



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: 04.08.2021

ArtNr	Bezeichnung	Brennwert/ 100g(kcal)	Brennwert/ 100g(kJ)	Nährwert. Kohlenhydrate	Nährwert. Zucker	Nährwert. Fett	Nährwert. ges. Fettsäueren	Nährwert. Eiweiss	Nährwert. Salz	Nährwert. Broteinheiten
1002	Frühstück süß	140	586	15,548 g/100g	8,826 g/100g	7,380 g/100g	3,547 g/100g	2,634 g/100g	0,139 g/100g	1,30
1004	Frühstück deftig	158	663	15,782 g/100g	2,364 g/100g	7,749 g/100g	4,531 g/100g	5,982 g/100g	0,656 g/100g	1,30
1013	Strammes Mäxchen	172	719	19,079 g/100g	1,303 g/100g	6,331 g/100g	1,130 g/100g	8,836 g/100g	1,203 g/100g	1,60
1014	Pizzabrotchen	246	1.031	25,755 g/100g	3,563 g/100g	10,988 g/100g	5,922 g/100g	10,394 g/100g	1,951 g/100g	2,10
1019	Kraftpaket	222	929	25,066 g/100g	1,540 g/100g	9,071 g/100g	1,122 g/100g	9,310 g/100g	1,312 g/100g	2,10
1021	Putenmax	198	827	18,654 g/100g	3,820 g/100g	9,572 g/100g	4,299 g/100g	8,191 g/100g	1,466 g/100g	1,60
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
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
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
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
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
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
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
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
1055	Chocolatte 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
1056	Melba	219	916	23,190 g/100g	19,041 g/100g	11,203 g/100g	9,463 g/100g	2,201 g/100g	0,180 g/100g	1,90
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
1058	Frühstück Hallo Wach	111	466	13,699 g/100g	4,158 g/100g	4,556 g/100g	2,288 g/100g	3,557 g/100g	0,417 g/100g	1,10
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
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
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
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
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
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
1067	Heißes Fröchtchen	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
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
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
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
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
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
1092	Boulettenbrötchen	230	962	20,040 g/100g	1,578 g/100g	12,627 g/100g	3,406 g/100g	8,648 g/100g	1,334 g/100g	1,70
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
1101	Schinken-Stern	183	765	24,669 g/100g	1,207 g/100g	5,380 g/100g	0,728 g/100g	7,924 g/100g	1,496 g/100g	2,10
1107	Heißes Kakaotrunk 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
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	1,760 g/100g	1,60
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
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	1,904 g/100g	1,70
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
1116	Grilled Chicken	194	812	21,671 g/100g	3,390 g/100g	7,006 g/100g	3,681 g/100g	10,239 g/100g	1,391 g/100g	1,80
1120	Körnerbrezel	369	1.546	42,745 g/100g	3,479 g/100g	15,174 g/100g	2,145 g/100g	13,511 g/100g	1,284 g/100g	3,60
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
1135	Purple Smoothie	55	231	13,000 g/100g	12,000 g/100g			0,600 g/100g		1,10
1141	Baguette gefüllt	246	1.028	41,188 g/100g	1,589 g/100g	4,907 g/100g	2,075 g/100g	7,650 g/100g	1,501 g/100g	3,40
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
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
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
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
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
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
1196	Erbseneintopf	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
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
1205	Panini Salami	268	1.120	21,230 g/100g	1,243 g/100g	14,842 g/100g	8,908 g/100g	11,758 g/100g	1,451 g/100g	1,80
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
1207	Panini Schinken	239	999	22,294 g/100g	1,161 g/100g	11,097 g/100g	7,104 g/100g	11,693 g/100g	1,522 g/100g	1,90
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
1215	Panini Tomate Mozzarella	181	756	19,019 g/100g	1,934 g/100g	7,705 g/100g	4,786 g/100g	8,026 g/100g	1,123 g/100g	1,60
1222	Premium Pizza Caprese	255	1.068	37,800 g/100g	4,400 g/100g	6,200 g/100g	3,700 g/100g	9,500 g/100g	1,770 g/100g	3,10
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
1227	Schwedisch gut	226	945	22,181 g/100g	18,470 g/100g	14,137 g/100g	10,240 g/100g	2,379 g/100g	0,197 g/100g	1,80
1231	Frühstück französisch	180	753	14,868 g/100g	6,002 g/100g	11,851 g/100g	7,225 g/100g	3,307 g/100g	0,361 g/100g	1,20
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	0,456 g/100g	1,50
1236	Hamburger Schnitzel	247	1.034	15,781 g/100g	0,894 g/100g	15,106 g/100g	4,320 g/100g	11,704 g/100g	0,827 g/100g	1,30
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
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	1,466 g/100g	1,80

1258	Schinkenmettwurstbrötchen	200	838	18,876 g/100g	1,243 g/100g	8,563 g/100g	3,462 g/100g	11,226 g/100g	1,760 g/100g	1,60
1267	Heißes Kakaotränke (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
1276	Frühstück Schlemmer	153	639	13,971 g/100g	5,795 g/100g	8,127 g/100g	3,874 g/100g	5,650 g/100g	0,557 g/100g	1,20
1278	Premium Pizza Salami	297	1.245	34,200 g/100g	2,800 g/100g	10,400 g/100g	5,400 g/100g	13,700 g/100g	2,430 g/100g	2,90
1287	Hühnerfrikassee	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
1289	Pizza-Snack Classico	285	1.192	28,900 g/100g	4,600 g/100g	13,400 g/100g	7,200 g/100g	10,600 g/100g	1,650 g/100g	2,40
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
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
1323	Laugenbrezel überbacken	284	1.188	18,792 g/100g	0,644 g/100g	16,433 g/100g	11,002 g/100g	14,859 g/100g	1,725 g/100g	1,60
1324	Frühstück Mediterran	97	408	3,380 g/100g	3,264 g/100g	7,387 g/100g	3,840 g/100g	4,508 g/100g	0,243 g/100g	0,30
1325	Frühstück Rustikal	164	689	12,977 g/100g	2,033 g/100g	9,331 g/100g	4,269 g/100g	6,896 g/100g	0,888 g/100g	1,10
1326	Frühstücksteller	139	583	9,861 g/100g	2,568 g/100g	8,236 g/100g	4,858 g/100g	6,112 g/100g	0,553 g/100g	0,80
1327	Frühstück Fitness	116	486	2,193 g/100g	1,872 g/100g	9,690 g/100g	4,417 g/100g	5,277 g/100g	0,303 g/100g	0,20
1328	Frühstück Sternbäck Spezial	74	308	4,221 g/100g	3,801 g/100g	4,894 g/100g	2,140 g/100g	3,243 g/100g	0,198 g/100g	0,40
1336	Snack des Monats*	211	885	17,261 g/100g	2,011 g/100g	11,528 g/100g	6,667 g/100g	9,210 g/100g	0,966 g/100g	1,40
1341	Stulle San Francisco	196	822	9,790 g/100g	1,005 g/100g	12,567 g/100g	4,625 g/100g	10,911 g/100g	1,183 g/100g	0,80
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	1,637 g/100g	0,90
1353	Italienischer Salat	63	264	3,841 g/100g	3,759 g/100g	3,284 g/100g	2,131 g/100g	4,237 g/100g	0,120 g/100g	0,30
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
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
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
1371	Strammer Max	245	1.024	11,430 g/100g	0,811 g/100g	16,701 g/100g	5,665 g/100g	12,021 g/100g	1,703 g/100g	1,00
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
1379	Pasta m.Käsesauce u.Filetstreifen	259	1.084	43,832 g/100g	2,565 g/100g	4,338 g/100g	2,264 g/100g	10,485 g/100g	0,458 g/100g	3,70
1380	Pasta m.Käsesauce	279	1.169	50,350 g/100g	2,796 g/100g	4,122 g/100g	2,171 g/100g	9,422 g/100g	0,375 g/100g	4,20
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
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
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
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	0,418 g/100g	0,90
1393	Da stept 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
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
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
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
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
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
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
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
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
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
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
1455	Heißes Kakaotränke (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
1489	Laugenstange 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
1493	Brezel Schnittlauch	308	1.289	40,914 g/100g	3,366 g/100g	12,363 g/100g	6,148 g/100g	7,978 g/100g	1,461 g/100g	3,40
1499	Brezel Spiegelei	243	1.015	32,538 g/100g	2,365 g/100g	6,825 g/100g	1,241 g/100g	12,341 g/100g	1,752 g/100g	2,70
1526	Portionshefe	357	1.493	19,000 g/100g	14,000 g/100g	5,700 g/100g	0,900 g/100g	43,700 g/100g	0,300 g/100g	1,60
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	0,984 g/100g	2,00
1545	Laugenstürmer	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
2001	Baguette	214	895	43,209 g/100g	0,858 g/100g	0,811 g/100g	0,219 g/100g	6,607 g/100g	1,319 g/100g	3,60
2006	Bauernstange	209	873	38,717 g/100g	2,426 g/100g	1,568 g/100g	0,585 g/100g	7,502 g/100g	1,268 g/100g	3,20
2013	Kartoffelbrot	201	841	40,170 g/100g	1,007 g/100g	0,650 g/100g	0,098 g/100g	6,457 g/100g	1,308 g/100g	3,30
2017	Vollkornbrot	180	752	33,370 g/100g	0,794 g/100g	1,005 g/100g	0,132 g/100g	5,555 g/100g	1,251 g/100g	2,80
2020	Roggenmischbrot	200	837	40,250 g/100g	2,441 g/100g	0,737 g/100g	0,116 g/100g	5,678 g/100g	1,247 g/100g	3,40
2061	Unser Handgeschöpftes	190	798	38,258 g/100g	2,509 g/100g	0,719 g/100g	0,114 g/100g	5,397 g/100g	1,194 g/100g	3,20
2138	Nussbrot	259	1.084	32,426 g/100g	2,335 g/100g	9,395 g/100g	1,000 g/100g	8,726 g/100g	0,205 g/100g	2,70
2139	Dinkel-Joghurt-Vollkornbrot	236	986	32,405 g/100g	4,444 g/100g	6,610 g/100g	0,981 g/100g	8,465 g/100g	1,410 g/100g	2,70
2221	Weißbrot	228	954	43,633 g/100g	1,558 g/100g	2,181 g/100g	1,023 g/100g	6,612 g/100g	1,217 g/100g	3,60
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	1,279 g/100g	3,50
2223	Roggenmischbrot	196	821	39,236 g/100g	2,253 g/100g	0,732 g/100g	0,117 g/100g	5,676 g/100g	1,367 g/100g	3,30
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	1,300 g/100g	3,70
2226	Mehrkornbrot	222	931	33,473 g/100g	2,207 g/100g	5,150 g/100g	0,634 g/100g	7,781 g/100g	1,067 g/100g	2,80
2230	Hausbrot	195	818	38,658 g/100g	2,658 g/100g	0,728 g/100g	0,169 g/100g	6,169 g/100g	1,213 g/100g	3,20
2248	Mohnzopf	303	1.270	46,055 g/100g	8,929 g/100g	8,572 g/100g	3,278 g/100g	8,331 g/100g	0,828 g/100g	3,80

2249	Süsser Zopf klein	281	1.177	44,606 g/100g	8,516 g/100g	6,163 g/100g	2,970 g/100g	10,121 g/100g	1,220 g/100g	3,70
2250	Süsser Zopf	281	1.177	44,606 g/100g	8,516 g/100g	6,163 g/100g	2,970 g/100g	10,121 g/100g	1,220 g/100g	3,70
2253	Rosinenzopf klein	269	1.125	45,264 g/100g	13,341 g/100g	4,656 g/100g	2,107 g/100g	9,552 g/100g	1,181 g/100g	3,80
2254	Rosinenzopf	269	1.125	45,264 g/100g	13,341 g/100g	4,656 g/100g	2,107 g/100g	9,552 g/100g	1,181 g/100g	3,80
2299	Urkruste	201	843	35,415 g/100g	1,622 g/100g	2,241 g/100g	0,337 g/100g	7,567 g/100g	1,168 g/100g	3,00
2316	Wir helfen-Herzbröt	206	861	39,627 g/100g	2,325 g/100g	1,140 g/100g	0,201 g/100g	6,688 g/100g	1,289 g/100g	3,30
2368	1766er Brot	237	990	46,168 g/100g	2,771 g/100g	1,056 g/100g	0,204 g/100g	7,651 g/100g	1,549 g/100g	3,80
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	1,850 g/100g	3,80
4000	Brezeln	265	1.109	49,812 g/100g	3,564 g/100g	2,925 g/100g	0,457 g/100g	9,048 g/100g	9,953 g/100g	4,20
4001	Milchhörnchen	283	1.184	43,672 g/100g	8,346 g/100g	6,113 g/100g	2,934 g/100g	11,628 g/100g	1,426 g/100g	3,60
4002	Roggenbrötchen	217	907	41,370 g/100g	2,495 g/100g	1,168 g/100g	0,412 g/100g	7,780 g/100g	1,454 g/100g	3,40
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	1,617 g/100g	3,20
4008	Sesambrotchen	284	1.189	40,594 g/100g	1,218 g/100g	8,529 g/100g	1,243 g/100g	9,030 g/100g	1,210 g/100g	3,40
4010	Dinkelherz	307	1.287	42,961 g/100g	1,431 g/100g	8,412 g/100g	1,072 g/100g	12,438 g/100g	1,413 g/100g	3,60
4011	Laugenstange	280	1.172	53,922 g/100g	4,173 g/100g	3,954 g/100g	0,549 g/100g	1,691 g/100g	3,277 g/100g	4,50
4012	Vollkornbrötchen	245	1.025	35,114 g/100g	1,760 g/100g	5,211 g/100g	0,639 g/100g	10,695 g/100g	1,653 g/100g	2,90
4013	Kuchenbrötchen	270	1.131	47,559 g/100g	7,289 g/100g	4,862 g/100g	2,207 g/100g	7,318 g/100g	0,721 g/100g	4,00
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	1,211 g/100g	3,40
4015	Ciabattabrötchen	214	897	41,219 g/100g	1,245 g/100g	1,284 g/100g	0,217 g/100g	7,596 g/100g	1,379 g/100g	3,40
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	1,532 g/100g	4,30
4019	Minibaguettenbrötchen	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
4023	Schrippen	230	963	45,121 g/100g	1,351 g/100g	1,567 g/100g	0,282 g/100g	6,936 g/100g	1,288 g/100g	3,80
4024	Partybrötchen hell	227	949	44,788 g/100g	1,225 g/100g	1,355 g/100g	0,264 g/100g	6,913 g/100g	1,302 g/100g	3,70
4029	Kürbiskernbrötchen	278	1.166	35,890 g/100g	1,668 g/100g	9,331 g/100g	1,788 g/100g	10,772 g/100g	1,023 g/100g	3,00
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
4035	Buttercroissant	359	1.503	35,500 g/100g	3,900 g/100g	21,200 g/100g	12,600 g/100g	5,700 g/100g	1,175 g/100g	3,00
4036	Handbrot des Monats	262	1.096	16,499 g/100g	1,833 g/100g	17,490 g/100g	7,476 g/100g	9,175 g/100g	1,347 g/100g	1,40
4040	Limettenkamm	331	1.384	45,388 g/100g	24,278 g/100g	14,638 g/100g	8,379 g/100g	3,676 g/100g	0,417 g/100g	3,80
4055	Pfannkuchen	323	1.351	50,017 g/100g	26,169 g/100g	10,685 g/100g	2,948 g/100g	5,500 g/100g	0,738 g/100g	4,20
4056	Kirschkuchen	332	1.390	45,157 g/100g	19,098 g/100g	14,397 g/100g	7,518 g/100g	4,344 g/100g	0,495 g/100g	3,80
4058	Quarkkamm	352	1.473	42,194 g/100g	17,535 g/100g	17,342 g/100g	7,233 g/100g	5,893 g/100g	0,503 g/100g	3,50
4059	Mohnschnecke	372	1.557	41,472 g/100g	20,640 g/100g	19,213 g/100g	8,172 g/100g	6,579 g/100g	0,295 g/100g	3,50
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
4061	Puddingschnecke	320	1.342	45,265 g/100g	21,789 g/100g	13,044 g/100g	6,700 g/100g	4,554 g/100g	0,406 g/100g	3,80
4063	Apfeltasche	311	1.300	31,947 g/100g	8,136 g/100g	18,464 g/100g	8,278 g/100g	3,457 g/100g	0,613 g/100g	2,70
4065	Fruchtplunder	255	1.067	38,877 g/100g	23,051 g/100g	9,089 g/100g	4,916 g/100g	2,909 g/100g	0,248 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
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	1,139 g/100g	3,10
4077	Pfannkuchen m. Glasur + Mehrfruchtfüllung	297	1.244	51,126 g/100g	27,838 g/100g	7,344 g/100g	2,425 g/100g	5,377 g/100g	0,720 g/100g	4,30
4080	Gourmetbrötchen	298	1.247	40,639 g/100g	1,648 g/100g	7,918 g/100g	1,415 g/100g	12,283 g/100g	1,447 g/100g	3,40
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
4083	Rosinenbrötchen	271	1.133	44,386 g/100g	13,089 g/100g	4,639 g/100g	2,091 g/100g	10,959 g/100g	1,372 g/100g	3,70
4086	Streuselnschnecke	343	1.435	51,669 g/100g	25,433 g/100g	11,696 g/100g	7,124 g/100g	6,563 g/100g	0,771 g/100g	4,30
4089	Käse-Schinken-Brötchen	264	1.104	23,921 g/100g	0,757 g/100g	11,925 g/100g	7,078 g/100g	14,430 g/100g	2,173 g/100g	2,00
4092	Erdbeerfruchtplunder	192	802	25,566 g/100g	10,810 g/100g	8,119 g/100g	3,582 g/100g	3,179 g/100g	0,357 g/100g	2,10
4095	Partykranz	301	1.261	44,099 g/100g	1,510 g/100g	8,434 g/100g	1,499 g/100g	9,925 g/100g	1,310 g/100g	3,70
4096	Partyrad	278	1.164	47,350 g/100g	1,452 g/100g	4,927 g/100g	0,883 g/100g	8,805 g/100g	1,407 g/100g	3,90
4097	Kartoffelbrötchen	233	974	44,316 g/100g	2,079 g/100g	1,571 g/100g	0,264 g/100g	7,844 g/100g	1,640 g/100g	3,70
4099	Knoten	295	1.234	46,037 g/100g	8,794 g/100g	6,409 g/100g	3,081 g/100g	11,496 g/100g	1,401 g/100g	3,80
4104	Spritzkuchen	233	977	23,774 g/100g	10,200 g/100g	13,454 g/100g	3,486 g/100g	3,750 g/100g	0,481 g/100g	2,00
4112	Pfannkuchen glas. mit Pflaumenmus	275	1.153	49,970 g/100g	25,310 g/100g	5,210 g/100g	2,193 g/100g	5,758 g/100g	0,779 g/100g	4,20
4136	Grillkonfekt	239	1.002	42,624 g/100g	2,394 g/100g	3,619 g/100g	0,566 g/100g	5,789 g/100g	1,423 g/100g	3,60
4155	Laugen-Landbrötchen	335	1.400	55,343 g/100g	3,977 g/100g	7,500 g/100g	1,136 g/100g	9,432 g/100g	2,114 g/100g	4,60
4178	Doppelbrötchen	231	967	45,477 g/100g	1,245 g/100g	1,493 g/100g	0,276 g/100g	7,004 g/100g	1,348 g/100g	3,80
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
4233	Pfannkuchen gez.m.Pflaumenmus	291	1.218	52,115 g/100g	28,539 g/100g	6,114 g/100g	2,258 g/100g	5,518 g/100g	0,746 g/100g	4,30
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
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
4282	1766er Brötchen	240	1.004	39,140 g/100g	1,633 g/100g	4,470 g/100g	0,767 g/100g	8,430 g/100g	1,384 g/100g	3,30
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
4295	Papageien-Muffin	347	1.452	42,707 g/100g	26,713 g/100g	17,621 g/100g	2,289 g/100g	4,078 g/100g	0,858 g/100g	3,60
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
6004	Mailänder Herz	363	1.519	54,299 g/100g	46,977 g/100g	12,726 g/100g	2,437 g/100g	6,189 g/100g	0,182 g/100g	4,50
6006	Eierschecke traditionell	204	854	25,852 g/100g	14,825 g/100g	8,578 g/100g	4,106 g/100g	5,486 g/100g	0,291 g/100g	2,20
6009	Amerikaner	253	1.060	47,636 g/100g	26,185 g/100g	4,757 g/100g	0,568 g/100g	3,832 g/100g	1,555 g/100g	4,00
6022	Himbeerschnitte	184	771	31,000 g/100g	21,000 g/100g	5,300 g/100g	2,800 g/100g	2,800 g/100g	0,230 g/100g	2,60
6029	Käsekuchen	219	916	28,335 g/100g	19,252 g/100g	8,277 g/100g	4,712 g/100g	7,373 g/100g	0,313 g/100g	2,40
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
6040	Eclairs	232	971	22,214 g/100g	13,331 g/100g	14,794 g/100g	8,130 g/100g	2,649 g/100g	0,382 g/100g	1,90

6044	Zupfkuchen traditionell	257	1.075	33,669 g/100g	17,786 g/100g	10,154 g/100g	5,830 g/100g	6,891 g/100g	0,304 g/100g	2,80
6047	Streuselkuchen gefüllt	248	1.037	39,404 g/100g	19,588 g/100g	8,522 g/100g	4,940 g/100g	2,675 g/100g	0,295 g/100g	3,30
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
6063	Kleckselkuchen traditionell	239	1.000	32,186 g/100g	20,225 g/100g	8,938 g/100g	3,261 g/100g	6,257 g/100g	0,270 g/100g	2,70
6075	Erdbeerfruchtschnitte	166	694	28,000 g/100g	19,000 g/100g	4,800 g/100g	2,500 g/100g	2,400 g/100g	0,220 g/100g	2,30
6076	Bratpfelkuchen traditionell	226	944	28,989 g/100g	17,863 g/100g	10,691 g/100g	1,443 g/100g	2,709 g/100g	0,191 g/100g	2,40
6082	Kirschkuchen traditionell	215	900	33,679 g/100g	16,604 g/100g	7,196 g/100g	4,000 g/100g	2,643 g/100g	0,240 g/100g	2,80
6083	Schmandkuchen traditionell	206	863	23,692 g/100g	12,548 g/100g	10,674 g/100g	6,259 g/100g	3,551 g/100g	0,301 g/100g	2,00
6088	Glücksmoment	387	1.621	34,840 g/100g	24,222 g/100g	25,758 g/100g	14,635 g/100g	4,257 g/100g	0,367 g/100g	2,90
6089	Mehrfuchtschnitte	198	829	25,146 g/100g	17,218 g/100g	9,859 g/100g	3,461 g/100g	1,815 g/100g	0,296 g/100g	2,10
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
6112	Regenbogentaler	520	2.176	59,106 g/100g	16,958 g/100g	27,985 g/100g	14,046 g/100g	6,997 g/100g	0,121 g/100g	4,90
6166	Papageienkuchen	399	1.670	39,343 g/100g	24,783 g/100g	24,358 g/100g	3,019 g/100g	5,417 g/100g	0,643 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
6268	Himbeer-Sahneschnitte	292	1.224	26,536 g/100g	19,013 g/100g	19,021 g/100g	8,750 g/100g	3,446 g/100g	0,247 g/100g	2,20
6368	Fruchttortelets	167	701	28,067 g/100g	16,159 g/100g	4,816 g/100g	3,575 g/100g	2,082 g/100g	0,157 g/100g	2,30
6453	Kirmeskuchen traditionell	274	1.146	33,864 g/100g	22,040 g/100g	12,750 g/100g	6,242 g/100g	5,542 g/100g	0,294 g/100g	2,80
6500	Zitronen-Sandkuchen	401	1.678	43,993 g/100g	22,706 g/100g	22,823 g/100g	2,500 g/100g	4,689 g/100g	0,762 g/100g	3,70
6524	Frankfurter Kranz klein	384	1.608	38,838 g/100g	29,185 g/100g	24,224 g/100g	9,386 g/100g	2,738 g/100g	0,315 g/100g	3,20
6546	Schokosahnetorte	274	1.149	24,000 g/100g	14,000 g/100g	18,000 g/100g	11,000 g/100g	4,400 g/100g	0,160 g/100g	2,00
6547	Käse-Sahne-Torte	266	1.113	28,000 g/100g	17,000 g/100g	15,000 g/100g	8,900 g/100g	4,800 g/100g	0,260 g/100g	2,30
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
6585	Aktions-Donut	477	1.998	51,500 g/100g	23,600 g/100g	27,500 g/100g	14,200 g/100g	5,100 g/100g	0,600 g/100g	4,30
6591	Butterkekse schwarz/weiß 2500g	487	2.037	65,402 g/100g	29,148 g/100g	21,430 g/100g	12,791 g/100g	6,574 g/100g	0,418 g/100g	5,50
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
6595	Kirsch-Eclair	278	1.166	20,581 g/100g	16,061 g/100g	20,473 g/100g	12,853 g/100g	3,146 g/100g	0,220 g/100g	1,70
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
6617	Erdbeerzauber	194	811	23,892 g/100g	16,183 g/100g	10,005 g/100g	3,975 g/100g	1,886 g/100g	0,281 g/100g	2,00
6631	Kirsch-Eiche	286	1.198	30,815 g/100g	22,208 g/100g	16,802 g/100g	10,179 g/100g	2,652 g/100g	0,235 g/100g	2,60