



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
1099	1 Paar Wiener mit Brötchen	285	1.195	18,074 g/100g	0,810 g/100g	18,751 g/100g	7,567 g/100g	10,972 g/100g	1,901 g/100g	1,50
1098	1 Paar Wiener ohne Brötchen	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
2222	100%er - Roggenbrot	211	882	41,888 g/100g	3,686 g/100g	0,847 g/100g	0,121 g/100g	5,802 g/100g	1,292 g/100g	3,50
2368	1766er Brot	237	990	46,491 g/100g	2,689 g/100g	1,015 g/100g	0,236 g/100g	7,474 g/100g	1,576 g/100g	3,90
4282	1766er Brötchen	240	1.006	39,359 g/100g	1,533 g/100g	4,449 g/100g	0,808 g/100g	8,484 g/100g	1,384 g/100g	3,30
4311	Aktions-Muffin	412	1.726	46,100 g/100g	27,200 g/100g	23,000 g/100g	5,500 g/100g	4,500 g/100g	0,630 g/100g	3,80
6009	Amerikaner	289	1.208	50,374 g/100g	26,956 g/100g	7,151 g/100g	1,298 g/100g	4,411 g/100g	1,422 g/100g	4,20
4063	Apfeltasche	310	1.300	31,939 g/100g	8,133 g/100g	18,461 g/100g	8,280 g/100g	3,457 g/100g	0,624 g/100g	2,70
2001	Baguette	214	895	43,209 g/100g	0,858 g/100g	0,811 g/100g	0,219 g/100g	6,607 g/100g	1,349 g/100g	3,60
1141	Baguette gefüllt	246	1.029	41,188 g/100g	1,589 g/100g	4,907 g/100g	2,075 g/100g	7,650 g/100g	1,529 g/100g	3,40
2171	Bauernbrot	194	812	39,190 g/100g	1,552 g/100g	0,705 g/100g	0,125 g/100g	5,752 g/100g	1,240 g/100g	3,30
1417	Bauernfrühstück	124	519	7,074 g/100g	0,435 g/100g	7,725 g/100g	0,372 g/100g	6,608 g/100g	0,008 g/100g	0,60
2006	Bauernstange	208	871	38,705 g/100g	2,406 g/100g	1,561 g/100g	0,584 g/100g	7,435 g/100g	1,253 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
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	243	1.017	20,509 g/100g	1,178 g/100g	13,754 g/100g	6,734 g/100g	8,864 g/100g	1,917 g/100g	1,70
1388	Bohneneintopf	43	178	4,900 g/100g	1,800 g/100g	1,500 g/100g	0,200 g/100g	1,900 g/100g	0,750 g/100g	0,40
4305	Boule Rustique 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	Boule Rustique 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
1092	Boulettenbrötchen	230	962	20,040 g/100g	1,578 g/100g	12,627 g/100g	3,406 g/100g	8,648 g/100g	1,343 g/100g	1,70
1062	Braunbär-Becher	190	797	28,100 g/100g	26,828 g/100g	7,003 g/100g	4,970 g/100g	3,321 g/100g	0,707 g/100g	2,30
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	257	1.075	46,247 g/100g	2,742 g/100g	2,833 g/100g	0,366 g/100g	9,140 g/100g	9,886 g/100g	3,90
4035	Buttercroissant	275	1.150	29,000 g/100g	4,600 g/100g	15,000 g/100g	8,500 g/100g	6,000 g/100g	0,860 g/100g	2,40
4060	Buttercroissant m. Schokocreme	371	1.555	46,335 g/100g	20,461 g/100g	17,661 g/100g	9,700 g/100g	6,709 g/100g	0,783 g/100g	3,90
6592	Butterkekse Heidesand	414	1.734	60,533 g/100g	32,078 g/100g	16,530 g/100g	9,863 g/100g	4,828 g/100g	0,330 g/100g	5,00
6601	Butterkekse schwarz/weiß	430	1.801	57,827 g/100g	25,772 g/100g	18,948 g/100g	11,310 g/100g	5,813 g/100g	0,369 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	91	382	4,477 g/100g	1,085 g/100g	3,510 g/100g	1,781 g/100g	10,196 g/100g	0,497 g/100g	0,40
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
1164	Cappuccino mit Sahne	60	253	3,735 g/100g	3,730 g/100g	3,864 g/100g	2,465 g/100g	2,727 g/100g	0,003 g/100g	0,30
1053	Cassis Sorbet	182	763	39,405 g/100g	25,459 g/100g	1,292 g/100g	0,714 g/100g	1,830 g/100g	0,074 g/100g	3,30
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	214	898	41,219 g/100g	1,074 g/100g	1,296 g/100g	0,217 g/100g	7,596 g/100g	1,378 g/100g	3,40
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
1063	Citronen Sorbet	175	734	39,405 g/100g	27,243 g/100g	0,886 g/100g	0,389 g/100g	1,424 g/100g	0,123 g/100g	3,30
1064	Crème Vanilla	273	1.144	35,595 g/100g	21,973 g/100g	12,967 g/100g	10,768 g/100g	3,208 g/100g	0,212 g/100g	3,00
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	67	279	9,200 g/100g	1,000 g/100g	0,700 g/100g	0,200 g/100g	4,300 g/100g	0,750 g/100g	0,80
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
2052	Dinkel-Grünkernbrot	248	1.040	38,136 g/100g	0,806 g/100g	5,852 g/100g	0,597 g/100g	8,842 g/100g	1,396 g/100g	3,20
4010	Dinkelherz	305	1.277	44,355 g/100g	1,151 g/100g	8,210 g/100g	0,996 g/100g	10,777 g/100g	1,414 g/100g	3,70
6060	Donut Black	426	1.783	39,300 g/100g	10,700 g/100g	26,800 g/100g	14,300 g/100g	6,100 g/100g	1,725 g/100g	3,30
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	231	967	45,477 g/100g	1,245 g/100g	1,493 g/100g	0,276 g/100g	7,004 g/100g	1,380 g/100g	3,80
1532	Doppeltes Lottchen	210	881	24,285 g/100g	1,332 g/100g	8,704 g/100g	1,536 g/100g	7,905 g/100g	1,000 g/100g	2,00
6040	Eclairs	231	968	22,247 g/100g	13,276 g/100g	14,716 g/100g	7,921 g/100g	2,582 g/100g	0,370 g/100g	1,90
1200	Eierlikör Speiseeis	163	683	27,403 g/100g	16,782 g/100g	5,440 g/100g	3,506 g/100g	0,802 g/100g	0,040 g/100g	2,30

6006	Eierschecke traditionell	204	854	25,853 g/100g	14,826 g/100g	8,578 g/100g	4,106 g/100g	5,486 g/100g	0,291 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	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
1186	Erdbeer-Dream	185	775	25,081 g/100g	21,917 g/100g	8,501 g/100g	6,019 g/100g	1,398 g/100g	0,066 g/100g	2,10
6075	Erdbeerfruchtschnitt e	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
6096	Erdbeerherz	198	828	32,195 g/100g	24,412 g/100g	6,318 g/100g	0,791 g/100g	1,678 g/100g	1,280 g/100g	2,70
6524	Frankfurter Kranz klein	384	1.610	38,882 g/100g	29,098 g/100g	24,224 g/100g	9,393 g/100g	2,781 g/100g	0,315 g/100g	3,20
1052	Frischsalat	153	639	16,000 g/100g	2,500 g/100g	7,400 g/100g	0,900 g/100g	5,500 g/100g	0,720 g/100g	1,30
1076	Frozen Joghurt	208	871	33,324 g/100g	21,568 g/100g	5,670 g/100g	3,146 g/100g	4,262 g/100g	0,180 g/100g	2,80
1296	Fruchtbecher	180	753	29,410 g/100g	23,908 g/100g	5,757 g/100g	2,554 g/100g	2,198 g/100g	0,457 g/100g	2,50
4065	Fruchtplunder	253	1.061	40,353 g/100g	23,204 g/100g	8,656 g/100g	4,652 g/100g	2,829 g/100g	0,226 g/100g	3,40
1004	Frühstück deftig	159	664	15,765 g/100g	2,385 g/100g	7,770 g/100g	4,531 g/100g	5,990 g/100g	0,678 g/100g	1,30
1327	Frühstück Fitness	116	486	2,144 g/100g	1,823 g/100g	9,693 g/100g	6,590 g/100g	5,276 g/100g	0,262 g/100g	0,20
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	557	17,639 g/100g	6,901 g/100g	5,553 g/100g	3,083 g/100g	2,731 g/100g	0,462 g/100g	1,50
1058	Frühstück Hallo Wach	111	467	13,694 g/100g	4,165 g/100g	4,563 g/100g	2,288 g/100g	3,560 g/100g	0,427 g/100g	1,10
1324	Frühstück Mediterran	99	414	3,296 g/100g	3,179 g/100g	7,565 g/100g	3,884 g/100g	4,532 g/100g	0,256 g/100g	0,30
1325	Frühstück Rustikal	166	697	12,952 g/100g	2,007 g/100g	9,552 g/100g	4,325 g/100g	6,926 g/100g	0,910 g/100g	1,10
1276	Frühstück Schlemmer	153	639	13,957 g/100g	5,813 g/100g	8,146 g/100g	4,726 g/100g	5,656 g/100g	0,526 g/100g	1,20
1003	Frühstück schnell	153	640	16,762 g/100g	2,947 g/100g	7,553 g/100g	4,521 g/100g	4,080 g/100g	0,499 g/100g	1,40
1328	Frühstück Sternenbäck Spezial	74	311	4,212 g/100g	3,799 g/100g	4,954 g/100g	2,522 g/100g	3,252 g/100g	0,190 g/100g	0,40
1002	Frühstück süß	140	586	15,550 g/100g	8,826 g/100g	7,381 g/100g	3,547 g/100g	2,634 g/100g	0,141 g/100g	1,30
1326	Frühstücksteller	139	584	9,835 g/100g	2,601 g/100g	8,269 g/100g	4,858 g/100g	6,125 g/100g	0,571 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	1.151	44,546 g/100g	17,862 g/100g	8,466 g/100g	5,396 g/100g	4,118 g/100g	0,434 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
1214	Gemischtes Eis	235	983	29,179 g/100g	24,336 g/100g	11,942 g/100g	9,768 g/100g	2,252 g/100g	0,144 g/100g	2,40
6088	Glücksmoment	428	1.790	42,057 g/100g	32,238 g/100g	26,415 g/100g	10,748 g/100g	5,567 g/100g	0,367 g/100g	3,50
1419	Goldenes Ei	152	638	0,600 g/100g	0,500 g/100g	11,000 g/100g	3,300 g/100g	13,000 g/100g	0,320 g/100g	0,10
4293	Goldweck	228	954	43,814 g/100g	1,036 g/100g	1,959 g/100g	0,319 g/100g	6,848 g/100g	1,483 g/100g	3,70
1057	Gouda-Stern	233	974	24,123 g/100g	1,190 g/100g	10,839 g/100g	4,629 g/100g	8,910 g/100g	1,368 g/100g	2,00
6042	Granatsplitter	393	1.645	35,603 g/100g	26,564 g/100g	25,696 g/100g	14,624 g/100g	4,319 g/100g	0,314 g/100g	3,00
1116	Grilled Chicken	194	812	21,671 g/100g	3,314 g/100g	7,011 g/100g	3,681 g/100g	10,239 g/100g	1,391 g/100g	1,80
4136	Grillkonfekt	245	1.024	42,278 g/100g	2,157 g/100g	3,547 g/100g	0,527 g/100g	8,491 g/100g	1,904 g/100g	3,50
1425	Gulaschsuppe	53	221	4,800 g/100g	0,500 g/100g	2,300 g/100g	0,700 g/100g	2,900 g/100g	0,940 g/100g	0,40
1427	Hackfleischbällchen in Pfeffercremesauce	257	1.074	16,267 g/100g	1,565 g/100g	17,596 g/100g	6,870 g/100g	8,626 g/100g	1,272 g/100g	1,40
1108	halbes belegtes Kaiserbrötchen	200	838	18,876 g/100g	1,243 g/100g	8,563 g/100g	3,462 g/100g	11,226 g/100g	1,772 g/100g	1,60
1236	Hamburger Schnitzel	247	1.033	15,762 g/100g	0,895 g/100g	15,100 g/100g	4,318 g/100g	11,690 g/100g	0,834 g/100g	1,30
4036	Handbrot des Monats	226	946	15,229 g/100g	1,865 g/100g	13,938 g/100g	6,747 g/100g	9,448 g/100g	1,083 g/100g	1,30
2230	Hausbrot	227	951	45,106 g/100g	1,920 g/100g	1,238 g/100g	0,150 g/100g	6,574 g/100g	1,410 g/100g	3,80
4131	Hefeschnecke mit Zimt	369	1.547	48,094 g/100g	19,286 g/100g	16,806 g/100g	6,723 g/100g	5,387 g/100g	0,531 g/100g	4,00
6486	Heidesandtaler	452	1.894	53,012 g/100g	17,759 g/100g	23,633 g/100g	11,879 g/100g	6,027 g/100g	0,100 g/100g	4,40
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
1455	Heißes Kakaogetränk (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 Kakaogetränk (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 Kakaogetränk mit Sahne	64	267	7,260 g/100g	6,616 g/100g	3,325 g/100g	2,393 g/100g	1,235 g/100g	0,128 g/100g	0,60
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	Hühnerfriskassee	126	526	9,543 g/100g	1,329 g/100g	6,513 g/100g	2,500 g/100g	7,225 g/100g	0,753 g/100g	0,80
1112	Italiano	210	881	16,996 g/100g	1,681 g/100g	11,533 g/100g	6,667 g/100g	9,210 g/100g	0,801 g/100g	1,40
1353	Italienischer Salat	62	261	3,674 g/100g	3,591 g/100g	3,284 g/100g	2,131 g/100g	4,237 g/100g	0,120 g/100g	0,30
4236	Jogging Schleife	242	1.013	38,223 g/100g	2,640 g/100g	4,881 g/100g	0,611 g/100g	8,518 g/100g	1,266 g/100g	3,20
1243	Joghurtgenuss	141	591	16,522 g/100g	13,900 g/100g	6,625 g/100g	3,522 g/100g	3,035 g/100g	0,101 g/100g	1,40
4016	Kaiserbrötchen	262	1.099	51,669 g/100g	1,415 g/100g	1,696 g/100g	0,314 g/100g	7,958 g/100g	1,568 g/100g	4,30
1029	Kakao (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
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	201	841	40,188 g/100g	1,009 g/100g	0,650 g/100g	0,096 g/100g	6,456 g/100g	1,310 g/100g	3,30
4097	Kartoffelbrötchen	235	982	44,316 g/100g	2,079 g/100g	1,571 g/100g	0,264 g/100g	7,344 g/100g	1,640 g/100g	3,70
1426	Kartoffelsuppe	55	229	10,000 g/100g	0,800 g/100g	0,900 g/100g	0,300 g/100g	1,800 g/100g	0,790 g/100g	0,80
4005	Käsebrötchen	288	1.206	38,517 g/100g	1,080 g/100g	8,935 g/100g	5,525 g/100g	12,013 g/100g	1,644 g/100g	3,20
6029	Käsekuchen	219	916	28,335 g/100g	19,252 g/100g	8,277 g/100g	4,712 g/100g	7,373 g/100g	0,314 g/100g	2,40
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	23,940 g/100g	0,776 g/100g	12,210 g/100g	7,192 g/100g	15,306 g/100g	2,323 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
1206	Kinderbecher	162	677	31,012 g/100g	21,480 g/100g	3,786 g/100g	2,697 g/100g	0,542 g/100g	0,093 g/100g	2,60
6111	Kirsch-Banane-Schnitte	230	963	27,348 g/100g	18,410 g/100g	11,852 g/100g	7,321 g/100g	3,196 g/100g	0,407 g/100g	2,30
6595	Kirsch-Eclair	278	1.162	20,613 g/100g	16,009 g/100g	20,394 g/100g	12,651 g/100g	3,081 g/100g	0,208 g/100g	1,70
4056	Kirschplunder	330	1.382	45,424 g/100g	18,091 g/100g	14,000 g/100g	7,262 g/100g	4,453 g/100g	0,476 g/100g	3,80
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	293	1.227	46,038 g/100g	8,778 g/100g	6,484 g/100g	3,169 g/100g	10,915 g/100g	1,391 g/100g	3,80
6122	Knusperstreuselkuchen traditionell	265	1.110	36,689 g/100g	17,663 g/100g	11,533 g/100g	6,233 g/100g	2,948 g/100g	0,286 g/100g	3,10
6579	Kokosmakronen dunkel	428	1.793	50,768 g/100g	47,842 g/100g	22,037 g/100g	18,750 g/100g	4,480 g/100g	0,062 g/100g	4,20
6003	Kokosmakronen hell	420	1.759	50,279 g/100g	47,348 g/100g	21,294 g/100g	20,132 g/100g	4,532 g/100g	0,067 g/100g	4,20
1120	Körnerbrezel	363	1.518	39,856 g/100g	2,812 g/100g	15,099 g/100g	2,071 g/100g	13,585 g/100g	1,230 g/100g	3,30
1019	Kraftpaket	222	929	25,066 g/100g	1,540 g/100g	9,071 g/100g	1,122 g/100g	9,310 g/100g	1,325 g/100g	2,10
1255	Kraftpaket belegt mit Hähnchenschnitte	205	857	21,198 g/100g	1,610 g/100g	8,287 g/100g	1,931 g/100g	10,524 g/100g	1,477 g/100g	1,80
4013	Kuchenbrötchen	270	1.131	47,559 g/100g	7,289 g/100g	4,862 g/100g	2,207 g/100g	7,317 g/100g	0,737 g/100g	4,00
4029	Kürbiskernbrötchen	279	1.169	36,889 g/100g	1,649 g/100g	8,834 g/100g	1,788 g/100g	10,773 g/100g	0,092 g/100g	3,10
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
1323	Laugenbrezel überbacken	313	1.311	22,931 g/100g	1,410 g/100g	16,827 g/100g	10,819 g/100g	16,755 g/100g	1,699 g/100g	1,90
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	239	1.000	20,918 g/100g	0,736 g/100g	12,379 g/100g	4,586 g/100g	10,340 g/100g	2,071 g/100g	1,70
4011	Laugentange	296	1.239	52,824 g/100g	3,624 g/100g	3,734 g/100g	0,439 g/100g	9,994 g/100g	4,735 g/100g	4,40
1489	Laugentange Philadelphia	294	1.229	40,600 g/100g	2,600 g/100g	10,200 g/100g	5,200 g/100g	8,700 g/100g	2,150 g/100g	3,40
1545	Laugentürmer	212	886	19,902 g/100g	3,462 g/100g	10,181 g/100g	1,985 g/100g	9,604 g/100g	1,864 g/100g	1,70
6010	Lebkuchenkonfekt	383	1.604	57,528 g/100g	45,258 g/100g	13,581 g/100g	6,443 g/100g	5,730 g/100g	0,226 g/100g	4,80
4040	Limettenkamm	331	1.384	45,395 g/100g	23,307 g/100g	14,643 g/100g	8,379 g/100g	3,674 g/100g	0,423 g/100g	3,80
6072	Mandarinenschnitte	209	875	26,675 g/100g	18,509 g/100g	10,422 g/100g	3,665 g/100g	1,843 g/100g	0,315 g/100g	2,20
2234	Mandelstollen	463	1.939	44,649 g/100g	16,519 g/100g	27,202 g/100g	12,436 g/100g	8,463 g/100g	0,592 g/100g	3,70
2325	Mandelstollen	429	1.794	40,992 g/100g	16,494 g/100g	25,608 g/100g	12,048 g/100g	7,306 g/100g	0,511 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
6108	Marmorkuchen	449	1.879	40,164 g/100g	23,457 g/100g	29,968 g/100g	7,627 g/100g	4,463 g/100g	0,675 g/100g	3,30
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
2226	Mehrkornbrot	222	931	33,472 g/100g	2,207 g/100g	5,150 g/100g	0,634 g/100g	7,782 g/100g	1,088 g/100g	2,80
4076	Mehrkornbrötchen	287	1.200	36,726 g/100g	1,663 g/100g	9,554 g/100g	1,240 g/100g	10,693 g/100g	1,165 g/100g	3,10
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	281	1.175	43,801 g/100g	6,721 g/100g	6,284 g/100g	0,459 g/100g	10,686 g/100g	1,594 g/100g	3,70
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
1302	Milchreis mit Zucker + Zimt	136	571	24,762 g/100g	13,619 g/100g	2,476 g/100g	1,619 g/100g	3,429 g/100g	0,191 g/100g	2,10
4019	Minibaguettebrötchen	241	1.010	48,781 g/100g	0,966 g/100g	0,914 g/100g	0,247 g/100g	7,446 g/100g	1,481 g/100g	4,10
4014	Mohnbrötchen	262	1.095	40,945 g/100g	1,492 g/100g	5,954 g/100g	0,783 g/100g	8,449 g/100g	1,240 g/100g	3,40
6030	Mohnkuchen	261	1.093	27,002 g/100g	16,328 g/100g	12,539 g/100g	2,945 g/100g	8,191 g/100g	0,239 g/100g	2,30
4059	Mohnschnecke	358	1.499	46,463 g/100g	23,084 g/100g	15,822 g/100g	7,575 g/100g	5,992 g/100g	0,347 g/100g	3,90
2248	Mohnzopf	304	1.274	46,072 g/100g	8,929 g/100g	8,662 g/100g	3,370 g/100g	8,322 g/100g	0,846 g/100g	3,80
2225	Mohnzopf klein	242	1.012	43,880 g/100g	1,332 g/100g	3,058 g/100g	0,454 g/100g	7,510 g/100g	1,330 g/100g	3,70
2138	Nussbrot	259	1.085	32,462 g/100g	2,546 g/100g	9,394 g/100g	1,005 g/100g	8,730 g/100g	0,887 g/100g	2,70
1257	Oktoberfest-Brezel	277	1.158	31,533 g/100g	2,381 g/100g	12,120 g/100g	5,277 g/100g	9,015 g/100g	1,400 g/100g	2,60
2235	Original Weihnachtsstollen ohne Dekor 1500g	365	1.529	45,466 g/100g	23,235 g/100g	16,940 g/100g	8,857 g/100g	5,950 g/100g	0,598 g/100g	3,80
1205	Panini Salami	268	1.120	21,230 g/100g	1,157 g/100g	14,848 g/100g	8,908 g/100g	11,758 g/100g	1,319 g/100g	1,80
1207	Panini Schinken	239	1.001	22,252 g/100g	1,123 g/100g	11,156 g/100g	7,104 g/100g	11,714 g/100g	1,415 g/100g	1,90
1215	Panini Tomate Mozzarella	180	753	18,815 g/100g	1,657 g/100g	7,710 g/100g	4,786 g/100g	8,026 g/100g	1,010 g/100g	1,60
6166	Papageienkuchen	399	1.672	39,426 g/100g	24,321 g/100g	24,399 g/100g	3,019 g/100g	5,334 g/100g	0,738 g/100g	3,30
4295	Papageien-Muffin	347	1.451	42,658 g/100g	23,498 g/100g	17,621 g/100g	2,289 g/100g	4,078 g/100g	0,873 g/100g	3,60
4024	Partybrötchen hell	227	949	44,788 g/100g	1,225 g/100g	1,355 g/100g	0,265 g/100g	6,913 g/100g	1,333 g/100g	3,70
4095	Partykranz	303	1.267	44,099 g/100g	1,510 g/100g	8,633 g/100g	1,606 g/100g	9,857 g/100g	1,339 g/100g	3,70
4096	Partyrad	279	1.166	47,335 g/100g	1,481 g/100g	5,023 g/100g	0,936 g/100g	8,771 g/100g	1,440 g/100g	3,90
1381	Pasta m. Bolognese	266	1.113	50,366 g/100g	3,734 g/100g	2,389 g/100g	0,812 g/100g	9,931 g/100g	0,338 g/100g	4,20
1382	Pasta m. Tomatensauce	255	1.069	51,700 g/100g	3,867 g/100g	1,267 g/100g	0,333 g/100g	8,433 g/100g	0,580 g/100g	4,30
1380	Pasta m. Käsesauce	278	1.166	50,350 g/100g	2,632 g/100g	4,122 g/100g	2,171 g/100g	9,258 g/100g	0,375 g/100g	4,20
1379	Pasta m. Käsesauce u. Filetstreifen	258	1.081	43,832 g/100g	2,394 g/100g	4,338 g/100g	2,264 g/100g	10,315 g/100g	0,458 g/100g	3,70
1378	Pasta mit Gulasch	256	1.072	50,284 g/100g	2,138 g/100g	1,753 g/100g	0,428 g/100g	8,896 g/100g	0,322 g/100g	4,20
4055	Pfannkuchen	321	1.344	49,615 g/100g	24,399 g/100g	10,604 g/100g	2,870 g/100g	5,468 g/100g	0,754 g/100g	4,10
4233	Pfannkuchen gez. m. Pflaumenmus	290	1.216	51,992 g/100g	28,359 g/100g	6,114 g/100g	2,200 g/100g	5,526 g/100g	0,747 g/100g	4,30
4112	Pfannkuchen glas. mit Pflaumenmus	275	1.151	49,841 g/100g	24,133 g/100g	5,210 g/100g	2,133 g/100g	5,767 g/100g	0,780 g/100g	4,20
4077	Pfannkuchen m. Glasur + Mehrfruchtfüllung	295	1.236	50,707 g/100g	24,932 g/100g	7,256 g/100g	2,346 g/100g	5,341 g/100g	0,738 g/100g	4,20
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	255	1.066	25,755 g/100g	3,563 g/100g	12,104 g/100g	6,522 g/100g	10,011 g/100g	1,966 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
4061	Puddingschnecke	319	1.335	45,476 g/100g	20,798 g/100g	12,733 g/100g	6,499 g/100g	4,639 g/100g	0,390 g/100g	3,80
1135	Purple Smoothie	55	231	13,000 g/100g	12,000 g/100g			0,600 g/100g		1,10
1021	Putenmax	198	827	18,654 g/100g	3,820 g/100g	9,572 g/100g	4,299 g/100g	8,191 g/100g	1,275 g/100g	1,60
1447	Putenmedaillon	103	432	10,514 g/100g	1,286 g/100g	3,570 g/100g	2,214 g/100g	7,154 g/100g	0,893 g/100g	0,90
4081	Quarkbällchen	351	1.469	33,580 g/100g	17,066 g/100g	20,992 g/100g	4,040 g/100g	6,787 g/100g	0,939 g/100g	2,80
1183	Rogg'n Egg	198	830	20,355 g/100g	2,026 g/100g	9,159 g/100g	1,578 g/100g	7,648 g/100g	1,034 g/100g	1,70
4002	Roggenbrötchen	217	907	41,370 g/100g	2,495 g/100g	1,168 g/100g	0,412 g/100g	7,780 g/100g	1,451 g/100g	3,40
2020	Roggenmischbrot	199	833	40,177 g/100g	2,442 g/100g	0,713 g/100g	0,109 g/100g	5,624 g/100g	1,274 g/100g	3,30
2223	Roggenmischbrot	197	824	39,494 g/100g	2,244 g/100g	0,736 g/100g	0,109 g/100g	5,662 g/100g	1,390 g/100g	3,30
4083	Rosinenbrötchen	268	1.121	44,368 g/100g	13,071 g/100g	4,622 g/100g	2,085 g/100g	10,318 g/100g	1,357 g/100g	3,70
2254	Rosinenzopf	267	1.117	45,252 g/100g	13,329 g/100g	4,644 g/100g	2,103 g/100g	9,116 g/100g	1,176 g/100g	3,80
2253	Rosinenzopf klein	267	1.117	45,252 g/100g	13,329 g/100g	4,644 g/100g	2,103 g/100g	9,116 g/100g	1,176 g/100g	3,80
6186	Roulade des Monats	247	1.034	22,589 g/100g	15,963 g/100g	15,382 g/100g	9,734 g/100g	4,192 g/100g	0,333 g/100g	1,90
6581	Russischer Zupf- Ball	268	1.121	34,280 g/100g	18,945 g/100g	11,280 g/100g	6,556 g/100g	6,567 g/100g	0,291 g/100g	2,90
1059	Salami-Stern	224	939	25,559 g/100g	1,393 g/100g	10,024 g/100g	2,996 g/100g	7,184 g/100g	1,329 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
2372	scharfe Stange	267	1.118	45,339 g/100g	0,950 g/100g	5,684 g/100g	0,799 g/100g	6,945 g/100g	1,881 g/100g	3,80

1258	Schinkenmettwurstbrötchen	200	838	18,876 g/100g	1,243 g/100g	8,563 g/100g	3,462 g/100g	11,226 g/100g	1,772 g/100g	1,60
1101	Schinken-Stern	183	767	24,592 g/100g	1,302 g/100g	5,476 g/100g	0,728 g/100g	7,962 g/100g	1,553 g/100g	2,00
6083	Schmandkuchen traditionell	206	864	23,802 g/100g	12,596 g/100g	10,665 g/100g	6,268 g/100g	3,549 g/100g	0,297 g/100g	2,00
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	230	963	45,121 g/100g	1,351 g/100g	1,567 g/100g	0,282 g/100g	6,936 g/100g	1,318 g/100g	3,80
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	284	1.189	40,594 g/100g	1,218 g/100g	8,529 g/100g	1,243 g/100g	9,030 g/100g	1,238 g/100g	3,40
1336	Snack des Monats*	210	881	16,996 g/100g	1,681 g/100g	11,533 g/100g	6,667 g/100g	9,210 g/100g	0,801 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
4104	Spritzkuchen	231	968	24,447 g/100g	10,272 g/100g	12,732 g/100g	2,957 g/100g	4,663 g/100g	0,481 g/100g	2,00
4087	Stollenkonfekt	365	1.527	46,943 g/100g	25,731 g/100g	16,330 g/100g	8,462 g/100g	5,816 g/100g	0,535 g/100g	3,90
1371	Strammer Max	253	1.060	11,438 g/100g	0,839 g/100g	17,101 g/100g	5,826 g/100g	13,254 g/100g	1,900 g/100g	1,00
1013	Strammes Mäxchen	172	722	19,005 g/100g	1,395 g/100g	6,424 g/100g	1,130 g/100g	8,873 g/100g	1,271 g/100g	1,60
1065	Strawberry Cream	223	932	38,270 g/100g	26,919 g/100g	6,238 g/100g	4,849 g/100g	2,397 g/100g	0,099 g/100g	3,20
4086	Streuselschnecke	349	1.462	53,275 g/100g	24,642 g/100g	11,714 g/100g	7,176 g/100g	6,484 g/100g	0,667 g/100g	4,40
4085	Streuselschnecke gefüllt	251	1.051	42,520 g/100g	16,046 g/100g	6,780 g/100g	4,050 g/100g	3,944 g/100g	0,437 g/100g	3,50
1342	Stulle California	145	608	10,227 g/100g	3,480 g/100g	5,601 g/100g	2,261 g/100g	12,836 g/100g	1,640 g/100g	0,90
1392	Stulle Gemüsegarten	93	388	10,608 g/100g	2,127 g/100g	4,165 g/100g	2,571 g/100g	2,399 g/100g	0,290 g/100g	0,90
1341	Stulle San Francisco	202	846	9,717 g/100g	0,897 g/100g	13,211 g/100g	4,786 g/100g	10,999 g/100g	1,227 g/100g	0,80
1397	Sülze mit Bratkartoffeln	143	600	12,463 g/100g	1,157 g/100g	9,701 g/100g	1,000 g/100g	1,698 g/100g	0,318 g/100g	1,00
2250	Süsser Zopf	280	1.171	44,744 g/100g	6,862 g/100g	6,344 g/100g	0,443 g/100g	9,394 g/100g	1,404 g/100g	3,70
2249	Süsser Zopf klein	280	1.171	44,744 g/100g	6,862 g/100g	6,344 g/100g	0,443 g/100g	9,394 g/100g	1,404 g/100g	3,70
2061	Unser Handgeschöpftes	188	786	37,842 g/100g	2,492 g/100g	0,684 g/100g	0,105 g/100g	5,287 g/100g	1,211 g/100g	3,20
2299	Urkruste	201	843	35,758 g/100g	1,513 g/100g	2,249 g/100g	0,322 g/100g	7,126 g/100g	1,198 g/100g	3,00
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
1365	Vitaminbecher	122	509	19,110 g/100g	16,721 g/100g	3,640 g/100g	2,480 g/100g	2,261 g/100g	0,046 g/100g	1,60
2017	Vollkornbrot	178	745	33,114 g/100g	0,982 g/100g	0,977 g/100g	0,131 g/100g	5,488 g/100g	1,290 g/100g	2,80
4012	Vollkornbrötchen	246	1.031	35,218 g/100g	1,882 g/100g	5,228 g/100g	0,655 g/100g	10,817 g/100g	1,657 g/100g	2,90
4283	Walnuss-Plunder	400	1.673	45,111 g/100g	18,613 g/100g	20,901 g/100g	6,657 g/100g	6,757 g/100g	0,474 g/100g	3,80
2221	Weißbrot	230	962	44,049 g/100g	1,550 g/100g	2,169 g/100g	1,010 g/100g	6,672 g/100g	1,226 g/100g	3,70
2203	Winterbrot	238	996	37,538 g/100g	9,219 g/100g	5,814 g/100g	0,681 g/100g	6,373 g/100g	0,958 g/100g	3,10
6044	Zupfkuchen traditionell	262	1.095	32,666 g/100g	17,398 g/100g	11,221 g/100g	6,498 g/100g	6,796 g/100g	0,297 g/100g	2,70