



Genussartikel	Eiweiss	Kohlenhydrat	Fett	Zucker	Steinspeise	Gluten	Milch	Eier	Sesamsamen	Nüsse	Erdnüsse	Soja	Schwefeldioxid und	Sellerie	Senf	Lupine	Fisch	Krebstiere	
Brot																			
Nassauer Mühlenbrot 1000g	8,090 g/100g	46,580 g/100g	0,874 g/100g	0,617 g/100g	1,539 g/100g	x													
Huth's Fladenbrot 1000g	6,875 g/100g	43,919 g/100g	0,809 g/100g	0,588 g/100g	1,365 g/100g	x													
Partyfladen 500g	6,876 g/100g	43,945 g/100g	0,810 g/100g	0,588 g/100g	1,363 g/100g	x													
Roggen pur 100% 1000g	5,110 g/100g	45,144 g/100g	0,845 g/100g	0,684 g/100g	1,699 g/100g	x													
Nassauer Bauernlaib 3000g	6,424 g/100g	42,290 g/100g	0,774 g/100g	0,555 g/100g	1,398 g/100g	x													
Huth's Kracker Omega 3 150g	13,719 g/100g	51,574 g/100g	29,819 g/100g	1,442 g/100g	2,254 g/100g	x													
Huth's Kracker Pre Plus 150g	13,213 g/100g	48,746 g/100g	27,202 g/100g	0,491 g/100g	2,150 g/100g	x													
Omega-3-Landkornbrot 500g	11,017 g/100g	34,040 g/100g	9,193 g/100g	0,530 g/100g	1,732 g/100g	x			x			x							
Bio-Steinofenbrot 1000g	5,679 g/100g	44,662 g/100g	0,891 g/100g	5,517 g/100g	1,691 g/100g	x													
Bio-100% Roggenvollkorn 750g	5,451 g/100g	42,688 g/100g	1,195 g/100g	0,713 g/100g	1,517 g/100g	x													
Kartoffel-Karotten-Kürbis Brot 500g	12,378 g/100g	38,725 g/100g	9,196 g/100g	0,914 g/100g	1,575 g/100g	x						x							
Dinkelprinz 500g	12,824 g/100g	43,847 g/100g	14,149 g/100g	0,631 g/100g	1,380 g/100g	x			x										
Dinkel-Chia-Kruste 650g	9,465 g/100g	47,318 g/100g	3,591 g/100g	2,041 g/100g	1,795 g/100g	x			x										
Nassauer Landbrot 1000g	6,754 g/100g	46,101 g/100g	0,765 g/100g	0,533 g/100g	1,605 g/100g	x													
Junggesellenbrot 500g	7,042 g/100g	46,540 g/100g	0,776 g/100g	0,540 g/100g	1,594 g/100g	x													
Weißbrot Kasten 1000g	7,554 g/100g	51,789 g/100g	1,447 g/100g	0,544 g/100g	1,558 g/100g	x													
Pierre das Baguette 400g	7,401 g/100g	45,055 g/100g	0,714 g/100g	0,458 g/100g	1,563 g/100g	x													
Berner Bürlü	10,909 g/100g	54,425 g/100g	1,138 g/100g	0,895 g/100g	1,720 g/100g	x													
Focaccia 300g	6,957 g/100g	39,446 g/100g	3,021 g/100g	0,390 g/100g	1,698 g/100g	x													
Bio-Ährengold 1000g	6,096 g/100g	40,945 g/100g	3,475 g/100g	1,874 g/100g	1,332 g/100g	x													
Brötchen																			
Hüthchen	8,898 g/100g	58,746 g/100g	3,722 g/100g	1,228 g/100g	1,656 g/100g	x													
Mohnbrötchen	9,350 g/100g	56,717 g/100g	5,213 g/100g	1,179 g/100g	1,590 g/100g	x													
Meloni-Brötchen	11,697 g/100g	46,487 g/100g	7,295 g/100g	0,662 g/100g	1,462 g/100g	x			x			x							
Panini	8,898 g/100g	58,746 g/100g	3,722 g/100g	1,228 g/100g	1,656 g/100g	x													
Wasserweck	8,898 g/100g	58,746 g/100g	3,722 g/100g	1,228 g/100g	1,656 g/100g	x													
Kümmel-Salzbrötchen	9,211 g/100g	56,997 g/100g	4,102 g/100g	1,431 g/100g	2,083 g/100g	x													
Sesambrötchen	9,250 g/100g	56,805 g/100g	5,589 g/100g	1,179 g/100g	1,590 g/100g	x			x										
Lu-Chia Dinkel-Chia-Brötchen	12,536 g/100g	50,930 g/100g	8,647 g/100g	0,898 g/100g	1,728 g/100g	x			x										
Dippsche-Brötchen	8,670 g/100g	59,828 g/100g	1,721 g/100g	1,175 g/100g	1,620 g/100g	x													
Kartoffelbrötchen	8,262 g/100g	58,804 g/100g	1,467 g/100g	0,826 g/100g	1,593 g/100g	x													
Ciabattini	8,726 g/100g	59,654 g/100g	2,883 g/100g	0,625 g/100g	1,591 g/100g	x													
Körner Diamant	12,514 g/100g	46,933 g/100g	9,606 g/100g	0,711 g/100g	1,570 g/100g	x						x							
Sauerteig-Roggenbrötchen	8,668 g/100g	54,630 g/100g	1,628 g/100g	1,417 g/100g	1,903 g/100g	x													
Käsebrötchen	12,181 g/100g	45,975 g/100g	9,217 g/100g	0,961 g/100g	1,296 g/100g	x	x												
Laugenbrezel	8,532 g/100g	58,131 g/100g	4,607 g/100g	0,605 g/100g	2,580 g/100g	x													
Wiesn-Stangerl	8,532 g/100g	58,131 g/100g	4,607 g/100g	0,605 g/100g	2,580 g/100g	x													
Laugenbrezel mit Käse	11,396 g/100g	48,181 g/100g	9,044 g/100g	0,501 g/100g	1,436 g/100g	x	x												
Laugenbrezel mit Butter	6,458 g/100g	42,800 g/100g	24,155 g/100g	0,445 g/100g	1,899 g/100g	x	x												
Laugenbrezel mit Butter u. Schnittlauch	6,370 g/100g	41,523 g/100g	23,425 g/100g	0,431 g/100g	1,840 g/100g	x	x												
Bio-Dinkel-Emmer-Weck	11,804 g/100g	48,561 g/100g	8,063 g/100g	1,531 g/100g	1,685 g/100g	x													
Panini Snack	8,643 g/100g	56,783 g/100g	5,662 g/100g	1,158 g/100g	1,930 g/100g	x													
Knusperstange Deluxe	13,205 g/100g	37,212 g/100g	26,008 g/100g	1,434 g/100g	1,405 g/100g	x	x		x			x					x		
Spinat Feta Ecke	8,227 g/100g	51,948 g/100g	22,579 g/100g	5,356 g/100g	1,417 g/100g	x	x	x											
Müslipower-Stange	9,472 g/100g	48,300 g/100g	10,958 g/100g	1,110 g/100g	1,414 g/100g	x			x	x									
Meloni-Brötchen	11,697 g/100g	46,487 g/100g	7,295 g/100g	0,662 g/100g	1,462 g/100g	x			x			x							
LowCarber Brötchen	21,705 g/100g	22,072 g/100g	10,320 g/100g	0,476 g/100g	1,713 g/100g	x						x							
Süße Teilchen/Kuchen/Snacks																			
Schokobrotchen	9,825 g/100g	71,975 g/100g	14,007 g/100g	21,220 g/100g	0,909 g/100g	x	x	x											
Reiheweck	10,160 g/100g	67,799 g/100g	8,149 g/100g	10,408 g/100g	1,040 g/100g	x	x	x											
Rosinenweck	8,909 g/100g	70,922 g/100g	6,792 g/100g	8,557 g/100g	0,855 g/100g	x	x	x											
Hackfleisch Croissanttasche	9,421 g/100g	41,589 g/100g	22,499 g/100g	4,236 g/100g	1,201 g/100g	x	x	x	x										
Flammender Phönix	5,607 g/100g	61,938 g/100g	33,148 g/100g	35,705 g/100g	0,055 g/100g	x	x	x		x		x							
Quiche Lorraine To Go	12,818 g/100g	13,519 g/100g	18,556 g/100g	1,785 g/100g	1,559 g/100g	x	x	x										x	
Rosinenbrot 500g	8,119 g/100g	65,611 g/100g	6,039 g/100g	7,915 g/100g	0,789 g/100g	x	x	x											
Buttercroissant	8,148 g/100g	50,602 g/100g	25,166 g/100g	5,208 g/100g	1,315 g/100g	x	x	x											
Mohnstriezel	0,504 g/100g	45,698 g/100g	1,329 g/100g	43,925 g/100g	0,242 g/100g	x	x	x											
Nussplunder	6,988 g/100g	57,522 g/100g	28,233 g/100g	21,761 g/100g	0,681 g/100g	x	x	x		x		x							
Nassauer Prasselkuchen	6,931 g/100g	59,542 g/100g	23,711 g/100g	18,664 g/100g	0,650 g/100g	x	x	x											
Abbeltasch	5,725 g/100g	49,003 g/100g	11,008 g/100g	14,426 g/100g	0,586 g/100g	x	x	x											
Zwetschenküchle	5,708 g/100g	44,229 g/100g	5,492 g/100g	12,401 g/100g	0,538 g/100g	x	x	x											
Kornknacker-Croissant	10,093 g/100g	45,106 g/100g	25,537 g/100g	2,670 g/100g	1,343 g/100g	x	x	x	x			x							
Amerikaner	4,933 g/100g	64,912 g/100g	10,839 g/100g	37,004 g/100g	1,050 g/100g	x	x	x											
Belgische Waffel	4,426 g/100g	24,987 g/100g	7,490 g/100g	9,856 g/100g	0,442 g/100g	x	x	x											
Nussecke	7,989 g/100g	51,278 g/100g	38,580 g/100g	24,855 g/100g	0,044 g/100g	x	x	x		x		x							
Zwetschendatschi 2Stück	7,176 g/100g	55,130 g/100g	13,786 g/100g	14,515 g/100g	0,732 g/100g	x	x	x											
Butterteigberliner	6,013 g/100g	46,451 g/100g	10,824 g/100g	20,027 g/100g	0,871 g/100g	x	x	x											
Butterteigkreppl	7,686 g/100g	46,706 g/100g	14,103 g/100g	12,281 g/100g	1,138 g/100g	x	x	x											
Quarkbällchen (3Stk.)	9,403 g/100g	37,935 g/100g	7,525 g/100g	16,558 g/100g	0,913 g/100g	x	x	x											

Genussartikel	Eiweiss	Kohlenhydr	Fett	Zucker	Steinspeise	Gluten	Milch	Eier	Sesamsamen	Nüsse	Erdnüsse	Soja	Schwefeldioxid und	Sellerie	Senf	Lupine	Fisch	Krebstiere
Crunchy Pumpkin Cake	6,255 g/100g	51,382 g/100g	19,942 g/100g	30,884 g/100g	0,289 g/100g	x	x	x		x								
Donauwelle Stück	3,690 g/100g	40,683 g/100g	30,586 g/100g	23,028 g/100g	0,444 g/100g	x	x	x		x		x						
Erdbeerschnitte Stück	2,211 g/100g	20,280 g/100g	2,217 g/100g	14,382 g/100g	0,105 g/100g	x	x	x		x								
Zwetschenkuchen Stück	3,512 g/100g	31,529 g/100g	2,510 g/100g	12,867 g/100g	0,312 g/100g	x	x	x										
Cookie Doppel-Schokolade	6,364 g/100g	64,865 g/100g	32,248 g/100g	42,359 g/100g	0,448 g/100g	x	x	x										
Cookie Hafer-Kokos	5,506 g/100g	70,822 g/100g	26,254 g/100g	45,316 g/100g	0,537 g/100g	x	x											
Käsetorte	7,847 g/100g	19,505 g/100g	14,481 g/100g	11,130 g/100g	0,211 g/100g	x	x	x										
Himbeertraum	3,184 g/100g	28,518 g/100g	6,438 g/100g	19,106 g/100g	0,084 g/100g	x	x	x				x						
Panini Kräuter + Salz	8,643 g/100g	56,783 g/100g	5,662 g/100g	1,158 g/100g	1,930 g/100g	x												
Dinkelpizza	8,259 g/100g	40,080 g/100g	0,794 g/100g	1,180 g/100g	1,678 g/100g	x												
Death by Chocolate Stück	4,751 g/100g	50,119 g/100g	24,152 g/100g	39,096 g/100g	0,313 g/100g	x	x	x				x						
Mandelfinger	9,634 g/100g	67,624 g/100g	25,464 g/100g	33,448 g/100g	0,043 g/100g			x		x		x						
Frühlingsküsschen	6,731 g/100g	48,617 g/100g	11,207 g/100g	13,679 g/100g	0,612 g/100g	x	x	x										
Lars Langohr	8,699 g/100g	65,440 g/100g	10,138 g/100g	16,527 g/100g	0,897 g/100g	x	x	x				x						
Muffin Schokolade	4,948 g/100g	48,410 g/100g	22,898 g/100g	38,752 g/100g	0,335 g/100g	x	x	x										
Limburger Butterstollen 750g	4,710 g/100g	60,406 g/100g	18,803 g/100g	16,389 g/100g	0,408 g/100g	x	x	x		x								
Limburger Schokostollen 500g	5,509 g/100g	58,153 g/100g	24,903 g/100g	29,337 g/100g	0,509 g/100g	x	x	x		x								
Weckmann mit Schokostiefel	9,492 g/100g	68,225 g/100g	9,960 g/100g	14,424 g/100g	0,979 g/100g	x	x	x				x						
Heidesand 125g	5,572 g/100g	54,010 g/100g	22,142 g/100g	21,154 g/100g	0,176 g/100g	x	x	x										
Martinsbrezel mit Zucker	6,811 g/100g	54,395 g/100g	10,782 g/100g	15,182 g/100g	0,707 g/100g	x	x	x										
Martinsbrezel ohne Zucker	8,618 g/100g	50,009 g/100g	8,279 g/100g	7,620 g/100g	0,784 g/100g	x	x	x										
Zimt-Diamanten 125g	11,599 g/100g	76,784 g/100g	22,183 g/100g	49,840 g/100g	0,291 g/100g			x		x								
Anis-Kracher 125g	10,955 g/100g	96,552 g/100g	5,465 g/100g	56,309 g/100g	0,074 g/100g	x		x										
Nass. Buttergebäck 125g	5,698 g/100g	50,955 g/100g	27,360 g/100g	16,529 g/100g	0,365 g/100g	x	x	x										
Limburger Mosaik 125g	6,273 g/100g	52,199 g/100g	23,335 g/100g	16,942 g/100g	0,184 g/100g	x	x	x										
Huth´s Beste Cup	6,086 g/100g	52,129 g/100g	23,676 g/100g	18,711 g/100g	0,177 g/100g	x	x	x		x								
Oma Hilde´s Vanille-Kipferl 125g	6,098 g/100g	52,450 g/100g	24,294 g/100g	21,899 g/100g	0,164 g/100g	x	x	x		x								
Schokozwerge 125 g	7,481 g/100g	73,368 g/100g	37,530 g/100g	47,472 g/100g	0,556 g/100g	x	x	x										