

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)
Laugentwister Frischkäse	100	321	19	8.5	31	2.3	0	6.7	1.24
Butter Croissant	56	249	16	9.2	23	3.0	1.4	3.4	0.85
Butter Croissant unbaked	56	249	16	9.2	23	3.0	1.4	3.4	0.85
Pain au Chocolat	85	375	22	11.6	12	9.0	2.2	6.3	1.22
Pain au Chocolat unbaked	85	375	22	11.6	12	9.0	2.2	6.3	1.22
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
Christmas Tree Brownie	72	345	22	10	32	24	2.2	3.7	0.19
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
Marble Loaf Cake	90	394	22	5.4	43	27	1.3	4.8	0.71
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
Red Velvet Muffin	110	431	20	3.2	59	35	1.3	4.1	0.59
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
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
Vegetarian Caesar Baguette	180	452	23	4.0	40	2.5	1.5	17	1.5
Vegan Filet Stripes Vegetable Focaccia	180	461	22	3.0	50	2.5	1.5	14	1.5
Butter Laugenbrezel	62	227	13	6.8	24	0.6	1.6	4.5	1.05
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