

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	9.7	2.0	5.6	0.36
Apfeltasche bake off	125	379	23	11	38	14	1.6	3.5	0.71
Belgian Waffle	115	513	29	15	56	26	1.7	6.2	0.95
Cookies & Cream Brownie	75	360	23	12.2	33	29	1.875	4.65	0.38
Pumpkin Brownie	65	354	25	13	28	28	0.1	4.1	0.35
Lemon Loaf Cake	90	352	21	8.8	36	24	1.1	4.3	0.54
Banana Bread	100	381	21	1.8	43	24	1.6	4.7	0.39
Pumpkin Spice Loaf Cake	95	387	21	4.7	43	24	1.9	6.1	0.74
Cinnamon Roll	100	386	16	9.5	54	22	2.1	6.2	0.50
Carrot Muffin	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
Triple Chocolate Muffin	130	569	34	8.6	57	40	4.7	7.0	0.80
Lemon Raspberry Muffin	135	465	20	2.1	61	35	3.3	8.4	1.10
Chocolate Chunk Cookie	80	326	13	7.4	48	33	1.6	3.5	0.80
Double Chocolate Cookie	80	328	14	7.8	45	33	2.4	5.0	0.60
New York Cheesecake	119	432	30	15.5	33	21	1.2	7.1	0.90
Raspberry Cheesecake	176	625	44	26	48	33	1.8	8.8	1.1
Carrot Cake	181	816	53	20	78	58	1.5	8.5	0.56
Chocolate lovin' Spoon Cake	202	680	39	22.0	81	59	6.0	9	0.34
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
Red Velvet Donut	69	339	20	11	36	19	1	2.9	0.38
Sugar Donut	48	202	11	4.9	23	7.1	1.0	2.5	0.35
Croissant Roll - Bacon & Egg	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
Ham & Cheese Croissant	175	543	36	22	31	3.3	1.6	23	2.6
Vegetarian Caesar Baguette	160	403	19	3.0	37	2.0	9.0	18	2.0
Vegan Filet Stripes 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
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
Halloween Gingerbread Cookie	45	189	4.1	1.6	35	17	0.9	2.6	0.41