



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: 07.06.2022

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäueren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
2213	1/4 Schwabenlaib	216	903	39,770 g/100g	1,109 g/100g	2,269 g/100g	0,840 g/100g	6,948 g/100g	1,508 g/100g	3,30
2368	1766er Brot	216	904	41,814 g/100g	2,224 g/100g	0,925 g/100g	0,220 g/100g	7,516 g/100g	1,787 g/100g	3,50
4282	1766er Brötchen	284	1.187	45,630 g/100g	1,613 g/100g	5,465 g/100g	0,866 g/100g	10,058 g/100g	1,747 g/100g	3,80
6009	Amerikaner	332	1.390	54,569 g/100g	32,273 g/100g	10,071 g/100g	5,174 g/100g	4,454 g/100g	1,286 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	321	1.344	37,964 g/100g	17,495 g/100g	16,589 g/100g	7,299 g/100g	4,036 g/100g	0,521 g/100g	3,20
2025	Bäckerroggen	213	892	41,671 g/100g	2,379 g/100g	0,967 g/100g	0,159 g/100g	6,782 g/100g	1,341 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	42,214 g/100g	1,471 g/100g	0,765 g/100g	0,138 g/100g	7,115 g/100g	1,348 g/100g	3,50
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
4055	Berliner mit Fruchtfüllung	375	1.570	49,285 g/100g	20,806 g/100g	16,590 g/100g	5,466 g/100g	6,043 g/100g	2,819 g/100g	4,10
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
1494	Brezel Gouda	281	1.176	29,594 g/100g	1,895 g/100g	12,505 g/100g	7,298 g/100g	11,221 g/100g	1,430 g/100g	2,50
1498	Brezel Salami	277	1.159	31,322 g/100g	2,083 g/100g	11,866 g/100g	5,215 g/100g	9,878 g/100g	1,576 g/100g	2,60
1493	Brezel Schnittlauch	271	1.133	39,322 g/100g	2,961 g/100g	7,805 g/100g	3,874 g/100g	8,863 g/100g	1,276 g/100g	3,30
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	413	1.728	59,709 g/100g	31,849 g/100g	16,473 g/100g	10,234 g/100g	5,351 g/100g	0,332 g/100g	5,00
6601	Butterkekse schwarz/weiß	429	1.794	56,899 g/100g	25,513 g/100g	18,880 g/100g	11,722 g/100g	6,401 g/100g	0,374 g/100g	4,70
4031	Butter-Laugenspitze	412	1.725	42,755 g/100g	4,460 g/100g	21,814 g/100g	14,636 g/100g	10,105 g/100g	1,315 g/100g	3,60
1360	Caesars Salat	93	390	4,694 g/100g	0,958 g/100g	3,488 g/100g	1,912 g/100g	10,261 g/100g	0,613 g/100g	0,40
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
2320	Ciabatta Olive	244	1.022	42,934 g/100g	0,767 g/100g	3,127 g/100g	0,549 g/100g	9,016 g/100g	1,720 g/100g	3,60
2005	Ciabatta Peperoni	227	949	42,076 g/100g	0,773 g/100g	1,716 g/100g	0,281 g/100g	8,718 g/100g	2,055 g/100g	3,50
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
4310	Dinkel-Bergkäsebrötchen	436	1.827	61,959 g/100g	1,957 g/100g	10,761 g/100g	6,522 g/100g	19,566 g/100g	2,283 g/100g	5,20
2015	Dinkelbrot	217	910	42,205 g/100g	0,748 g/100g	0,989 g/100g	0,208 g/100g	7,829 g/100g	1,583 g/100g	3,50
4010	Dinkelherz	302	1.266	45,296 g/100g	1,080 g/100g	7,439 g/100g	1,230 g/100g	10,824 g/100g	1,404 g/100g	3,80
4274	Dinkelseele m. Grünkern	257	1.075	41,413 g/100g	0,656 g/100g	5,144 g/100g	0,730 g/100g	9,206 g/100g	1,376 g/100g	3,50
2003	Dinkel-Vollkornbrot	251	1.049	34,397 g/100g	2,706 g/100g	7,441 g/100g	0,922 g/100g	8,768 g/100g	0,974 g/100g	2,90
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
4092	Erdbeerfruchtplunder	223	934	28,409 g/100g	8,072 g/100g	10,139 g/100g	4,635 g/100g	3,897 g/100g	2,326 g/100g	2,40
6075	Erdbeerfruchtschnitte	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
6069	Erdbeersahneschnitte	246	1.030	25,502 g/100g	16,665 g/100g	14,421 g/100g	8,668 g/100g	3,472 g/100g	0,497 g/100g	2,10
6617	Erdbeerzauber	189	793	23,605 g/100g	16,159 g/100g	9,784 g/100g	3,974 g/100g	1,577 g/100g	3,425 g/100g	2,00
1552	Falafel	216	905	25,535 g/100g	2,490 g/100g	9,116 g/100g	1,853 g/100g	6,724 g/100g	0,606 g/100g	2,10
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
6368	Fruchttorteletts	169	707	27,822 g/100g	14,392 g/100g	4,982 g/100g	3,057 g/100g	2,085 g/100g	0,985 g/100g	2,30
1004	Frühstück deftig	159	665	15,569 g/100g	2,155 g/100g	7,692 g/100g	4,541 g/100g	6,375 g/100g	0,794 g/100g	1,30
1327	Frühstück Fitness	166	696	11,593 g/100g	1,774 g/100g	10,222 g/100g	6,618 g/100g	6,787 g/100g	0,709 g/100g	1,00
1231	Frühstück französisch	158	661	13,222 g/100g	6,179 g/100g	10,280 g/100g	6,238 g/100g	3,281 g/100g	0,348 g/100g	1,10
1232	Frühstück für kleine Gäste	176	737	20,568 g/100g	9,896 g/100g	7,944 g/100g	4,345 g/100g	5,129 g/100g	0,551 g/100g	1,70

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1058	Frühstück Hallo Wach	112	468	13,569 g/100g	4,017 g/100g	4,519 g/100g	2,306 g/100g	3,846 g/100g	0,459 g/100g	1,10
1324	Frühstück Mediterran	165	689	15,374 g/100g	2,869 g/100g	8,364 g/100g	4,010 g/100g	6,579 g/100g	0,787 g/100g	1,30
1325	Frühstück Rustikal	166	696	12,653 g/100g	1,810 g/100g	9,535 g/100g	4,295 g/100g	7,203 g/100g	1,030 g/100g	1,10
1276	Frühstück Schlemmer	159	666	13,978 g/100g	5,482 g/100g	8,603 g/100g	5,050 g/100g	6,154 g/100g	0,617 g/100g	1,20
1003	Frühstück schnell	117	488	12,706 g/100g	2,986 g/100g	5,493 g/100g	3,062 g/100g	3,760 g/100g	0,432 g/100g	1,10
1328	Frühstück Sternenbäck Spezial	109	455	10,714 g/100g	3,871 g/100g	5,272 g/100g	2,614 g/100g	4,399 g/100g	0,484 g/100g	0,90
1002	Frühstück süß	166	696	20,000 g/100g	8,890 g/100g	7,808 g/100g	3,699 g/100g	3,537 g/100g	0,314 g/100g	1,70
1326	Frühstücksteller	138	580	9,708 g/100g	2,479 g/100g	8,223 g/100g	4,803 g/100g	6,117 g/100g	0,707 g/100g	0,80
2047	Genetztes Brot	210	879	40,403 g/100g	1,314 g/100g	1,060 g/100g	0,187 g/100g	7,320 g/100g	1,382 g/100g	3,40
6088	Glücksmoment	396	1.659	35,515 g/100g	25,808 g/100g	26,504 g/100g	15,414 g/100g	4,244 g/100g	0,357 g/100g	3,00
4293	Goldweck	271	1.133	51,466 g/100g	0,693 g/100g	2,162 g/100g	0,847 g/100g	8,788 g/100g	1,701 g/100g	4,30
1057	Gouda-Stern	232	971	23,055 g/100g	1,130 g/100g	10,941 g/100g	5,126 g/100g	9,538 g/100g	1,367 g/100g	1,90
6042	Granatsplitter dunkel	448	1.874	39,392 g/100g	28,148 g/100g	28,358 g/100g	14,053 g/100g	4,686 g/100g	0,394 g/100g	3,30
6036	Granatsplitter hell	445	1.864	42,266 g/100g	31,056 g/100g	27,794 g/100g	13,542 g/100g	5,258 g/100g	0,491 g/100g	3,50
1329	Griechischer Salat	52	216	2,023 g/100g	1,488 g/100g	3,426 g/100g	1,972 g/100g	2,660 g/100g	0,555 g/100g	0,20
4136	Grillkonfekt	258	1.079	43,934 g/100g	1,221 g/100g	3,915 g/100g	0,701 g/100g	9,217 g/100g	2,450 g/100g	3,70
1108	halbes belegtes Kaiserbrötchen	232	970	17,743 g/100g	0,563 g/100g	13,434 g/100g	7,338 g/100g	9,485 g/100g	1,295 g/100g	1,50
4036	Handbrot des Monats	188	785	15,187 g/100g	1,574 g/100g	9,718 g/100g	4,521 g/100g	9,177 g/100g	1,502 g/100g	1,30
2230	Hausbrot	232	969	43,370 g/100g	0,976 g/100g	2,081 g/100g	0,765 g/100g	7,671 g/100g	1,379 g/100g	3,60
4131	Hefeschnecke mit Zimt	378	1.585	50,275 g/100g	21,330 g/100g	16,669 g/100g	6,715 g/100g	5,909 g/100g	0,567 g/100g	4,20
2033	Hefezopf	315	1.318	49,023 g/100g	14,329 g/100g	9,048 g/100g	5,129 g/100g	7,797 g/100g	0,932 g/100g	4,10
6086	Himbeer-Milchreis- Torte	176	735	27,049 g/100g	19,355 g/100g	5,700 g/100g	3,296 g/100g	3,140 g/100g	0,315 g/100g	2,30
1124	Hot Dog	235	984	21,273 g/100g	3,708 g/100g	12,305 g/100g	5,071 g/100g	9,187 g/100g	1,744 g/100g	1,80
1112	Italiano	201	842	16,489 g/100g	1,179 g/100g	10,624 g/100g	6,751 g/100g	9,318 g/100g	1,293 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	285	1.194	54,852 g/100g	0,980 g/100g	1,692 g/100g	0,594 g/100g	10,085 g/100g	1,665 g/100g	4,60
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	218	913	42,901 g/100g	0,897 g/100g	0,769 g/100g	0,183 g/100g	7,559 g/100g	1,643 g/100g	3,60
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
6029	Käsekuchen	239	1.002	19,132 g/100g	12,892 g/100g	14,654 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	227	952	31,156 g/100g	0,628 g/100g	6,386 g/100g	4,122 g/100g	10,032 g/100g	1,418 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
6595	Kirsch-Eclair	274	1.146	20,270 g/100g	15,310 g/100g	19,927 g/100g	10,898 g/100g	3,209 g/100g	0,438 g/100g	1,70
6082	Kirschkuchen traditionell	207	869	33,680 g/100g	16,779 g/100g	6,100 g/100g	2,972 g/100g	3,133 g/100g	0,288 g/100g	2,80
4176	Kirsch-Schmand- Streusel	299	1.252	43,915 g/100g	21,515 g/100g	10,573 g/100g	6,769 g/100g	5,798 g/100g	0,616 g/100g	3,70
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	228	956	41,468 g/100g	1,197 g/100g	2,176 g/100g	0,462 g/100g	8,487 g/100g	7,683 g/100g	3,50
4235	Kürbiskracher	277	1.158	36,439 g/100g	0,795 g/100g	10,774 g/100g	2,559 g/100g	6,426 g/100g	1,218 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
1017	Laugenbrezel mit Butter	334	1.398	44,718 g/100g	2,718 g/100g	12,406 g/100g	6,353 g/100g	8,906 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
4003	Laugenknoten	283	1.184	47,756 g/100g	1,161 g/100g	5,059 g/100g	1,928 g/100g	9,425 g/100g	1,451 g/100g	4,00

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1018	Laugenknoten mit Butter	296	1.238	36,488 g/100g	0,563 g/100g	12,711 g/100g	5,953 g/100g	7,405 g/100g	1,053 g/100g	3,00
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	234	978	19,802 g/100g	0,918 g/100g	12,629 g/100g	4,904 g/100g	9,677 g/100g	1,956 g/100g	1,70
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
6004	Mailänder Herz	383	1.605	56,212 g/100g	45,755 g/100g	13,876 g/100g	3,084 g/100g	6,741 g/100g	0,295 g/100g	4,70
4001	Milchhörnle	314	1.316	50,718 g/100g	9,831 g/100g	7,446 g/100g	4,269 g/100g	9,296 g/100g	1,211 g/100g	4,20
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
6389	Muffin des Monats	350	1.464	42,694 g/100g	27,061 g/100g	17,889 g/100g	8,840 g/100g	3,847 g/100g	0,695 g/100g	3,60
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
2040	Nusszopf	342	1.432	49,676 g/100g	21,933 g/100g	11,543 g/100g	2,379 g/100g	8,197 g/100g	0,522 g/100g	4,10
1257	Oktoberfest-Brezel	276	1.156	30,456 g/100g	2,348 g/100g	12,616 g/100g	5,454 g/100g	8,962 g/100g	1,396 g/100g	2,50
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
1205	Panini Salami	262	1.096	20,040 g/100g	0,909 g/100g	14,620 g/100g	8,453 g/100g	11,941 g/100g	1,523 g/100g	1,70
1207	Panini Schinken	231	967	22,183 g/100g	0,821 g/100g	10,092 g/100g	6,639 g/100g	11,979 g/100g	1,418 g/100g	1,80
1215	Panini Tomate Mozzarella	176	736	17,969 g/100g	0,930 g/100g	7,663 g/100g	4,783 g/100g	7,961 g/100g	1,065 g/100g	1,50
6192	Pfauenaugle	381	1.595	55,976 g/100g	45,617 g/100g	13,740 g/100g	3,054 g/100g	6,675 g/100g	0,296 g/100g	4,70
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
6112	Regenbogentaler	428	1.793	74,524 g/100g	56,684 g/100g	12,382 g/100g	6,127 g/100g	3,515 g/100g	0,091 g/100g	6,20
4002	Roggenbrötchen	254	1.062	47,877 g/100g	2,749 g/100g	1,412 g/100g	0,498 g/100g	9,469 g/100g	1,705 g/100g	4,00
2170	Roggenkruste	178	747	35,025 g/100g	2,809 g/100g	0,732 g/100g	0,125 g/100g	5,539 g/100g	1,484 g/100g	2,90
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	274	1.147	24,725 g/100g	17,148 g/100g	17,167 g/100g	8,816 g/100g	4,935 g/100g	0,303 g/100g	2,10
1059	Salami-Stern	222	932	24,956 g/100g	1,139 g/100g	9,540 g/100g	2,846 g/100g	8,270 g/100g	1,518 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
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	182	763	24,474 g/100g	1,282 g/100g	5,313 g/100g	0,978 g/100g	8,043 g/100g	1,359 g/100g	2,00
6015	Schokobanane	328	1.373	34,827 g/100g	25,564 g/100g	18,480 g/100g	8,573 g/100g	4,539 g/100g	0,870 g/100g	2,90
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
2046	Schwabenkorn	246	1.028	36,270 g/100g	1,428 g/100g	5,963 g/100g	0,934 g/100g	9,021 g/100g	1,252 g/100g	3,00
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	164	687	12,520 g/100g	2,443 g/100g	9,412 g/100g	1,976 g/100g	7,366 g/100g	0,817 g/100g	1,00
6039	Schweinsohren	449	1.881	40,862 g/100g	12,726 g/100g	28,973 g/100g	13,873 g/100g	5,489 g/100g	0,765 g/100g	3,40
4030	Seele	224	938	41,501 g/100g	1,016 g/100g	1,954 g/100g	0,601 g/100g	8,109 g/100g	2,904 g/100g	3,50
4184	Seele belegt	202	845	17,732 g/100g	1,692 g/100g	10,079 g/100g	6,195 g/100g	9,513 g/100g	1,368 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
1336	Snack des Monats*	227	950	25,368 g/100g	3,994 g/100g	9,056 g/100g	0,863 g/100g	10,180 g/100g	1,059 g/100g	2,10
1438	Spaghetti Bolognese	149	625	18,105 g/100g	0,382 g/100g	4,952 g/100g	1,137 g/100g	7,406 g/100g	0,442 g/100g	1,50
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	215	901	40,229 g/100g	0,515 g/100g	1,556 g/100g	0,501 g/100g	8,108 g/100g	1,539 g/100g	3,40
1440	Sternen-Burger	225	941	20,725 g/100g	1,692 g/100g	11,412 g/100g	3,535 g/100g	9,291 g/100g	1,514 g/100g	1,70
4308	Sternen-Spitz	287	1.200	35,193 g/100g	1,329 g/100g	10,492 g/100g	1,790 g/100g	9,967 g/100g	1,188 g/100g	2,90
1013	Strammes Mäxchen	171	716	18,895 g/100g	1,179 g/100g	6,067 g/100g	1,296 g/100g	9,331 g/100g	1,212 g/100g	1,60
4054	Streusel	365	1.530	54,424 g/100g	22,559 g/100g	12,231 g/100g	6,806 g/100g	8,150 g/100g	0,959 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
2299	Urkuste	214	896	37,787 g/100g	1,666 g/100g	2,374 g/100g	0,404 g/100g	7,938 g/100g	1,350 g/100g	3,10

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäueren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
4283	Walnuss-Plunder	401	1.678	44,889 g/100g	18,159 g/100g	20,866 g/100g	6,660 g/100g	7,298 g/100g	0,481 g/100g	3,70
4189	Wrap Farmer	182	764	21,001 g/100g	5,784 g/100g	7,371 g/100g	2,816 g/100g	7,696 g/100g	1,986 g/100g	1,80
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