Nährwertinformationen September 2026

Deutschland

Die Angaben enthalten das empfohlene Brot/Wrap, das ausgewählte Protein, Standardgemüse und Sauce in der Standardzusammenstellung.
Für Footlong-Nährwertangaben bitte die Werte verdoppeln (ein Footlong = zwei 15-cm-Portionen), ausgenommen Salate.

	Werte pro Portion										Werte pro 100 g									
	Serviergröße (g)	Energie (kJ)	Energie (kcal)	Fett (g)	davon gesättigte Fettsäuren (g)	Kohlenhydrate (g)	davon Zucker (g)	Ballaststoffe (g)	Eiweiß (g)	Salz (g)	Serviergröße (g)	Energie (kJ)	Energie (kcal)	Fett (g)	davon gesättigte Fettsäuren (g)	Kohlenhydrate (g)	davon Zucker (g)	Ballaststoffe (g)	Eiweiß (g)	Salz (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/Pulled Chicken Breast	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
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
Beef Chili	241	1524	**354**	8	3	48	8.6	4.6	22	2.2	100	632	147	3.3	1.2	20	3.6	1.9	9.1	0.9
BBQ Pulled Pork	183	1497	**347**	7.6	3.2	42.0	8.3	2.8	25	1.6	100	818	190	4.2	1.7	23	4.5	1.5	13.7	0.9
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
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/Pulled Chicken Breast	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
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
Beef Chili	266	1839	**439**	12	3.7	60	7	6.4	21	2.8	100	691	165	4.5	1.4	23	2.6	2.4	7.9	1.1
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
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/Pulled Chicken Breast	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
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
Beef Chili	249	738	**175**	6	3	14	5.8	36	16	1.6	100	296	70	2.4	1.2	5.6	2.3	14	6.4	0.6
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
"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
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
Baked Potato																				
Beef Chili Baked Potato	485	2269	**538**	19	10	63	5.8	10	27	2.9	100	468	111	3.9	2	13	1.2	2.1	5.6	0.6
Chicken Fajita Baked Potato	394	2299	**547**	24	11	54	4.6	7.6	27	1.8	100	584	139	6.1	2.8	14	1.2	1.9	6.9	0.5
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/Pulled Chicken Breast 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

Nährwertinformationen September 2026

Deutschland

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
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																				
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
Mozzarella & Cheddar Bites x 5	75	1067	**255**	15	6.1	19	1	1.6	11	1.3	100	1423	340	20	8.1	25	1.7	2.1	15	1.7
Mozzarella & Cheddar Bites x 12	180	2561	**612**	36	15.0	45	3	3.8	26	3.1	100	1423	340	20	8.3	25	1.8	2.1	14	1.7
Coleslaw regular	40	249	**60**	5.2	0.4	2.4	2.1	0.8	0.4	0.23	100	623	150	13	1	6	5.3	2	1	0.6
Coleslaw Large	80	499	**119**	10	0.8	4.8	4.2	1.6	0.8	0.46	100	624	149	12.5	1	6	5.3	2	1	0.6
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	83.8	**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
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
Ketchup	14	74	**18**	0	0	4	3.2	0	0	0.4	100	531	127	0.1	0.1	29	23	0.8	1.2	3
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	3.4	4.9	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
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
Mini Chocolate Chip Cookies with Caramel Dip	126	1792	**532**	21	11	79	48	2.6	4.8	0.8	100	1423	422	17	8.5	63	38	2.1	3.8	0.6
Pumpkin Spiced Cookie	45	813	**194**	8.3	4	26.9	16.6	1.1	2.29	0.2	100	1807	431	18.4	8.9	60	37	2.4	5.1	0.5
Matcha & White Chocolate Chip Cookie	45	807	**193**	7.9	4.2	27.4	16	0.85	2.4	0.3	100	1793	429	17.6	9.3	61	36	1.9	5.3	0.6
Brookie Cookie Cup	56	896	**266**	13	6.2	28	20	1.4	2.7	13.5	100	1600	475	23.2	11.1	50	36	2.5	4.8	24.1
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	3.2	**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	**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	2.8	**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	6.4	**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	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	63	15	0.1	0	3.1	1.7	0.5	0.7	0
Paprika	12	12.6	**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	10.5	**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
Rucola	7	8.2	**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

Nährwertinformationen September 2026

Deutschland

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	14.9	1
Beef Chili	120	479	**114**	2.4	0.7	10	3.1	2.0	12	1.3		100	399	95	2	0.6	8	2.6	1.7	10	1.1
Rotisserie-Style Chicken/Pulled Chicken Breast	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
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	10.2	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