

STARBUCKS®	Holiday Food Nutritional Information								
Produkt	Portionsgröße	Energiewert (kcal)	Fett (g)	davon gesättigt (g)	Kohlenhydrate (g)	davon Zucker (g)	Ballaststoffe (g)	Eiweiss (g)	Salzgehalt (g)
Produit	(g)	Energie (kcal)	Matières Grasses (g)	dont AG saturés (g)	Glucides (g)	dont Sucres (g)	Fibres (g)	Protéines (g)	Sel (g)
Laugen Croissant	53	174	11	6.3	20	1.4	0.3	3.3	0.54
Butter Croissant	56	249	16	9.2	23	3.0	1.4	3.4	0.85
Pain au Chocolat	85	375	22	12	12	9.0	2.2	6.3	1.2
Brioche	55	208	11	6.1	21	0.7	1.2	5.3	0.77
Belgian Waffle	115	513	29	15	56	26	1.7	6.2	0.95
Trio of Pancakes	120	283	6	1.0	49	20	1.3	7.7	1.1
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
Chocolate Brownie	70	321	20	11	31	23	2.3	4.0	0.26
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
Banana Bread	100	381	21	1.8	43	24	1.6	4.7	0.39
Cinnamon Roll	100	386	16	9.5	54	22	2.1	6.2	0.50
Carrot Muffin	120	474	27	2.4	49	31	3.4	7.8	0.60
Triple Chocolate Cookie	80	385	19	12	48	31	1.7	4.9	0.24
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
Raspberry Muffin	115	402	21	2.9	49	23		6.1	0.61
Warm Choc Chunk Cookie	76	362	18	11	44	25	2.3	4.5	0.08
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
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
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
Mozzarella & Grilled Veggie Focaccia	206	519	24	7.0	57	5.3	0.9	16	2.9
Salmon Bagel	165	373	13	5.4	47	3.8	2.6	17	2.0
Focaccia Italia	125	305	12	5.4	34	1	2.4	14	1.40
Focaccia Margherita	200	588	37	12	42	4.0	3.4	19	2.8
Ham & Cheese Croissant	125	454	34	13	26	2.5	1.4	15	1.8
Turkey & Cream Cheese Bagel	200	472	6	4.0	54	3.6	6.6	21	3.2
Ham Sandwich	220	394	13	3.3	46	2.2	5.5	20	3.7
Fleischkäse Weggli	225	596	34	11	50	3.4	3.4	19	1.6
Breakfast Croissant with Egg-Salad	160	456	32	10	27	2.5	1.5	12	1.5
Tuna Sandwich	140	458	27	6.4	36	2.5	1.5	17	1.5
Birchermüesli	180	238	5	1.4	35	3.2	2.0	5	0.00
Superfood Müesli	180	463	25	14.0	45	34	6.8	10	0.20
Vegan Berry Bircher	180	377	17	8.0	41	16	5.4	6.4	0.12
Vegetable Edamame Salad	180	175	13		11			3.4	2.2
Bulgur Salad	180	506	34	4.0	43	11		6.3	3.4