

Termékek tápérték listája
100g termékre vonatkozóan.

Lista kelte.: 2016.12.05.

Megnevezés	Tömege			Energia		Só
	Zsír	Telt.zsír.	Szénhidrát	Cukrok	Rost	
Fehér kenyér 2 kg-os			100g termékre	1116.0 kJ	266 kcal	55.8%
	0.79g	0.38g	53.71g	0.15g	2.52g	7.42g
	0.0%	0.0%	2.7%	0.0%	0.1%	0.4%
Fehér kenyér 1 kg			100g termékre	1124.5 kJ	268 kcal	112.5%
	0.82g	0.39g	53.80g	0.22g	2.69g	7.68g
	0.1%	0.0%	5.4%	0.0%	0.3%	0.8%
Fehér kenyér 0,50 kg-os			100g termékre	1115.6 kJ	266 kcal	223.1%
	0.79g	0.38g	53.58g	0.15g	2.52g	7.41g
	0.2%	0.1%	10.7%	0.0%	0.5%	1.5%
Szeletelt kenyér 0,50 kg			100g termékre	1122.5 kJ	268 kcal	224.5%
	0.82g	0.38g	53.65g	0.20g	2.66g	7.62g
	0.2%	0.1%	10.7%	0.0%	0.5%	1.5%
Szeletelt fehér kenyér 1 kg-os			100g termékre	1116.0 kJ	266 kcal	111.6%
	0.79g	0.38g	53.71g	0.15g	2.52g	7.42g
	0.1%	0.0%	5.4%	0.0%	0.3%	0.7%
Zsemle 55 gr.			100g termékre	1121.1 kJ	268 kcal	2038.4%
	0.78g	0.40g	55.76g	0.53g	2.49g	7.65g
	1.4%	0.7%	101.4%	1.0%	4.5%	13.9%
Sós kifli 45 gr.			100g termékre	1205.8 kJ	288 kcal	2679.6%
	2.18g	0.96g	57.00g	2.44g	2.56g	8.40g
	4.8%	2.1%	126.7%	5.4%	5.7%	18.7%
Vajas kifli 45 gr.			100g termékre	1202.0 kJ	287 kcal	2671.1%
	2.13g	0.93g	56.89g	2.44g	2.47g	8.36g
	4.7%	2.1%	126.4%	5.4%	5.5%	18.6%
Tejes kifli 44 gr			100g termékre	1240.2 kJ	296 kcal	2818.6%
	2.23g	0.98g	58.30g	2.59g	2.73g	8.89g
	5.1%	2.2%	132.5%	5.9%	6.2%	20.2%
Korpás kenyér 0,50 kg			100g termékre	1163.9 kJ	278 kcal	232.8%
	2.97g	1.33g	51.44g	1.57g	5.35g	8.01g
	0.6%	0.3%	10.3%	0.3%	1.1%	1.6%
Korpás zsemle			100g termékre	1216.6 kJ	290 kcal	1644.1%
	3.32g	1.55g	54.19g	1.70g	7.61g	9.24g
	4.5%	2.1%	73.2%	2.3%	10.3%	12.5%
Korpás kifli			100g termékre	1216.6 kJ	290 kcal	1644.1%
	3.32g	1.55g	54.19g	1.70g	7.61g	9.24g
	4.5%	2.1%	73.2%	2.3%	10.3%	12.5%
MINI HAGYMAS MAGV BAGETT 125gr			100g termékre	1292.4 kJ	308 kcal	1033.9%
	5.23g	2.03g	54.47g	2.84g	3.36g	9.16g
	4.2%	1.6%	43.6%	2.3%	2.7%	7.3%

Termékek tápérték listája
100g termékre vonatkozóan.

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Megnevezés	Tömege				Energia		
	Zsír	Telt.zsír.	Szénhidrát	Dukrok	Rost	Fehérje	Só
MINI HAGYMAS BAGETT 125 gr.	100g termékre				1213.0 kJ	289 kcal	970.4%
	3.95g	1.87g	53.62g	2.79g	2.79g	8.27g	0.88g
	3.2%	1.5%	42.9%	2.2%	2.2%	6.6%	0.7%
Kakaós csiga 80 g	100g termékre				1968.8 kJ	470 kcal	2461.0%
	21.58g	10.10g	61.81g	16.99g	3.66g	6.95g	1.11g
	27.0%	12.6%	77.3%	21.2%	4.6%	8.7%	1.4%
Lekváros bukta 100 gr.	100g termékre				1110.1 kJ	265 kcal	1110.1%
	5.10g	2.10g	46.41g	6.58g	1.80g	7.38g	0.63g
	5.1%	2.1%	46.4%	6.6%	1.8%	7.4%	0.6%
Vajas pogácsa 80 g	100g termékre				1810.3 kJ	432 kcal	2262.9%
	19.61g	7.98g	54.18g	0.91g	2.41g	8.82g	2.58g
	24.5%	10.0%	67.7%	1.1%	3.0%	11.0%	3.2%
Fonott kalács 0,25 kg-os	100g termékre				1310.8 kJ	313 kcal	524.3%
	6.22g	2.60g	54.88g	7.76g	2.13g	8.23g	0.68g
	2.5%	1.0%	22.0%	3.1%	0.9%	3.3%	0.3%
Finom fonott kalács 0,50 kg-os	100g termékre				1310.8 kJ	313 kcal	262.2%
	6.22g	2.60g	54.88g	7.76g	2.13g	8.23g	0.68g
	1.2%	0.5%	11.0%	1.6%	0.4%	1.6%	0.1%
Nagy briós 90-100 g	100g termékre				1450.1 kJ	346 kcal	1450.1%
	6.11g	2.56g	64.00g	17.71g	2.09g	7.94g	0.66g
	6.1%	2.6%	64.0%	17.7%	2.1%	7.9%	0.7%
Túrós rétes 70 gr.	100g termékre				2087.6 kJ	498 kcal	2982.3%
	18.81g	8.70g	72.20g	31.49g	2.01g	12.01g	0.84g
	26.9%	12.4%	103.1%	45.0%	2.9%	17.2%	1.2%
ALMAS RÉTES 80 gr.	100g termékre				1324.6 kJ	316 kcal	1655.8%
	15.20g	7.40g	40.67g	15.93g	1.64g	3.95g	0.54g
	19.0%	9.3%	50.8%	19.9%	2.1%	4.9%	0.7%
MEGGYES RÉTES 80 gr.	100g termékre				1428.9 kJ	341 kcal	1786.1%
	15.19g	7.40g	46.56g	15.88g	1.34g	4.06g	0.54g
	19.0%	9.3%	58.2%	19.9%	1.7%	5.1%	0.7%
MAKOS RÉTES 80 gr.	100g termékre				2385.6 kJ	569 kcal	2982.0%
	27.64g	8.60g	72.94g	40.30g	5.28g	9.76g	0.54g
	34.6%	10.8%	91.2%	50.4%	6.6%	12.2%	0.7%
Kukoricás csavart rúd 60-75 g	100g termékre				1752.3 kJ	418 kcal	2336.4%
	24.00g	10.93g	43.41g	4.19g	2.65g	6.72g	1.19g
	32.0%	14.6%	57.9%	5.6%	3.5%	9.0%	1.6%
Sajtos croissant 80 g	100g termékre				2186.9 kJ	522 kcal	2733.6%
	29.25g	15.69g	48.43g	4.06g	2.00g	15.89g	1.86g
	36.6%	19.6%	60.5%	5.1%	2.5%	19.9%	2.3%

Termékek tápérték listája
100g termékre vonatkozóan.

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Megnevezés	Tömege				Energia		Só
	Zsír	Telt.zsír	Szénhidrát	Cukrok	Rost	Fehérje	
Van.pudingos croissant 80 g	100g termékre				1908.9 kJ	456 kcal	2386.1%
	21.00g	10.31g	59.61g	11.75g	2.00g	6.26g	1.23g
	26.3%	12.9%	74.5%	14.7%	2.5%	7.8%	1.5%
Kakaópudingos croissant 80 g	100g termékre				2066.0 kJ	493 kcal	2582.5%
	23.45g	12.34g	63.08g	14.98g	2.84g	6.73g	1.23g
	29.3%	15.4%	78.9%	18.7%	3.6%	8.4%	1.5%
Dejós búrkifli 80 g	100g termékre				2297.8 kJ	548 kcal	2672.3%
	26.41g	10.79g	54.80g	9.59g	2.75g	13.30g	2.74g
	33.0%	13.5%	68.5%	12.0%	3.4%	16.6%	3.4%
Mákos búrkifli 80 g	100g termékre				2241.5 kJ	535 kcal	2801.9%
	25.81g	10.56g	67.61g	19.50g	3.66g	8.70g	1.11g
	32.3%	13.2%	84.5%	24.4%	4.6%	10.9%	1.4%
Túrós táska 80 g	100g termékre				1999.9 kJ	477 kcal	2499.9%
	21.13g	10.15g	63.26g	15.01g	2.13g	8.88g	1.17g
	26.4%	12.7%	79.1%	18.8%	2.7%	11.1%	1.5%
Szerelmes levél 80 g	100g termékre				2097.5 kJ	501 kcal	2621.9%
	20.69g	10.06g	71.86g	10.40g	2.99g	6.38g	1.11g
	25.9%	12.6%	89.8%	13.0%	3.7%	8.0%	1.4%
Sós percc 30 gr.	100g termékre				2587.3 kJ	617 kcal	8624.3%
	9.63g	4.07g	113.33g	12.57g	4.57g	16.80g	20.40g
	32.1%	13.6%	377.8%	41.9%	15.2%	56.0%	68.0%
TEPERTŐS POGACSA 50G	100g termékre				2021.0 kJ	482 kcal	4042.0%
	28.72g	8.46g	44.18g	0.22g	2.24g	11.04g	2.06g
	57.4%	16.9%	88.4%	0.4%	4.5%	22.1%	4.1%
Pizzás csavart rúd 60-75 g	100g termékre				2049.6 kJ	489 kcal	2732.8%
	25.72g	12.83g	53.24g	5.23g	2.43g	10.55g	1.65g
	34.3%	17.1%	71.0%	7.0%	3.2%	14.1%	2.2%
EGYENES KIFLI, MAGVAS 55 gr.	100g termékre				1353.6 kJ	323 kcal	2461.1%
	7.60g	1.51g	50.51g	2.31g	4.76g	11.15g	0.73g
	13.8%	2.7%	91.8%	4.2%	8.7%	20.3%	1.3%
EGYENES KIFLI,SAJTOS 55 gr.	100g termékre				1229.6 kJ	293 kcal	2235.6%
	5.96g	3.51g	46.73g	2.16g	2.18g	11.84g	1.09g
	10.8%	6.4%	85.0%	3.9%	4.0%	21.5%	2.0%
EGYENES KIFLI SIMA 55 gr.	100g termékre				992.2 kJ	237 kcal	1804.0%
	1.78g	0.78g	46.64g	2.07g	2.18g	7.11g	0.73g
	3.2%	1.4%	84.8%	3.8%	4.0%	12.9%	1.3%
IZVARAZS 2 ÍZŰ 80 gr.	100g termékre				1413.1 kJ	337 kcal	1766.4%
	5.31g	2.23g	64.03g	13.88g	2.55g	7.15g	0.64g
	6.6%	2.8%	80.0%	17.4%	3.2%	8.9%	0.8%

Termékek tápérték listája
100g termékre vonatkozóan.

Lista kelte.: 2016.12.05.

Megnevezés	Tönege				Energia		
	Zsír	Telt.zsír	Szénhidrát	Cukrok	Rost	Fehérje	Só
Hamburger zsemle			100g termékre	1487.7 kJ		355 kcal	1416.9%
	11.06g	2.45g	52.12g	7.18g	2.55g	10.56g	0.61g
	10.5%	2.3%	49.6%	6.8%	2.4%	10.1%	0.6%
HAGYMAS MAGVAS BAGETT 250 gr.			100g termékre	1292.2 kJ		308 kcal	516.9%
	5.23g	2.03g	54.47g	2.84g	3.36g	9.16g	0.88g
	2.1%	0.8%	21.8%	1.1%	1.3%	3.7%	0.4%
Csokis csiga 100 gr			100g termékre	1984.9 kJ		474 kcal	1984.9%
	22.68g	12.79g	60.56g	21.32g	3.11g	6.84g	0.80g
	22.7%	12.8%	60.6%	21.3%	3.1%	6.8%	0.8%
MAGVAS KENYÉR 0,50 KG			100g termékre	1116.7 kJ		267 kcal	223.3%
	1.67g	0.47g	57.47g	0.28g	2.58g	9.31g	1.74g
	0.3%	0.1%	11.5%	0.1%	0.5%	1.9%	0.3%
GRAHAM ZSEMLE			100g termékre	1095.4 kJ		261 kcal	1956.1%
	2.93g	1.84g	44.29g	0.29g	23.25g	13.05g	2.07g
	5.2%	3.3%	79.1%	0.5%	41.5%	23.3%	3.7%
Parasztkenyér 0,9 kg			100g termékre	1123.4 kJ		268 kcal	124.8%
	0.82g	0.39g	53.73g	0.22g	2.69g	7.68g	1.45g
	0.1%	0.0%	6.0%	0.0%	0.3%	0.9%	0.2%
ROZSOS KENYÉR 0,50 KG			100g termékre	1173.6 kJ		280 kcal	234.7%
	1.96g	0.37g	53.80g	0.33g	2.76g	7.95g	1.45g
	0.4%	0.1%	10.8%	0.1%	0.6%	1.6%	0.3%
SOKMAGVAS GRAHAM ZSEMLE 80 GR			100g termékre	1015.3 kJ		242 kcal	1269.1%
	6.05g	1.79g	33.66g	0.36g	18.05g	11.91g	1.45g
	7.6%	2.2%	42.1%	0.5%	22.6%	14.9%	1.8%
Virslis croissant			100g termékre	1667.9 kJ		398 kcal	1588.5%
	23.07g	9.24g	37.97g	3.10g	1.67g	9.42g	1.48g
	22.0%	8.8%	36.2%	3.0%	1.6%	9.0%	1.4%
Pizza			100g termékre	1921.9 kJ		459 kcal	2745.6%
	7.77g	3.86g	77.33g	4.57g	3.74g	17.57g	1.96g
	11.1%	5.5%	110.5%	6.5%	5.3%	25.1%	2.8%
Hajdinás sajtos bagett			100g termékre	1322.1 kJ		316 kcal	1322.1%
	4.21g	2.07g	53.30g	1.18g	3.76g	13.77g	2.01g
	4.2%	2.1%	53.3%	1.2%	3.8%	13.8%	2.0%
Hajdinás kifli			100g termékre	1074.3 kJ		256 kcal	1790.5%
	2.95g	0.63g	45.73g	0.82g	3.63g	9.70g	0.53g
	4.9%	1.1%	76.2%	1.4%	6.1%	16.2%	0.9%
Túrós rúd 100 gr			100g termékre	2188.6 kJ		522 kcal	2188.6%
	25.65g	15.42g	64.64g	22.71g	3.26g	8.54g	0.83g
	25.7%	15.4%	64.6%	22.7%	3.3%	8.5%	0.8%

Termékek tápérték táblája
100g termékre vonatkozóan.

Lista kelte.: 2016.12.05.

Megnevezés	Tömege				Energia		
	Zsír	Telt.zsír	Szénhidrát	Dukrok	Rost	Fehérje	Só
Kulmbacher kenyér 0,5 kg	100g termékre				1211.8 kJ	289 kcal	242.4%
	6.19g	1.58g	41.36g	1.92g	2.03g	12.20g	3.42g
	1.2%	0.3%	8.3%	0.4%	0.4%	2.4%	0.7%
Félbarna kenyér 0,75 kg	100g termékre				1124.5 kJ	268 kcal	149.9%
	1.56g	0.06g	52.17g	0.16g	7.19g	8.95g	1.42g
	0.2%	0.0%	7.0%	0.0%	1.0%	1.2%	0.2%
Amerikai Hot Dog 100gr	100g termékre				1563.6 kJ	373 kcal	1563.6%
	13.33g	4.68g	50.27g	7.14g	2.72g	12.09g	1.32g
	13.3%	4.7%	50.3%	7.1%	2.7%	12.1%	1.3%
Vaníliás-Meggyes párna 100gr	100g termékre				1000.6 kJ	239 kcal	1000.6%
	4.22g	1.78g	43.42g	9.84g	1.65g	5.70g	0.51g
	4.2%	1.8%	43.4%	9.8%	1.7%	5.7%	0.5%
Teljes kiörl. gab. k. 0,5 kg	100g termékre				1112.2 kJ	265 kcal	222.4%
	1.29g	0.47g	50.16g	0.22g	5.36g	8.14g	1.45g
	0.3%	0.1%	10.0%	0.0%	1.1%	1.6%	0.3%
Vágott zsemle	100g termékre				1122.3 kJ	268 kcal	2004.1%
	0.86g	0.41g	54.96g	0.68g	2.88g	8.14g	1.11g
	1.5%	0.7%	98.1%	1.2%	5.1%	14.5%	2.0%
Sajttal szórt f. rúd 100 g	100g termékre				1411.3 kJ	337 kcal	1411.3%
	19.04g	8.82g	31.68g	3.25g	1.47g	9.41g	1.13g
	19.0%	8.8%	31.7%	3.3%	1.5%	9.4%	1.1%
Hagymás kifli	100g termékre				1163.0 kJ	278 kcal	2528.3%
	2.89g	1.43g	53.28g	0.74g	2.93g	7.87g	0.76g
	6.3%	3.1%	115.8%	1.6%	6.4%	17.1%	1.7%
KORNSPITZ KIFLI 70 gr.	100g termékre				757.7 kJ	181 kcal	1082.4%
	1.31g	0.36g	40.44g	0.57g	1.91g	7.00g	0.89g
	1.9%	0.5%	57.8%	0.8%	2.7%	10.0%	1.3%
Teljes kiörlésű zsemle	100g termékre				1119.3 kJ	267 kcal	1998.8%
	1.50g	0.54g	50.77g	0.68g	6.54g	8.88g	1.11g
	2.7%	1.0%	90.7%	1.2%	11.7%	15.9%	2.0%
Teljes kiörlésű kifli	100g termékre				1183.0 kJ	282 kcal	2571.7%
	2.76g	1.04g	51.61g	2.48g	6.22g	9.20g	0.87g
	6.0%	2.3%	112.2%	5.4%	13.5%	20.0%	1.9%
Kakaós túrós tekeracs 80 g	100g termékre				1349.0 kJ	322 kcal	1686.3%
	5.70g	2.23g	57.49g	16.30g	2.23g	9.93g	0.61g
	7.1%	2.8%	71.9%	20.4%	2.8%	12.4%	0.8%
Shape kenyér 250 g	100g termékre				692.7 kJ	165 kcal	277.1%
	6.66g	0.86g	8.55g	0.94g	12.88g	13.03g	1.06g
	2.7%	0.3%	3.4%	0.4%	5.2%	5.2%	0.4%

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100g termékre vonatkozóan.

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Magnevezés	Tömege				Energia		Só
	Zsír	Telt.zsír.	Szénhidrát	Cukrok	Rost	Fehérje	
Fahéjas-meggyes csiga			100g termékre	1965.9 kJ	469 kcal	2457.4%	
20.70g	10.09g	63.66g	18.79g	2.36g	6.68g	1.11g	
25.9%	12.6%	79.6%	23.5%	3.0%	8.4%	1.4%	
Fehér kenyér 0,9 kg			100g termékre	1250.0 kJ	298 kcal	138.9%	
0.91g	0.43g	59.79g	0.24g	3.00g	8.54g	1.62g	
0.1%	0.0%	6.6%	0.0%	0.3%	0.9%	0.2%	

VEGSE

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