	1,426 g/100g	3,70
6167	Nougatkremring	531	2.223	49,596 g/100g	41,213 g/100g	33,040 g/100g	9,813 g/100g	7,182 g/100g	0,203 g/100g	4,10
2138	Nussbrot	247	1.036	36,323 g/100g	1,974 g/100g	6,874 g/100g	0,757 g/100g	7,700 g/100g	0,997 g/100g	3,00
6549	Nuss-Buttercreme-Torte	343	1.435	33,000 g/100g	21,000 g/100g	22,000 g/100g	10,000 g/100g	3,500 g/100g	0,230 g/100g	2,80
4313	Nußtaler	406	1.702	45,459 g/100g	22,751 g/100g	21,230 g/100g	6,098 g/100g	7,194 g/100g	0,435 g/100g	3,80
2040	Nusszopf	339	1.418	50,024 g/100g	20,886 g/100g	11,105 g/100g	2,711 g/100g	7,885 g/100g	0,568 g/100g	4,20
1257	Oktoberfest-Brezel	277	1.158	31,489 g/100g	2,386 g/100g	12,146 g/100g	5,298 g/100g	9,010 g/100g	1,409 g/100g	2,60
6605	Omas Rührkuchen Marmor	455	1.907	42,667 g/100g	25,816 g/100g	28,477 g/100g	3,900 g/100g	6,601 g/100g	0,875 g/100g	3,60
6603	Omas Rührkuchen Zitrone	466	1.950	44,591 g/100g	27,003 g/100g	29,140 g/100g	3,640 g/100g	6,140 g/100g	0,916 g/100g	3,70
2238	Orig. Weihnachtsstollen	375	1.569	46,316 g/100g	25,774 g/100g	17,795 g/100g	9,980 g/100g	5,435 g/100g	0,554 g/100g	3,90
6166	Papageienkuchen	421	1.763	41,197 g/100g	25,307 g/100g	26,053 g/100g	3,204 g/100g	5,375 g/100g	0,796 g/100g	3,40
4306	Pekannusstasche	414	1.732	38,000 g/100g	11,000 g/100g	27,000 g/100g	10,000 g/100g	4,800 g/100g	0,450 g/100g	3,20
6192	Pfauenauge	383	1.601	55,131 g/100g	44,818 g/100g	14,320 g/100g	3,487 g/100g	6,665 g/100g	0,491 g/100g	4,60
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
1020	Pizzafleischkäse Scheibe	131	549	1,400 g/100g	0,900 g/100g	8,400 g/100g	8,400 g/100g	12,600 g/100g	1,300 g/100g	0,10
4081	Quarkbällchen	312	1.308	35,893 g/100g	18,199 g/100g	15,351 g/100g	3,259 g/100g	7,271 g/100g	1,000 g/100g	3,00
2145	Quarkstollen	303	1.267	44,277 g/100g	22,200 g/100g	10,600 g/100g	4,014 g/100g	6,745 g/100g	0,765 g/100g	3,70
1441	Rauchfleischbrötchen	263	1.102	25,429 g/100g	3,255 g/100g	12,079 g/100g	5,891 g/100g	12,271 g/100g	2,824 g/100g	2,10
2170	Roggenkruste	170	713	33,449 g/100g	2,674 g/100g	0,698 g/100g	0,114 g/100g	5,304 g/100g	1,449 g/100g	2,80
4305	Rosenbrötchen dunkel	314	1.313	63,649 g/100g	1,765 g/100g	1,059 g/100g	0,235 g/100g	9,530 g/100g	2,235 g/100g	5,30
4129	Rosenbrötchen hell	311	1.300	63,178 g/100g	1,647 g/100g	0,941 g/100g	0,235 g/100g	9,530 g/100g	2,353 g/100g	5,30
6186	Roulade des Monats	259	1.083	28,163 g/100g	17,424 g/100g	13,888 g/100g	8,120 g/100g	4,817 g/100g	0,464 g/100g	2,30
1059	Salami-Stern	229	958	24,828 g/100g	1,040 g/100g	10,447 g/100g	3,381 g/100g	7,948 g/100g	1,279 g/100g	2,10
1500	Salat Hähnchenbruststreifen	63	264	1,104 g/100g	0,677 g/100g	2,933 g/100g	1,744 g/100g	7,682 g/100g	0,304 g/100g	0,10
1503	Salat Käse	62	258	3,690 g/100g	2,057 g/100g	4,070 g/100g	2,184 g/100g	2,099 g/100g	0,374 g/100g	0,30
1502	Salat Mexikana	60	250	4,948 g/100g	1,681 g/100g	2,058 g/100g	0,548 g/100g	4,648 g/100g	0,656 g/100g	0,40
1501	Salat Tomate Mozzarella	53	224	1,916 g/100g	1,585 g/100g	3,110 g/100g	2,224 g/100g	3,947 g/100g	0,206 g/100g	0,20
1101	Schinken-Stern	192	805	24,186 g/100g	1,031 g/100g	6,561 g/100g	0,962 g/100g	8,120 g/100g	1,478 g/100g	2,00
6015	Schokobanane	328	1.374	34,834 g/100g	25,571 g/100g	18,501 g/100g	9,041 g/100g	4,533 g/100g	0,870 g/100g	2,90
2046	Schwabenkorn	249	1.043	36,723 g/100g	1,452 g/100g	5,819 g/100g	0,912 g/100g	9,727 g/100g	1,221 g/100g	3,10
2028	Schwäbisches Landbrot	215	901	41,727 g/100g	1,268 g/100g	0,965 g/100g	0,167 g/100g	7,545 g/100g	1,377 g/100g	3,50
6523	Schwarzwälder Kirschtorte	250	1.045	25,100 g/100g	11,400 g/100g	15,100 g/100g	8,400 g/100g	3,200 g/100g	0,200 g/100g	2,10
1094	Schweineschnitzel paniert	182	761	13,521 g/100g	1,793 g/100g	9,105 g/100g	1,937 g/100g	11,140 g/100g	1,143 g/100g	1,10
4030	Seele	228	954	41,563 g/100g	0,864 g/100g	2,271 g/100g	0,381 g/100g	8,214 g/100g	2,906 g/100g	3,50
4184	Seele belegt	204	856	17,773 g/100g	0,624 g/100g	10,299 g/100g	6,045 g/100g	9,586 g/100g	1,445 g/100g	1,50
4008	Sesambrötchen	301	1.259	50,646 g/100g	0,926 g/100g	5,108 g/100g	0,849 g/100g	10,540 g/100g	1,511 g/100g	4,20

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kj)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. Ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
1336	Snack des Monats*	207	867	16,253 g/100g	1,299 g/100g	11,491 g/100g	6,665 g/100g	9,152 g/100g	0,800 g/100g	1,40
4079	Sonnenblumenkernbrötchen	330	1.380	31,510 g/100g	1,913 g/100g	14,783 g/100g	1,826 g/100g	13,915 g/100g	1,085 g/100g	2,60
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
2157	Steinofenbaguette	217	908	40,229 g/100g	0,515 g/100g	1,744 g/100g	0,202 g/100g	8,108 g/100g	1,537 g/100g	3,40
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
1524	Sternen Semmelbrösel	353	1.476	69,700 g/100g	4,900 g/100g	1,200 g/100g	0,200 g/100g	12,400 g/100g	1,250 g/100g	5,80
4220	Sternenbäck-Berliner mit Nudossi	503	2.106	49,444 g/100g	28,352 g/100g	30,034 g/100g	9,936 g/100g	7,976 g/100g	0,252 g/100g	4,10
1440	Sternen-Burger	225	942	20,766 g/100g	1,698 g/100g	11,443 g/100g	3,472 g/100g	9,271 g/100g	1,514 g/100g	1,70
4308	Sternen-Spitz	287	1.202	34,861 g/100g	1,043 g/100g	10,679 g/100g	1,515 g/100g	9,976 g/100g	1,144 g/100g	2,90
6404	Sternentaler	426	1.782	44,302 g/100g	38,015 g/100g	21,844 g/100g	4,470 g/100g	10,351 g/100g	1,113 g/100g	3,70
4312	Sternschnuppe	312	1.308	47,621 g/100g	14,404 g/100g	8,711 g/100g	2,179 g/100g	8,641 g/100g	2,392 g/100g	4,00
4087	Stollenkonfekt	377	1.579	46,623 g/100g	28,713 g/100g	18,099 g/100g	10,774 g/100g	5,921 g/100g	0,506 g/100g	3,90
1013	Strammes Mäxchen	213	892	18,225 g/100g	0,679 g/100g	11,154 g/100g	6,078 g/100g	9,362 g/100g	1,169 g/100g	1,50
4054	Streusel	366	1.534	54,539 g/100g	22,580 g/100g	12,260 g/100g	6,824 g/100g	8,180 g/100g	0,963 g/100g	4,50
6023	Streusel gefüllt	275	1.152	39,695 g/100g	16,968 g/100g	10,284 g/100g	5,893 g/100g	5,173 g/100g	0,600 g/100g	3,30
1084	Tiger-Chicken Brötchen	183	765	23,744 g/100g	5,286 g/100g	4,640 g/100g	1,427 g/100g	10,640 g/100g	0,882 g/100g	2,00
2299	Urkruste	213	891	37,555 g/100g	1,655 g/100g	2,361 g/100g	0,402 g/100g	7,773 g/100g	1,347 g/100g	3,10
4012	Vollkornbrötchen	265	1.109	37,257 g/100g	1,794 g/100g	5,560 g/100g	0,723 g/100g	12,334 g/100g	1,829 g/100g	3,10
4283	Walnuss-Plunder	401	1.678	44,918 g/100g	18,137 g/100g	20,866 g/100g	6,660 g/100g	7,298 g/100g	0,480 g/100g	3,70
6159	Wochenendkuchen	286	1.196	38,309 g/100g	20,766 g/100g	10,895 g/100g	5,152 g/100g	7,692 g/100g	0,377 g/100g	3,20
4271	Wrap Curry-Huhn	173	725	20,629 g/100g	6,494 g/100g	7,231 g/100g	2,816 g/100g	5,993 g/100g	1,068 g/100g	1,70
1531	Zollern Eck	257	1.075	21,536 g/100g	4,910 g/100g	15,477 g/100g	5,687 g/100g	7,493 g/100g	1,556 g/100g	1,80