



Nährwerte

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

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

Stand: 04.07.2022

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäuren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
1099	1 Paar Wiener mit Brötchen	285	1.193	18,074 g/100g	0,810 g/100g	18,703 g/100g	7,645 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	0,120 g/100g	5,802 g/100g	1,292 g/100g	3,50
2368	1766er Brot	237	992	46,555 g/100g	2,692 g/100g	1,020 g/100g	0,236 g/100g	7,531 g/100g	1,576 g/100g	3,90
4282	1766er Brötchen	283	1.185	46,731 g/100g	1,730 g/100g	4,948 g/100g	0,742 g/100g	10,396 g/100g	1,641 g/100g	3,90
6009	Amerikaner	279	1.167	48,580 g/100g	23,822 g/100g	6,855 g/100g	1,873 g/100g	4,489 g/100g	1,544 g/100g	4,00
4063	Apfeltasche	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	263	1.102	53,214 g/100g	1,057 g/100g	0,999 g/100g	0,268 g/100g	8,137 g/100g	1,632 g/100g	4,40
2041	Bauernbrot Schweizer Art	230	964	46,239 g/100g	1,767 g/100g	0,826 g/100g	0,132 g/100g	7,157 g/100g	1,392 g/100g	3,90
1417	Bauernfrühstück	123	516	7,040 g/100g	0,432 g/100g	7,677 g/100g	0,370 g/100g	6,569 g/100g	0,008 g/100g	0,60
2006	Bauernstange	208	871	38,705 g/100g	2,406 g/100g	1,561 g/100g	0,583 g/100g	7,435 g/100g	1,253 g/100g	3,20
6085	Beeren-Sahneschnitte	193	808	32,000 g/100g	24,000 g/100g	5,900 g/100g	3,400 g/100g	2,700 g/100g	0,170 g/100g	2,70
6008	Bienenstich	396	1.660	29,368 g/100g	17,304 g/100g	28,981 g/100g	12,054 g/100g	4,761 g/100g	0,414 g/100g	2,40
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
1092	Boulettenbrötchen	234	980	20,418 g/100g	1,613 g/100g	12,859 g/100g	3,549 g/100g	8,815 g/100g	1,373 g/100g	1,70
1493	Brezel Schnittlauch	299	1.250	39,822 g/100g	2,753 g/100g	11,014 g/100g	5,287 g/100g	8,322 g/100g	1,440 g/100g	3,30
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. Schokocreame	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	415	1.738	60,552 g/100g	32,097 g/100g	16,624 g/100g	11,179 g/100g	4,803 g/100g	0,332 g/100g	5,00
6601	Butterkekse schwarz/weiß	431	1.805	57,848 g/100g	25,793 g/100g	19,053 g/100g	12,785 g/100g	5,785 g/100g	0,371 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	Chocolat Chips	279	1.170	39,568 g/100g	25,378 g/100g	11,103 g/100g	8,903 g/100g	4,181 g/100g	0,269 g/100g	3,30
2320	Ciabatta Olive	253	1.060	45,674 g/100g	1,155 g/100g	3,237 g/100g	0,564 g/100g	8,346 g/100g	1,782 g/100g	3,80
2005	Ciabatta Peperoni	235	984	44,759 g/100g	1,131 g/100g	1,763 g/100g	0,283 g/100g	8,038 g/100g	2,128 g/100g	3,70
4015	Ciabattabrötchen	253	1.059	48,587 g/100g	1,273 g/100g	1,531 g/100g	0,254 g/100g	8,984 g/100g	1,631 g/100g	4,00
1061	Cioccolata Stracciatella	303	1.267	39,486 g/100g	25,297 g/100g	14,103 g/100g	8,822 g/100g	3,532 g/100g	0,180 g/100g	3,30
1393	Da steppt die Beere	129	541	17,990 g/100g	15,123 g/100g	4,776 g/100g	2,426 g/100g	2,675 g/100g	0,082 g/100g	1,50
1387	Deftige Linsensuppe	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
2015	Dinkelbrot	194	814	38,035 g/100g	0,484 g/100g	0,781 g/100g	0,116 g/100g	7,059 g/100g	1,446 g/100g	3,20
4010	Dinkelherz	305	1.275	44,272 g/100g	1,151 g/100g	8,187 g/100g	1,025 g/100g	10,809 g/100g	1,411 g/100g	3,70
2003	Dinkel-Vollkornbrot	231	968	29,288 g/100g	2,486 g/100g	8,024 g/100g	0,980 g/100g	8,073 g/100g	0,842 g/100g	2,40
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	279	1.169	55,209 g/100g	1,517 g/100g	1,665 g/100g	0,577 g/100g	8,522 g/100g	1,696 g/100g	4,60
6040	Eclairs	227	949	22,272 g/100g	13,126 g/100g	14,187 g/100g	8,827 g/100g	2,566 g/100g	0,344 g/100g	1,90
6006	Eierschecke traditionell	204	855	26,351 g/100g	15,359 g/100g	8,543 g/100g	4,187 g/100g	5,133 g/100g	0,294 g/100g	2,20
1060	Eiskakao weiß	134	562	18,097 g/100g	17,517 g/100g	5,895 g/100g	4,929 g/100g	2,151 g/100g	0,152 g/100g	1,50
1196	Erbseintopf	94	393	9,700 g/100g	1,100 g/100g	2,600 g/100g	0,900 g/100g	6,000 g/100g	0,850 g/100g	0,80
1085	Erdbeer Speiseeis	144	604	33,435 g/100g	19,798 g/100g	0,473 g/100g	0,224 g/100g	0,890 g/100g	0,128 g/100g	2,80
6552	Erdbeer-Buttermilch-Torte	198	829	27,000 g/100g	18,700 g/100g	8,100 g/100g	4,000 g/100g	3,900 g/100g	0,200 g/100g	2,30
4092	Erdbeerfruchtplunder	191	801	25,572 g/100g	10,842 g/100g	8,089 g/100g	3,559 g/100g	3,178 g/100g	0,374 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	276	1.155	40,952 g/100g	24,275 g/100g	9,116 g/100g	0,404 g/100g	7,160 g/100g	0,062 g/100g	3,40
6617	Erdbeerzauber	194	812	23,891 g/100g	16,184 g/100g	10,022 g/100g	4,208 g/100g	1,883 g/100g	0,281 g/100g	2,00

6524	Frankfurter Kranz klein	385	1.611	38,943 g/100g	29,237 g/100g	24,288 g/100g	10,559 g/100g	2,686 g/100g	0,317 g/100g	3,20
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
4065	Fruchtplunder	252	1.055	40,204 g/100g	23,274 g/100g	8,602 g/100g	4,107 g/100g	2,765 g/100g	0,271 g/100g	3,40
6368	Fruchttortelets	164	687	26,407 g/100g	13,856 g/100g	5,093 g/100g	3,543 g/100g	2,062 g/100g	0,158 g/100g	2,20
1004	Frühstück deftig	158	662	15,740 g/100g	2,360 g/100g	7,707 g/100g	4,482 g/100g	6,065 g/100g	0,720 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	466	13,685 g/100g	4,157 g/100g	4,530 g/100g	2,292 g/100g	3,585 g/100g	0,442 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	12,927 g/100g	1,982 g/100g	9,522 g/100g	4,222 g/100g	7,026 g/100g	0,986 g/100g	1,10
1276	Frühstück Schlemmer	152	638	13,941 g/100g	5,797 g/100g	8,103 g/100g	4,703 g/100g	5,697 g/100g	0,544 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 Sternbäck Spezial	74	310	4,211 g/100g	3,798 g/100g	4,949 g/100g	2,525 g/100g	3,251 g/100g	0,186 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	583	9,806 g/100g	2,572 g/100g	8,229 g/100g	4,752 g/100g	6,200 g/100g	0,606 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	273	1.143	44,385 g/100g	17,987 g/100g	8,371 g/100g	4,911 g/100g	4,046 g/100g	0,500 g/100g	3,70
1179	gekochtes Ei	153	640	0,600 g/100g	0,500 g/100g	11,000 g/100g	3,300 g/100g	13,100 g/100g	0,320 g/100g	0,10
6088	Glücksmoment	380	1.589	35,085 g/100g	24,850 g/100g	24,818 g/100g	14,754 g/100g	4,265 g/100g	0,364 g/100g	2,90
4293	Goldweck	272	1.140	53,010 g/100g	1,217 g/100g	2,049 g/100g	0,812 g/100g	8,013 g/100g	1,823 g/100g	4,40
1057	Gouda-Stern	230	963	24,365 g/100g	1,389 g/100g	10,471 g/100g	4,803 g/100g	8,788 g/100g	1,356 g/100g	2,00
6042	Granatsplitter	394	1.649	35,683 g/100g	26,650 g/100g	25,775 g/100g	15,752 g/100g	4,301 g/100g	0,315 g/100g	3,00
4136	Grillkonfekt	245	1.025	42,301 g/100g	2,160 g/100g	3,545 g/100g	0,524 g/100g	8,506 g/100g	1,909 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	837	18,876 g/100g	1,243 g/100g	8,539 g/100g	3,501 g/100g	11,226 g/100g	1,772 g/100g	1,60
1236	Hamburger Schnitzel	247	1.034	15,783 g/100g	0,894 g/100g	15,106 g/100g	4,320 g/100g	11,704 g/100g	0,832 g/100g	1,30
4036	Handbrot des Monats	225	944	15,257 g/100g	1,991 g/100g	13,733 g/100g	6,723 g/100g	9,692 g/100g	1,094 g/100g	1,30
2230	Hausbrot	227	951	45,106 g/100g	1,920 g/100g	1,238 g/100g	0,149 g/100g	6,574 g/100g	1,410 g/100g	3,80
4131	Hefeschnecke mit Zimt	369	1.547	48,094 g/100g	19,320 g/100g	16,806 g/100g	6,723 g/100g	5,404 g/100g	0,565 g/100g	4,00
1067	Heißes Früchtchen	227	951	22,600 g/100g	18,154 g/100g	13,861 g/100g	10,143 g/100g	2,414 g/100g	0,192 g/100g	1,90
1455	Heißes 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
6086	Himbeer-Milchreis-Torte	177	740	27,112 g/100g	19,572 g/100g	5,781 g/100g	3,404 g/100g	3,152 g/100g	0,302 g/100g	2,30
1111	Himmelblau Speiseeis	173	726	27,403 g/100g	16,782 g/100g	5,440 g/100g	3,506 g/100g	3,285 g/100g	0,838 g/100g	2,30
1287	Hühnerfrikassee	128	534	8,954 g/100g	1,430 g/100g	6,774 g/100g	2,570 g/100g	7,736 g/100g	0,825 g/100g	0,70
4236	Jogging Schleife	301	1.261	44,494 g/100g	3,029 g/100g	7,624 g/100g	0,934 g/100g	10,394 g/100g	1,382 g/100g	3,70
4016	Kaiserbrötchen	280	1.174	55,447 g/100g	1,518 g/100g	1,670 g/100g	0,578 g/100g	8,540 g/100g	1,683 g/100g	4,60
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	198	829	39,546 g/100g	1,353 g/100g	0,680 g/100g	0,146 g/100g	6,526 g/100g	1,452 g/100g	3,30
4097	Kartoffelbrötchen	233	977	44,316 g/100g	2,079 g/100g	1,440 g/100g	0,475 g/100g	7,844 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	1,300 g/100g	0,790 g/100g	0,80
4005	Käsebrötchen	287	1.202	38,517 g/100g	1,080 g/100g	8,831 g/100g	5,692 g/100g	12,013 g/100g	1,644 g/100g	3,20
6029	Käsekuchen	220	920	29,356 g/100g	20,268 g/100g	8,260 g/100g	4,695 g/100g	6,652 g/100g	0,295 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	269	1.127	23,940 g/100g	0,776 g/100g	12,146 g/100g	7,296 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

6453	Kirmeskuchen traditionell	267	1.118	34,015 g/100g	21,816 g/100g	12,110 g/100g	5,756 g/100g	5,143 g/100g	0,298 g/100g	2,80
6595	Kirsch-Eclair	273	1.144	20,619 g/100g	16,009 g/100g	19,883 g/100g	13,490 g/100g	3,084 g/100g	0,185 g/100g	1,70
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
1120	Körnerbrezel	363	1.518	39,856 g/100g	2,814 g/100g	15,085 g/100g	2,081 g/100g	13,605 g/100g	1,230 g/100g	3,30
1019	Kraftpaket	220	919	25,295 g/100g	1,861 g/100g	8,701 g/100g	1,173 g/100g	9,310 g/100g	1,298 g/100g	2,10
1255	Kraftpaket belegt mit Hähnchenschnitte	204	852	21,469 g/100g	1,911 g/100g	8,016 g/100g	1,909 g/100g	10,555 g/100g	1,457 g/100g	1,80
4013	Kuchenbrötchen	271	1.135	48,604 g/100g	8,333 g/100g	4,845 g/100g	2,189 g/100g	6,578 g/100g	0,718 g/100g	4,10
4029	Kürbiskernbrötchen	326	1.364	42,126 g/100g	1,979 g/100g	9,961 g/100g	2,398 g/100g	13,728 g/100g	0,115 g/100g	3,50
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	235	982	19,866 g/100g	0,982 g/100g	12,635 g/100g	4,907 g/100g	9,761 g/100g	1,953 g/100g	1,70
4011	Laugenstange	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
1545	Laugenstürmer	200	838	21,602 g/100g	3,842 g/100g	8,354 g/100g	0,883 g/100g	8,988 g/100g	1,863 g/100g	1,80
4040	Limettenkamm	331	1.385	45,411 g/100g	23,682 g/100g	14,659 g/100g	8,442 g/100g	3,659 g/100g	0,439 g/100g	3,80
6004	Mailänder Herz	358	1.497	55,494 g/100g	46,457 g/100g	12,017 g/100g	2,198 g/100g	5,952 g/100g	0,201 g/100g	4,60
1194	Mango Speiseeis	189	790	35,121 g/100g	29,024 g/100g	3,400 g/100g	2,264 g/100g	3,818 g/100g	0,749 g/100g	2,90
4185	Mehrfrucht-Berliner	383	1.602	57,131 g/100g	31,724 g/100g	14,317 g/100g	4,800 g/100g	5,959 g/100g	0,836 g/100g	4,80
6089	Mehrfruchtschnitte	198	829	25,180 g/100g	17,230 g/100g	9,873 g/100g	3,776 g/100g	1,794 g/100g	0,299 g/100g	2,10
2226	Mehrkornbrot	222	930	33,438 g/100g	2,152 g/100g	5,120 g/100g	0,627 g/100g	7,836 g/100g	1,088 g/100g	2,80
4076	Mehrkornbrötchen	286	1.196	36,842 g/100g	1,614 g/100g	9,366 g/100g	1,388 g/100g	10,766 g/100g	1,166 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	271	1.133	44,337 g/100g	8,642 g/100g	6,521 g/100g	0,570 g/100g	7,213 g/100g	1,033 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
4019	Minibaguettebrötche n	263	1.103	53,265 g/100g	1,054 g/100g	0,999 g/100g	0,268 g/100g	8,131 g/100g	1,631 g/100g	4,40
4014	Mohnbrötchen	261	1.091	40,945 g/100g	1,492 g/100g	5,844 g/100g	0,959 g/100g	8,449 g/100g	1,240 g/100g	3,40
6030	Mohnkuchen	261	1.093	27,486 g/100g	16,882 g/100g	12,502 g/100g	2,788 g/100g	7,806 g/100g	0,246 g/100g	2,30
4059	Mohnschnecke	356	1.490	46,288 g/100g	23,063 g/100g	15,726 g/100g	6,726 g/100g	5,877 g/100g	0,409 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	241	1.008	43,880 g/100g	1,332 g/100g	2,939 g/100g	0,644 g/100g	7,510 g/100g	1,330 g/100g	3,70
6389	Muffin des Monats	340	1.425	36,038 g/100g	21,041 g/100g	20,131 g/100g	10,703 g/100g	3,766 g/100g	2,822 g/100g	3,00
2138	Nussbrot	259	1.084	32,514 g/100g	2,498 g/100g	9,338 g/100g	0,963 g/100g	8,910 g/100g	0,886 g/100g	2,70
1205	Panini Salami	269	1.125	21,194 g/100g	1,086 g/100g	14,851 g/100g	8,458 g/100g	12,078 g/100g	1,548 g/100g	1,80
1207	Panini Schinken	245	1.026	24,621 g/100g	1,157 g/100g	10,645 g/100g	5,098 g/100g	11,931 g/100g	1,726 g/100g	2,10
1215	Panini Tomate Mozzarella	180	754	18,849 g/100g	1,661 g/100g	7,712 g/100g	4,786 g/100g	8,044 g/100g	1,013 g/100g	1,60
6166	Papageienkuchen	399	1.672	39,426 g/100g	24,316 g/100g	24,396 g/100g	3,021 g/100g	5,334 g/100g	0,738 g/100g	3,30
4295	Papageien-Muffin	347	1.452	42,707 g/100g	23,458 g/100g	17,621 g/100g	2,289 g/100g	4,078 g/100g	0,873 g/100g	3,60
4024	Partybrötchen hell	226	945	44,787 g/100g	1,225 g/100g	1,259 g/100g	0,419 g/100g	6,914 g/100g	1,333 g/100g	3,70
1381	Pasta m. Bolognese	255	1.069	47,722 g/100g	3,841 g/100g	2,506 g/100g	0,878 g/100g	9,709 g/100g	0,378 g/100g	4,00
1382	Pasta m. Tomatensauce	242	1.013	48,913 g/100g	3,975 g/100g	1,238 g/100g	0,338 g/100g	7,987 g/100g	0,650 g/100g	4,10
1380	Pasta m.Käsesauce	269	1.125	47,550 g/100g	2,593 g/100g	4,454 g/100g	2,407 g/100g	8,933 g/100g	0,420 g/100g	4,00
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	244	1.020	47,476 g/100g	2,037 g/100g	1,787 g/100g	0,445 g/100g	8,526 g/100g	0,360 g/100g	4,00
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. Glasure + 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	1.068	25,955 g/100g	3,907 g/100g	12,045 g/100g	6,629 g/100g	10,089 g/100g	1,889 g/100g	2,20
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
1021	Putenmax	198	827	18,654 g/100g	3,820 g/100g	9,572 g/100g	4,298 g/100g	8,191 g/100g	1,275 g/100g	1,60
1447	Putenmedaillon	104	437	10,643 g/100g	1,304 g/100g	3,611 g/100g	2,246 g/100g	7,205 g/100g	0,906 g/100g	0,90
6112	Regenbogentaler	520	2.177	59,112 g/100g	16,964 g/100g	28,018 g/100g	14,511 g/100g	6,990 g/100g	0,122 g/100g	4,90
2020	Roggenmischbrot	200	837	40,257 g/100g	2,441 g/100g	0,737 g/100g	0,116 g/100g	5,677 g/100g	1,266 g/100g	3,40
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
4305	Rosenbrötchen dunkel	281	1.175	56,946 g/100g	1,579 g/100g	0,947 g/100g	0,210 g/100g	8,526 g/100g	2,000 g/100g	4,70
4129	Rosenbrötchen hell	278	1.163	56,525 g/100g	1,474 g/100g	0,842 g/100g	0,210 g/100g	8,526 g/100g	2,105 g/100g	4,70
4083	Rosinenbrötchen	268	1.124	44,987 g/100g	13,689 g/100g	4,611 g/100g	2,075 g/100g	9,880 g/100g	1,345 g/100g	3,70
2254	Rosinenzopf	267	1.119	45,882 g/100g	13,959 g/100g	4,633 g/100g	2,092 g/100g	8,670 g/100g	1,165 g/100g	3,80
2253	Rosinenzopf klein	267	1.119	45,882 g/100g	13,959 g/100g	4,633 g/100g	2,092 g/100g	8,670 g/100g	1,165 g/100g	3,80
6186	Roulade des Monats	224	939	26,407 g/100g	19,733 g/100g	10,544 g/100g	4,987 g/100g	5,408 g/100g	0,266 g/100g	2,20
1384	Rührei mit Schinken	219	916	0,826 g/100g	0,129 g/100g	17,314 g/100g	2,645 g/100g	15,367 g/100g	1,487 g/100g	0,10
1059	Salami-Stern	223	932	25,734 g/100g	1,522 g/100g	9,636 g/100g	2,696 g/100g	7,379 g/100g	1,558 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
1258	Schinkenmettwurstbrötchen	200	837	18,876 g/100g	1,243 g/100g	8,539 g/100g	3,501 g/100g	11,226 g/100g	1,772 g/100g	1,60
1101	Schinken-Stern	179	751	24,819 g/100g	1,485 g/100g	4,987 g/100g	0,982 g/100g	7,801 g/100g	1,445 g/100g	2,10
6083	Schmandkuchen traditionell	206	863	23,800 g/100g	12,659 g/100g	10,603 g/100g	6,254 g/100g	3,658 g/100g	0,318 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	279	1.169	55,025 g/100g	1,648 g/100g	1,743 g/100g	0,614 g/100g	8,459 g/100g	1,607 g/100g	4,60
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	283	1.185	40,594 g/100g	1,218 g/100g	8,419 g/100g	1,419 g/100g	9,030 g/100g	1,238 g/100g	3,40
1336	Snack des Monats*	205	858	17,288 g/100g	1,578 g/100g	10,669 g/100g	6,753 g/100g	9,393 g/100g	1,298 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
1371	Strammer Max	222	931	12,165 g/100g	0,854 g/100g	12,877 g/100g	2,893 g/100g	14,085 g/100g	2,021 g/100g	1,00
1013	Strammes Mäxchen	169	710	19,133 g/100g	1,582 g/100g	6,060 g/100g	1,262 g/100g	8,836 g/100g	1,161 g/100g	1,60
4054	Streusel	408	1.710	62,374 g/100g	29,028 g/100g	13,716 g/100g	7,361 g/100g	7,498 g/100g	0,862 g/100g	5,20
6092	Streuselkuchen traditionell	237	992	37,862 g/100g	16,765 g/100g	7,916 g/100g	3,873 g/100g	2,844 g/100g	0,351 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
2250	Süsser Zopf	279	1.170	45,267 g/100g	8,819 g/100g	6,124 g/100g	0,430 g/100g	9,289 g/100g	1,437 g/100g	3,80
2249	Süsser Zopf klein	279	1.170	45,267 g/100g	8,819 g/100g	6,124 g/100g	0,430 g/100g	9,289 g/100g	1,437 g/100g	3,80
1084	Tiger-Chicken Brötchen	222	928	25,409 g/100g	3,994 g/100g	9,056 g/100g	0,908 g/100g	8,842 g/100g	1,052 g/100g	2,10
2061	Unser Handgeschöpftes	188	786	37,842 g/100g	2,492 g/100g	0,684 g/100g	0,104 g/100g	5,287 g/100g	1,211 g/100g	3,20
2299	Urkruste	202	846	35,954 g/100g	1,524 g/100g	2,236 g/100g	0,332 g/100g	7,286 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
2017	Vollkornbrot	178	745	33,114 g/100g	0,982 g/100g	0,977 g/100g	0,130 g/100g	5,488 g/100g	1,290 g/100g	2,80
4012	Vollkornbrötchen	256	1.071	35,243 g/100g	1,869 g/100g	6,176 g/100g	0,797 g/100g	11,101 g/100g	1,665 g/100g	2,90
4283	Walnuss-Plunder	400	1.673	45,111 g/100g	18,585 g/100g	20,901 g/100g	6,657 g/100g	6,757 g/100g	0,474 g/100g	3,80
2221	Weißbrot	230	962	44,051 g/100g	1,552 g/100g	2,178 g/100g	1,133 g/100g	6,670 g/100g	1,226 g/100g	3,70
6065	Wochenendkuchen	353	1.476	41,010 g/100g	20,987 g/100g	19,136 g/100g	11,857 g/100g	3,821 g/100g	2,658 g/100g	3,40
4189	Wrap Farmer	184	771	21,009 g/100g	5,381 g/100g	7,418 g/100g	2,386 g/100g	7,988 g/100g	1,737 g/100g	1,80
1143	Wrap Vuna	217	911	17,121 g/100g	2,339 g/100g	12,963 g/100g	3,249 g/100g	7,125 g/100g	0,699 g/100g	1,40
6109	Zitronen-Sahne-Schnitte	281	1.175	25,735 g/100g	17,390 g/100g	18,058 g/100g	11,480 g/100g	3,878 g/100g	0,276 g/100g	2,10
6500	Zitronen-Sandkuchen	401	1.678	44,239 g/100g	22,805 g/100g	22,773 g/100g	2,500 g/100g	4,590 g/100g	0,762 g/100g	3,70
6044	Zupfkuchen traditionell	263	1.100	33,297 g/100g	18,028 g/100g	11,263 g/100g	7,226 g/100g	6,347 g/100g	0,286 g/100g	2,80