

STARBUCKS®	Spring 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		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	33	29	1.9	4.65	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
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
Chocolate Cream Cheese Muffin	115	436	25	5.5	45	25	2.4	6.4	0.95
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
Raspberry & White Chocolate Sandwich Cookie	76	369	19	11.0	46	34	0.5	4.2	0.41
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	1.10
Chocolate lovin' Spoon Cake	215	989	43	24.0	84	60	6.5	11	0.90
Carrot Cake	181	816	53.0	20.0	78	58	1.5	8.5	0.60
Vanilly Donut	76	306	18	7.4	31	14	1.2	4.1	0.41
Choco Coconut Donut	72	351	22	11	34	16	3	4.1	0.39
Sugar Donut	48	202	11	4.9	23	7.0	1.0	2.5	0.35
Croissant Roll - Bacon & Egg	165	521	34	18.0	31	6.1	0.0	22	2.00
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 Tomato & Mozzarella	180	409	22	6	38	2.2	3.6	13	2.5
Ham & Cheese Croissant	125	454	34	13	26	2.5	1.4	15	1.8
Vegan Pulled & Veggie Sandwich	165	436	18	2.1	51	4.5		15	2.5
Flammkuchen Bagel	100	259	11	5.4	30	1.8	1.9	9	1.3
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