

STARBUCKS®	Holiday Food Nutritional Information - Core								
Produkt	Portionsgröße	Energiewert (kcal)	Fett (g)	davon gesättigt (g)	Kohlenhydrate (g)	davon Zucker (g)	Ballaststoffe (g)	Eiweiss (g)	Salzgehalt (g)
Butter Croissant	60	255	14	9	27	5.3	1.4	5.1	0.35
Pain au Chocolat	70	301	16	10	33	10	2.0	5.6	0.36
Belgian Waffle	115	513	29	15	56	26	1.7	6.2	0.95
Vegan Strawberry Stack	129	366	24	17	34	26	1.7	2.7	0.46
Cookies & Cream Brownie	75	360	23	12	33	29	1.9	4.7	0.38
Lemon Loaf Cake	90	352	21	8.8	36	24	1.1	4.3	0.54
Marble Loaf Cake	90	392	24	8.9	35	25	2.2	5.6	0.45
Cinnamon Roll	100	386	16	9.5	54	22	2.1	6.2	0.50
Carrot Muffin - NEW	120	384	26	2.4	29	12	3.2	7.4	0.60
Blueberry Muffin	115	407	21	2.9	50	24		6.0	0.61
Chocolate Cream Cheese Muffin	115	465	28	6.0	45	24	2.5	6.9	0.81
Triple Chocolate Muffin	130	569	34	8.6	57	40	4.7	7.0	0.80
Raspberry Muffin	115	402	21	2.9	49	23		6.1	0.61
Christmas Tree Brownie	80	380	24	12	36	28	2.5	4.0	0.24
Chocolate Truffle Loaf Cake	90	355	20	5.7	37	30	2.8	5.2	0.54
Chocolate Chunk Cookie - neu	75	326	13	7.4	48	33	1.6	3.5	0.80
Double Chocolate Cookie - neu	75	328	14	7.8	45	33	2.4	5.0	0.60
New York Cheesecake	119	432	30	16	33	21	1.2	7.1	0.90
Raspberry Cheesecake	176	625	44	26	48	33	1.8	8.8	1.1
Vegan Apple Cake	188	314	9.4	4.5	53	32	3.8	2.8	0.19
Vanilly Donut	76	306	18	7.4	31	14	1.2	4.1	0.41
Sugar Donut	48	202	11	4.9	23	7.1	1.0	2.5	0.35
Crème Brûlée Donut	69	315	19	10	34	16	1.0	2.8	0.46
Croissant Roll - Bacon & Egg - NEU	203	650	44	22.0	39	0.8		25	2.20
Cream Cheese Bagel	125	396	22	0.5	40	3.6	2.5	8.8	1.1
Chipotle Chicken Baguette	215	473	18	6.2	53	3.6	3.2	23	2.2
Salmon Bagel	165	373	13	5.4	47	3.8	2.6	17	2.0
Pastrami Sandwich	220	438	22	9.2	40	4.4	3.1	20	2.7
Ham & Cheese Croissant	175	543	36	22	31	3.3	1.6	23	2.6
Vegetarian Chick'n Caesar Baguette	160	403	18	3.0	37	2.0	9	18	2.0
Vegan Chick'n Vegetable Focaccia	170	430	25	4.0	39	3.0	4.0	11	3.0
Vegan Berry Bircher	240	288	11	2.2	34	12	8.2	9.4	0.12
Superfood Müsli	175	323	10	2.8	45	22	5.9	11	0.20
Italian Roast Veggie & Pasta Salad	250	443	29	1.5	29	1.5	3.9	14	1.0
Ham & Cheese Ciabatta	220	522	19	12	57	2.2	3.0	29	3.5
Tomato & Mozzarella Ciabatta	210	477	19	11	59	3.4	3.4	17	2.1
Ham Sandwich	228	488	23	5	40	2.3	7.3	26	2.8
Gold Coin	23	120	6	4	14	14.0	1.4	1	0.0
Gingerbread Cookie	100	417	9	3	78	38.0	1.9	6	0.8
Caramel Waffle	78	176	8.2	4.7	24	14	0.6	1.2	0.23
Shortbread Biscuit	50	271	16	10	29	9.5	1	2.7	0.36
Cookie Straw	20	90	2.6	1.5	15	9.4	0.5	1.4	0.08
Mixed Fruit & Nuts	35	200	13	1.4	13	8.1	3.1	6.3	0.02
Salted Nuts	35	227	18	1.6	7.7	1.6	2.2	7.4	0.18
Be Kind Nut Bar Dark Chocolate Nut and Sea Salt	40	209	15	3	9.6	6.8	5.2	6.8	0.3
Be Kind Nut Bar Maple Glazed Pecan and Sea Salt	40	226	18	1.6	8	5	4.9	5.9	0.3
Be Kind Nut Bar Caramel Almond and Sea Salt	40	211	16	3.2	7.6	5.6	7.2	6.4	0.28