

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	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
Cookies & Cream Brownie	75	366	23	13	33	23	2.9	5.2	0.46
Christmas Tree Brownie	72	364	22	11	37	22	1.8	3.7	0.23
Lemon Loaf Cake	90	395	23	8.3	41	22	1.4	5.3	.66
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
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
Red Velvet Muffin	110	435	20	3.2	59	35	1.3	4.1	0.58
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
Vanilly Donut	76	279	15	9.9	31	14	1.1	3.4	0.42
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
Tomato-Focaccia Tomate Mozzarella	180	409	22	5.6	38	2.2	3.6	13	2.5
Ham & Cheese Croissant	120	390	26	16	26	2.4	1.8	13	1.7
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
Birchermuesli	180	210	5.4	1.4	35	3.2	2.0	5.4	0
Super Berry Müesli (vegan)	180	371	18	8.1	41	17	5.4	6.5	0.09