

Subway Nutrition Information March 2026



Germany

	Per Serving size											Per 100g										
	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)		
Builds																						
Chicken Fajita Baked Potato	484	5052	1216	98	59	55	5.2	7.6	28	1.8	100	1044	251	20.2	12.2	11	1.1	1.6	5.8	0.4		
Nacho Chicken Baked Potato	392	2531	610	29	11	62	3.1	8.3	23	1.4	100	646	156	7.4	2.8	16	0.8	2.1	5.9	0.4		
Chicken Teriyaki Baked Potato	412	2425	577	24	11	56	6.0	7.6	32	1.6	100	589	140	5.8	2.7	14	1.5	1.8	7.8	0.4		
Dölicious Chicken	450	2528	634	30	13	59	4.4	9.1	34	2.6	100	562	141	6.7	2.9	13	1.0	2.0	7.6	0.6		
Rotisserie Style Chicken Baked Potato	394	2297	546	25	11	52	2.7	7.5	27	1.2	100	583	139	6.3	2.8	13	0.7	1.9	6.9	0.3		
Chicken Tandoori Baked Potato	394	2300	547	24	11	55	4.5	7.8	28	1.6	100	584	139	6.1	2.8	14	1.1	2.0	7.1	0.4		
Falafel Baked Potato	383	2471	588	29	11	65	3.3	13	18	1.3	100	645	154	7.6	2.9	17	0.9	3.4	4.7	0.3		
BBQ Rib Baked Potato	445	3175	756	41	18	66	26.0	8.6	16	1.8	100	713	170	9.2	4.0	15	5.8	1.9	3.6	0.4		
Philly Beef & Cheese Baked Potato	394	2308	547	24	11	56	4.9	7.9	25	1.4	100	586	139	6.1	2.8	14	1.2	2.0	6.3	0.4		
Tuna Baked Potato	412	2605	620	33	11	54	3.6	7.5	27	1.6	100	632	150	8.0	2.7	13	0.9	1.8	6.6	0.4		
Salami Baked Potato	356	2303	547	29	13	52	2.7	7.5	19	1.4	100	647	154	8.1	3.7	15	0.8	2.1	5.3	0.4		
Italian BMT Baked Potato	402	2751	654	36	16	53	3.2	7.8	27	2.4	100	684	163	9.0	4.0	13	0.8	1.9	6.7	0.6		
Ham Baked Potato	380	2213	526	24	11	53	3.2	7.9	23	1.2	100	582	138	6.3	2.9	14	0.8	2.1	6.1	0.3		
Veggie Delite Baked Potato	419	2061	490	23	10	54	4.6	8.5	16	0.7	100	492	117	5.5	2.4	13	1.1	2.0	3.8	0.2		
Plant-based Chicken Teriyaki Baked Potato	412	2416	575	25	11	60	5.0	11	25	2.3	100	586	140	6.1	2.7	15	1.2	2.7	6.1	0.6		
Plant-based Dölicious Chicken	450	2490	625	27	12	62	3.8	13	33	3.3	100	553	139	6.0	2.7	14	0.8	2.9	7.3	0.7		
Spicy Vegan Patty Baked Potato	423	2681	587	30	11	61	4.8	11	28	1.7	100	634	139	7.1	2.6	14	1.1	2.6	6.6	0.4		
Sour Cream Baked Potato	413	2456	585	31	15	55	5.4	7.5	22	1.5	100	595	142	7.5	3.6	13	1.3	1.8	5.3	0.4		
INGREDIENTS																						
Potato (ingredient)	286	1029	246	1.4	0	50	1.7	7.4	7.7	0.14	100	360	86	0.5	0.0	17	0.6	2.6	2.7	0.0		
Unsalted Butter (ingredient)	10	306	74	8.2	5.38	0.1	0.1	0	0.07	0.00	100	3058	744	82.0	53.8	1	0.7	0.0	0.7	0.0		
Sour Cream	75	458	110	8	4.58	2.8	2.8	0	6.45	0.83	100	610	147	10.6	6.1	4	3.7	0.0	8.6	1.1		

SUBWAY	Subway Nutrition Information March 2026																				
	Germany																				
	Value Per Serving Size									Value Per 100 Gram											
Values include suggested bread/wrap, protein select vegetables and sauce if in standard build. Double values for footlong nutrition information (one footlong = two 15 cm servings) excluding salads'	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	
	Sandwich																				
Chicken Teriyaki	227	1130	270	3.3	1.4	38	10	3	22	1.3	100	498	119	1.5	0.6	17	4.4	1.3	9.5	0.6	
Plant-based Chicken Teriyaki	227	1208	289	4.3	1.5	42	9.4	6.4	19	2.2	100	532	127	1.9	0.6	19	4.1	2.8	8.2	0.99	
Chicken Fajita	209	1046	250	2.6	1.2	36	8	3	21	1.8	100	501	120	1.2	0.6	17	3.8	1.4	9.9	0.9	
Rotisserie-Style Chicken	209	1089	260	4	1.2	34	7.1	2.9	21	1.1	100	521	125	1.9	0.6	17	3.4	1.4	10	0.6	
Chicken Tandoori	199	1625	388	14	5.9	39	10	2.8	26	2.3	100	817	195	7.2	2.9	20	5.2	1.4	13	1.1	
Dölicious Chicken	263	1672	422	16	3.3	46	8.2	4.6	26	3.3	100	637	161	6.1	1.2	18	3.1	1.8	10	1.2	
Tuna	227	1397	334	12	1.8	37	8	2.9	20	1.6	100	615	147	5.3	0.8	16	3.5	1.3	8.9	0.7	
Italian B.M.T.	217	1543	369	16	6.4	36	7.6	3.2	21	2.3	100	711	170	7.2	2.9	17	3.5	1.5	9.6	1.1	
BBQ Rib	217	2049	474	26	11	38	7.8	3.9	23	2.4	100	944	219	12	4.9	17	3.6	1.8	10	1.1	
Nacho Chicken	233	1702	415	17	4.3	47	8.4	3.6	19	1.9	100	730	178	7.2	1.9	20	3.6	1.6	8.1	0.8	
Philly Beef & Cheese	221	1277	304	7.2	3.8	39	9.7	3.3	20	1.7	100	578	138	3.3	1.7	18	4.4	1.5	9.2	0.8	
Salami	169	1061	254	7.6	3.3	35	7.1	2.9	12	1.2	100	628	150	4.5	1.9	21	4.2	1.7	6.9	0.7	
Ham	195	1005	240	3.6	1.4	35	7.6	3.3	17	1.2	100	515	123	1.9	0.7	18	3.9	1.7	8.6	0.6	
Spicy Vegan Patty	238	1473	301	9.6	1.9	44	9.2	6.5	21	1.7	100	619	127	4	0.8	18	3.9	2.7	8.8	0.7	
Veggie Delite	165	968	231	5.5	3.1	35	7.4	2.9	11	0.9	100	586	140	3.3	1.9	21	4.5	1.8	6.6	0.6	
Smashed Falafel	245	2027	512	27	5.5	54	8.3	9.9	15	2.9	100	829	210	11	2.2	22	3.4	4	5.9	1.2	
Plant-based Dölicious Chicken	262	1634	413	13	2	49	7.7	8.8	25	3.9	100	625	158	4.9	0.8	19	2.9	3.3	9.7	1.5	
Wraps																					
Chicken Teriyaki	250	1555	372	7.1	1.2	54	7.5	5	20	1.9	100	622	149	2.8	0.5	22	3	2	8.1	0.8	
Plant-based Chicken Teriyaki	250	1633	391	8.1	1.3	58	6.9	8.4	17	2.8	100	653	156	3.2	0.5	23	2.8	3.3	6.9	1.1	
Chicken Fajita	232	1471	352	6.4	1	52	5.5	5	20	2.4	100	634	152	2.8	0.4	22	2.4	2.1	8.4	1	
Rotisserie-Style Chicken	232	1514	362	7.8	1.1	50	4.6	4.9	20	1.7	100	653	156	3.3	0.5	22	2	2.1	8.5	0.7	
Chicken Tandoori	258	1974	472	17	3.7	55	7.3	5.2	23	2.6	100	765	183	6.7	1.4	21	2.8	2	8.8	1.0	
Dölicious Chicken	288	1987	507	20	4	58	6.6	6.4	26	3.9	100	691	177	6.9	1.4	20	2.3	2.2	9	1.3	
Tuna	250	1822	436	16	1.6	53	5.5	4.9	19	2.1	100	729	174	6.3	0.7	21	2.2	1.9	7.6	0.9	
Italian B.M.T.	236	1900	454	18	5.6	52	5.1	5.2	19	2.7	100	805	192	7.7	2.4	22	2.2	2.2	8	1.2	
BBQ Rib	240	2474	576	30	10	53	5.3	5.9	21	3	100	1031	240	12	4.4	22	2.2	2.4	8.9	1.2	
Nacho Chicken	256	2183	530	22	4.3	62	6.2	5.7	18	2.5	100	853	207	8.6	1.7	24	2.4	2.2	6.9	1.0	
Philly Beef & Cheese	244	1702	406	11	3.7	55	7.2	5.3	19	2.2	100	697	166	4.5	1.5	23	3	2.2	7.9	0.9	
Salami	192	1486	355	11	3.1	50	4.6	4.9	11	1.8	100	774	185	5.9	1.6	26	2.4	2.5	5.5	0.9	
Ham	218	1430	342	7.4	1.3	51	5.1	5.3	16	1.7	100	656	157	3.4	0.6	23	2.3	2.4	7.1	0.8	
Spicy Vegan Patty	261	1898	403	13	1.7	60	6.7	8.4	20	2.2	100	727	154	5.1	0.7	23	2.6	3.2	7.6	0.9	
Veggie Delite	188	1393	333	9.3	3	51	4.9	4.9	9.7	1.5	100	741	177	4.9	1.6	27	2.6	2.6	5.2	0.8	
Smashed Falafel	264	2397	573	29	4.6	66	6.8	11	13	3.1	100	910	217	11	1.7	25	2.6	4.1	5	1.2	
Plant-based Dölicious Chicken	287	1949	498	16	2.8	61	6	11	25	4.5	100	680	174	5.7	1	21	2.1	3.7	8.8	1.6	
Salads																					
Chicken Teriyaki	293	498	118	1.6	0.5	10	7.7	2.9	15	0.73	100	170	40	0.5	0.2	3.4	2.6	1	5.2	0.3	
Plant-based Chicken Teriyaki	293	577	137	2.6	0.6	14	7.1	6.3	12	1.6	100	197	47	0.9	0.2	4.8	2.4	2.2	4.1	0.6	
Chicken Fajita	275	414	98	0.9	0.3	7.9	5.7	2.9	14	1.2	100	151	36	0.3	0.1	2.9	2.1	1.1	5.2	0.4	
Rotisserie-Style Chicken	290	466	109	2.2	0.4	6.4	5	3	15	0.5	100	161	38	0.8	0.1	2.2	1.7	1	5	0.2	
Chicken Tandoori	315	1197	285	19	3.5	12	8	3.2	18	1.6	100	380	90	5.9	1.1	3.7	2.5	1	5.6	0.5	
Dölicious Chicken	329	915	283	17	3.7	15	7.2	4.4	21	3.6	100	278	86	5.1	1.1	4.5	2.2	1.3	6.3	1.1	
Tuna	293	765	182	10	1	8.5	5.7	2.8	14	1.0	100	261	62	3.5	0.3	2.9	2	1	4.7	0.3	
Italian B.M.T.	279	843	200	13	5	7.5	5.3	3.1	14	1.6	100	302	72	4.5	1.8	2.7	1.9	1.1	4.9	0.6	
BBQ Rib	234	1208	271	20	7.7	7.2	4.1	3.4	14	1.5	100	516	116	8.8	3.3	3.1	1.8	1.5	5.8	0.6	
Nacho Chicken	313	1384	337	23	4.1	20	7.2	3.7	13	1.5	100	442	108	7.3	1.3	6.2	2.3	1.2	4	0.5	
Philly Beef & Cheese	287	645	152	5.4	3	11	7.4	3.2	14	1.1	100	225	53	1.9	1	3.9	2.6	1.1	4.9	0.4	
Salami	235	430	101	5.9	2.4	6.4	4.8	2.8	5.3	0.6	100	183	43	2.5	1	2.7	2	1.2	2.3	0.3	
Ham	261	373	88	1.9	0.6	7.1	5.3	3.2	10	0.6	100	143	34	0.7	0.2	2.7	2	1.2	3.9	0.2	
Spicy Vegan Patty	304	841	149	7.8	1.1	16	6.9	6.4	15	1.1	100	277	49	2.6	0.3	5.1	2.3	2.1	4.8	0.4	
Veggie Delite	231	336	79	3.8	2.3	6.5	5.1	2.8	4.5	0.3	100	145	34	1.6	1	2.8	2.2	1.2	1.9	0.1	
Smashed Falafel	316	1583	377	30	4.4	22	7.5	8.7	8	2.4	100	501	119	9.4	1.4	7	2.4	2.7	2.5	0.8	
Plant-based Dölicious Chicken	328	877	274	14	2.4	17	6.6	8.6	20	4.3	100	267	83	4.1	0.7	5.3	2	2.6	6.1	1.3	
"Unsere Kreationen" Subs																					
The BBQ Master	297	2646	622	32	13	56	22	5.3	26	4.4	100	891	209	11	4.4	19	7.3	1.8	8.6	1.5	
Furious Chicken	270	2231	522	23	5.7	50	7	5.4	27	3	100	826	194	8.4	2.1	19	2.6	2	9.9	1.1	
Fiesta Fajita	255	2218	506	25	5.7	51	8.5	4.9	27	3.4	100	870	198	9.9	2.2	20	3.3	1.9	11	1.3	
Tasty Tandoori	199	1625	388	14	5.9	39	10	2.8	26	2.3	100	817	195	7.2	2.9	20	5.2	1.4	13	1.1	

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Beef Texicana	248	1882	449	20	9.4	42	11	3.4	27	2.7	100	759	181	7.9	3.8	17	4.6	1.4	11	1.1
Panini																				
Chick'n'Garlic	196	1858	444	21	8.2	35	7.5	2.3	27	2.2	100	948	227	11	4.2	18	3.8	1.2	14	1.1
Philly Supreme	196	1847	441	20	8.6	40	10	2.7	25	2.5	100	942	225	10	4.4	20	5.1	1.4	13	1.3
Smoky Beast	207	1755	421	16	8.1	40	12	2.6	29	2.5	100	848	204	7.7	3.9	19	5.6	1.3	14	1.2
Footlong Sidekicks																				
Footlong Cookie	265	5621	1344	68	33	164	94	5.8	15	1.7	100	2121	507	26	13	62	36	2.2	5.5	0.65
Peperoni-Salami & Cheese Footlong Dipper	138	1812	433	19	7.6	49	3.4	3.9	15	2.5	100	1313	314	14	5.5	35	2.5	2.8	11	1.8
Triple Cheese Footlong Dipper	148	1892	453	19	9.5	49	3.3	3.9	18	2.1	100	1279	306	13	6.4	33	2.3	2.6	12	1.4
Beilagen																				
Waffle Fries	100	1085	184	8.2	1.1	23	0.3	4	2.8	0.9	100	1085	184	8.2	1.1	23	0.3	4	2.8	0.9
Nacho Chicken Bites	18	188	45	2.1	0.2	3.5	0.2	0.3	2.6	0.2	100	1046	250	11.8	1.6	19.5	0.8	1.4	15	1.3
Falafel Bites	90	945	226	13	1.1	26	1.4	12	6.5	1.2	100	1050	251	15	1.2	29	1.5	13	7	1.3
Lay's Chips Salted	28	620	148	9.4	0.7	14	0.1	1.2	1.7	0.4	100	2256	539	34	2.7	52	0.3	4.4	6.1	1.3
Lay's Chips Paprika	28	609	146	8.8	0.7	14	0.7	1.3	1.7	0.4	100	2215	529	32	2.7	52	2.4	4.6	6.1	1.4
Doritos Nacho Cheese	44	920	220	11	1.5	26	1.2	2.5	2.9	0.5	100	2091	500	26	3.4	58	2.7	5.6	6.5	1.2
Doritos Sweet Chili Pepper	44	918	219	11	1.4	26	2.3	2.5	2.9	0.5	100	2086	499	25	3.1	59	5.2	5.7	6.5	1.1
Getränke																				
Pepsi regular	500	599	143	35	35	0	0	0	0	0	100	120	29	7	7	0	0	0	0	0
Pepsi Zero Zucker	500	10	2	0	0	0	0	0.2	0	0	100	2	0	0	0	0	0	0	0	0
Schwip Schwap	500	828	198	49	48	0	0.5	0.1	0	0	100	166	40	9.8	9.7	0	0.1	0	0	0
Schwip Schwap Zero	500	30	7	1.5	1.5	0	0	0.1	0	0	100	6	1	0.3	0.3	0	0	0	0	0
7UP Zero	500	409	98	23	23	0	0	0.2	0	0	100	82	20	4.6	4.6	0	0	0	0	0
Schwip Schwap Zero Orange	500	25	6	0	0	1	1	0	0	0	100	5	1.2	0	0	0	0	0	0	0
Lipton Eistee Peach	500	279	67	15	15	0	0	0.0	0	0.15	100	56	13	3.1	3	0	0	0	0	0
Lipton Eistee Lemon	500	274	66	0	0	15	15	0.0	0	0.15	100	55	13	3.1	3	0	0	0	0	0
Adelholzener Classic Flasche	500	0	0	0	0	0	0	0	0	0	100	0	0	0	0	0	0	0	0	0
Adelholzener Naturell Flasche	500	0	0	0	0	0	0	0	0	0	100	0	0	0	0	0	0	0	0	0
Mountain Dew	500	1058	253	60	60	0	0	0	0	0	100	212	51	12	12	0	0	0	0	0
Capri-Sun Fruit Crush Tropical	200	244	58	13	13	0	0	0.0	0	0	100	122	29	6.7	6.7	0	0	0	0	0
BuddyFruits Fruchtmousse	90	233	56	12	11	1.7	0.5	0	0	0	100	259	62	13	12	1.9	0.6	0	0	0
Saucen																				
BBQ Sauce (vegan)	14	84	21	0	0	4.9	4.2	0.3	0.1	0.4	100	598	153	0.5	0.1	36	30	2.1	0.9	2.7
Caesar Sauce	14	210	50	4.8	0.5	1.2	0.7	0	0.4	0.3	100	1498	357	34	3.5	8.4	5.1	0	2.6	2.4
Chipotle Southwest Sauce	14	258	62	6.3	0.5	1.3	0.8	0	0.1	0.2	100	1841	440	45	3.4	9	5.9	0.5	1	1.7
Doner Sauce	14	137	33	2.6	0.3	1.8	0.9	0.21	0.2	0.4	100	979	234	19	2.2	13	6.5	1.5	1.3	2.7
X-spicy Chipotle Sauce (vegan)	14	251	60	6.1	0.5	1.1	0.7	0.1	0.2	0.3	100	1795	429	44	3.4	8	5	0.7	1.2	1.8
Honey & Wholegrain Mustard Sauce	14	122	29	1.9	0.1	2.7	2.3	0.2	0.3	0.2	100	870	208	14	0.9	19	17	1.7	1.8	1.4
Lite Mayonnaise	14	194	46	4.9	0.3	0.6	0.6	0	0	0.2	100	1384	329	35	2.4	4	4	0	0	1.7
Joghurt	14	78	18	1.4	0	1.3	0.6	0	0.1	0.2	100	560	134	10	0.1	9	4.9	0.2	1.2	1.7
Sweet Onion (vegan)	14	97	23	0.1	0	5.6	4.8	0.1	0.1	0.1	100	648	155	1.4	0.1	35	31	0.5	0.5	0.7
Garlic & Herb (vegan)	14	90	22	0.19	0	4.9	4.2	0	0	0.1	100	2384	570	60	4.3	6.2	7	0	0	1
Balsamic Vinegar (vegan)	3.5	4.1	1	0	0	0	0	0	0	0	100	117	28	0	0	0	0	0	0	0
Olivenöl (vegan)	3.5	131	32	3.5	0.4	0	0	0	0	0	100	3765	900	100	13.3	0	0	0	0	0
Cranberry Sauce	14	80	19	0	0	4.4	0.2	4	0.0	0.0	100	571	136	0.0	0	31.4	1.4	28	0	0
Cookies																				
Double Chocolate Cookie (vegan)	45	876	209	9.5	5.4	27	18	0.5	2.3	0.4	100	1946	465	21	12	60	39	1.2	5.1	1.0
Chocolate Chunk Cookie	45	896	214	10	5.1	28	16	1.2	2.3	0.3	100	1992	476	23	11	62	35	2.7	5	0.6
Chocolate Chip mit Rainbow Candy Cookie	45	894	214	9.8	5	28	18	1.5	2.2	0.1	100	1987	475	22	11	63	40	3	5	0.3
White Chip Macadamia Nut Cookie	45	900	215	10	5.1	27	16	0.5	2.3	0.4	100	2000	478	23	11	61	36	1.2	5.2	0.9
Oat & Raisin Cookie	45	587	140	0.6	0.1	28	14	5.9	2.6	0.2	100	1305	312	1.4	0.3	62	31	13	5.8	0.3
Raspberry Cheesecake Cookie	45	871	208	9.6	5.4	27	16	0.2	2.5	0.3	100	1936	463	21	12	61	36	0.5	5.5	0.7
Käse																				
Scheibenkäse	12	177	42	3.5	2.2	0.4	0.4	0	2.3	0.3	100	1477	353	29	18	3.5	3.2	0	20	2.5
Mozzarella-Emmental-Mix	14	187	45	3.4	2.2	0.6	0.1	0	3.2	0.2	100	1339	320	25	16	4.6	0.8	0	23	1.4
Frischkäse	14	115	28	2.2	1.5	0.5	0.5	0	1.2	0.1	100	824	197	16	11	3.9	3.8	0	8.7	0.8
Cheddar	11	191	46	3.8	2.3	0.0	0.0	0	2.8	0.2	100	1740	416	35	22	0.1	0.1	0	25	1.9
Vegan Slices (vegan)	10	124	30	2.4	2.1	1.9	0.0	0.0	0.0	0.1	100	1238	296	24	21	19	0.1	0.1	0.1	1.3
Zutaten/Toppings																				
Jalapeños	7	3	0.8	0	0	0.1	0.1	0.1	0.0	0.3	100	46	11	0.5	0.1	1.6	0.8	1.4	0.4	4.3
Oliven	3	12	2.9	0.3	0	0.0	0.0	0.1	0.0	0.1	100	406	97	9.4	1.5	1.1	0.1	3.1	1	1.9
Gewürzgurken	7.5	3	0.7	0	0	0.1	0.0	0.1	0.0	0.2	100	38	9	0.5	0.1	1.37	0.1	1.1	0.4	2.9
Mais	7	23	5.6	0.1	0	0.8	0.4	0.3	0.2	0	100	335	80	1.9	1	11	5.2	3.8	2.9	0.4
Salat	14	6	1.5	0	0	0.2	0.2	0.2	0.2	0	100	46	11	0.1	0	1.4	1.4	1.5	1.2	0
Tomaten	30	23	5.4	0.1	0	0.8	0.8	0.4	0.3	0	100	75.3	18	0.2	0	2.7	2.6	1.2	0.9	0
Gurken	18	11	2.7	0	0	0.6	0.3	0.1	0.1	0	100	62.8	15	0.11	0	3.1	1.7	0.5	0.7	0
Paprika	12	13	3.0	0	0	0.5	0.3	0.2	0.1	0	100	105	25	0	0	4.3	2.3	1.8	0.7	0
Zwiebeln	7	10	2.5	0	0	0.6	0.4	0.1	0.1	0	100	150	36	0.2	0	7.9	5.6	1.4	1.2	0

SUBWAY	Subway Nutrition Information March 2026																			
	Germany																			
Rucola	7	8	2.0	0	0	0.1	0.0	0.1	0.2	0	100	117	28	0.7	0	2.1	0	1.6	2.6	0
Nachos (Doritos® Nacho Cheese)	12	250	60	3.1	0.4	6.9	0.3	0.7	0.8	0.1	100	2091	499	26	3.4	58	2.7	5.6	6.5	1.2
Guacamole	35	98	24	6.0	0.3	0.9	0.4	0.6	0.7	0.2	100	282	68	17	1	2.5	1.1	1.7	1.9	0.7
Röstzwiebeln	7	171	41	3.0	1.0	2.9	0.6	0.3	0.4	0	100	2443	584	43	14.3	41.6	8.9	3.6	6	0
Brot																				
Italian	70	794	190	2.1	0	36	4.2	2.1	7	0.6	100	1134	271	3	0	51	6	3	10	0.8
Sesam	75	782	187	4	1	29	1	2	8	1	100	1043	249	5.3	1.3	39	1	2.6	11	1.3
Cheese Oregano	81	816	195	3.9	1.6	30	1	1.9	9.3	0.7	100	1007	241	4.8	2.0	37	1	2.3	11	0.9
Honey Oat	96	983	235	2.6	0.5	41	9	5	9.5	0.5	100	1024	245	2.7	0.5	42	9	5.5	10	0.5
Vollkornbrot	76	658	157	0.8	0.2	27	1.4	4.4	7.5	1	100	866	207	1.1	0.2	35	1.8	5.8	10	0.7
Weizenwrap	95	1153	276	5.7	0.8	48	2.6	3.9	6.7	1.2	100	1213	290	6	0.8	50	2.7	4.1	7	1.3
Glutenfrei	110	1229	294	6.6	0.6	53	1.2	3.7	3.3	1.0	100	1117	267	6	0.5	48	1.1	3.4	3	0.9
Einzel-Zutaten																				
Peperoni-Salami	18	305	73	6.3	2.2	0.6	0	0	3.6	0.7	100	1694	405	35	12.2	3.5	0	0	20	4
Salami	18	305	73	6.3	2.3	0.6	0	0	3.6	0.7	100	1694	405	35	12.7	3.5	0	0	20	3.7
Tuna (mit Lite Mayonnaise)	74	606	145	10	0.9	2.5	1.0	0	12	0.9	100	819	196	14	1.1	3.3	1.4	0	16	1.2
Philly Beef	71	359	86	1.4	0.4	8.0	3.9	0.7	11	0.7	100	506	121	2	0.5	11	5.5	1	15	1
Rotisserie-Style Chicken	56	298	71	2.0	0.3	0.1	0.1	0	12	0.5	100	531	127	3.5	0.5	0.2	0.2	0	22	0.9
Chicken Teriyaki	74	339	81	1.3	0.4	4.0	3.0	0.1	13	0.7	100	458	109	1.7	0.5	5.4	4	0.13	17	0.9
Dölicious Chicken	112	787	188	11.2	2.9	6.7	1.6	1.4	18	1.7	100	702	168	10	2.6	6	1.5	1.3	16.5	1.6
Chicken Fajita	56	255	61	0.5	0.2	1.8	0.9	0.1	12	1.1	100	456	109	1	0.3	3.2	1.7	0.1	22	2
Chicken Tandoori	71	374	89	1.4	0.4	1.8	0.9	0	18	0.6	100	527	126	2	0.5	2.5	1.2	0	25	0.9
Ham	28	143	34	1	0.3	0.7	0.4	0.3	5.4	0.5	100	510	122	3.6	1.1	2.5	1.4	1	19	1.6
BBQ Rib	72	876	209	17	6.5	1.4	0.7	1.1	12	1.0	100	1217	291	24	9.1	2	1	1.6	16	1.5
Bacon	9	154	37	2.8	1.0	0.2	0.3	0	3.0	0.3	100	1711	410	31	11	2.4	3	0	33	3.6
Spicy Vegan Patty	85	708	169	8.8	0.8	10	1.6	2.7	11	1.1	100	833	199	10	0.9	12	1.9	3.2	13	1.3
Plant-based Chicken Teriyaki	74	418	100	2.3	0.5	8.1	2.4	3.5	10	1.6	100	565	135	3.1	0.6	11	3.2	4.7	14	2.1
Omelette	70	363	87	4.69	1.4	2.3	0.7	0	7.8	0.8	100	518	124	6.7	2	3.3	1	0.1	11	1.1
Nacho Chicken	18	188	45	2.1	0.3	3.5	0.2	0	2.6	0.2	100	987	250	12	1.6	20	0.9	1.4	15	1.4
Falafel	45	472	113	6.5	0.5	12.9	0.7	6	3.2	0.6	100	1050	251	15	1.2	29	1.5	12.8	7.2	1.3
Plant-based Dölicious Chicken	112	749	179	7.8	1.7	9.5	1.1	6	17.6	2.4	100	669	160	7	1.5	9	1	5	15.8	2.2