

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	1.4	3.4	0.85
Pain au Chocolat	85	375	22	12	12	9	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	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	0.26
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	0.5
Carrot Muffin	120	474	27	2.4	49	31	3.4	7.8	0.6
Blueberry Muffin	115	407	21	2.9	50	24		6	0.61
Chocolate Cream Cheese Muffin	115	465	28	6	45	24	2.5	6.9	0.81
Triple Chocolate Muffin	130	569	34	8.6	57	40	4.7	7	0.8
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	75	326	13	7.4	48	33	1.6	3.5	0.8
Double Chocolate Cookie	75	328	14	7.8	45	33	2.4	5	0.6
New York Cheesecake	119	432	30	16	33	21	1.2	7.1	0.9
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	2.5	0.35
Crème Brûlée Donut	69	315	19	10	34	16	1	2.8	0.46
Croissant Roll - Bacon & Egg	203	650	44	22	39	0.8		25	2.2
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	57	5.3	0.9	16	2.9
Salmon Bagel	165	373	13	5.4	47	3.8	2.6	17	2
Focaccia Italia	125	305	12	5.4	34	1	2.4	14	1.4
Focaccia Margherita	200	588	37	12	42	4	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	54	3.6	6.6	21	3.2
Fleischkäse Weggli	225	596	34	11	50	3.4	3.4	19	1.6
Tuna Sandwich	140	458	27	6.4	36	2.5	1.5	17	1.5
Vegetarian Chick'n Caesar Baguette	180	452	23	4	40	2.5	1.5	17	1.5
Vegan Chick'n Vegetable Focaccia	180	461	22	3	50	2.5	1.5	14	1.5
Birchermüesli	180	238	5	1.4	35	3.2	2	5	0
Superfood Müesli	180	463	25	14	45	34	6.8	10	0.2
Vegan Berry Bircher	180	377	17	8	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	43	11		6.3	3.4
Gold Coin	23	120	6.4	3.8	14	14	1.4	0.7	0.03
Gingerbread Cookie	100	417	8.8	3.2	78	38	1.9	5.5	0.83

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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