

STARBUCKS®	Winter Food Nutritional Information								
Produkt	Portionsgrösse	Energiewert (kcal)	Fett (g)	davon gesättigt (g)	Kohlenhydrate (g)	davon Zucker (g)	Ballaststoffe (g)	Eiweiss (g)	Salzgehalt (g)
Laugentwister Frischkäse	100	322	19	8.5	31	2.3	0	6.7	1.2
Butter Croissant	60	221	12	7.8	27	4.6	1.3	4.6	0.6
Butter Croissant unbaked	60	212	11	6.6	27	4.2	1.4	4.6	0.48
Pain au Chocolat	65	244	13	8.5	33	6.5	1.8	4.9	0.6
Pain au Chocolat unbaked	75	282	15	9.8	33	7.5	2.1	5.7	0.68
Belgian Waffel	115	525	29	15	56	24	3.3	6.4	0.9
Chocolate Brownie	70	309	18	9.8	29	26	4.1	5.7	0.42
Lemon Loaf Cake	90	397	23	11	36	18	1.4	5.9	0.54
Banana bread	90	374	20	2.3	43	19	1.9	5.6	0.53
Marble Loaf Cake	90	401	23	5.4	43	24	1.3	4.8	0.71
Cinnamon Roll	100	389	16	9.5	54	22	2.1	6.2	0.5
SocialSquare Blackcurrant	87	295	11	3.7	43	18	2.6	4.8	0.53
SocialSquare Cacao	87	321	15	5.2	40	16	2.5	5.2	0.58
Sweet Trinity Chocolate Dream	85	362	19	8.4	42	19	1.3	5.1	0.4
Sweet Trinity Pistachio Passion	85	345	20	8.3	34	12	1.3	6.5	0.4
Sweet Trinity Blueberry Kiss	85	275	12	6.2	37	5.5	1.7	4.7	0.41
Lemon Raspberry Muffin	135	436	20	2.2	54	35	3.2	8.4	1.1
Chocolate Cream Cheese Muffin	115	427	23	5.8	45	25	2.6	6.6	0.78
Blueberry Muffin	15	397	20	2.5	50	24	0.6	5.9	1.5
Triple Chocolate Muffin	115	476	26	4.8	57	24	3.6	6.7	0.84
Chocolate Chunk Cookie	80	346	14	7.3	48	34	1.9	4.1	0.8
Double Chocolate Cookie	80	337	14	7.8	45	34	2.6	5.4	0.69
New York Cheesecake	119	425	29	16	33	22	0	6.1	0.91
Raspberry Cheesecake	176	631	44	26	48	33	1.8	8.8	1.1
Chocolate Lovin' Spoon Cake	202	720	39	22	84	59	6.1	8.1	0.87
Carrot Cake	181	764	49	18	78	54	1.4	8.0	0.52
Sugar Donut	48	195	9.6	4.1	23	6.7	1.0	2.6	0.33
Croissant Roll Bacon & Egg	165	526	35	18	31	6.1	1.5	21	2.0
Sesam Cream Cheese Bagel	125	400	24	13	40	2.9	2.4	8.8	0
Chicken Coleslaw Pretzel	165	388	13	4.5	50	6.8	3.6	16	2.6
Salmon Bagel	175	468	17	3.5	54	4.2	3.5	23	2.3
Ham & Cheese Croissant	175	594	39	25	31	3.9	1.6	25	2.6
Vegan Pulled & Veggie Sandwich	200	531	22	2.6	51	5.4	6.4	18	3.0
Flammkuchen Bagel	100	253	10	4.8	30	2.2	1.9	8.7	1.4
Tomato & Mozzarella Ciabatta	210	491	25	9.0	59	3.8	2.9	19	2.1

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Vegan Berry Bircher	240	273	11	2.2	34	12	0	9.4	0.02
Superfood Müsli	175	314	9.6	2.8	45	23	0	11	0.23