

Adventkalender „Dr. Oetker“

Zutaten und Nährwerte je 100g

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|--|-----------------|------|-------------------|-----|-----------|-----|----------------------------|-----|--------------------|----|-------------------|----|-------------|-----|-----------|------|---|-----------------|------|-------------------|-----|-----------|-----|----------------------------|-----|---|-----------------|-------------------|-------------------|-------------|-----------|-----------|----------------------------|--|--------------------|------|-------------------|-----|-------------|------|----------------------------|------|--------------------|----|-------------------|----|-------------|-----|-----------|------|
| <p>Dr. Oetker Kuchen Glasur Vollmilch-Geschmack, 1x200g Zutaten: pflanzliche Fette (Palm, Shea), Zucker, 10% MAGERMILCHPULVER, 5,5% fettarmer Kakao, SAHNEPULVER, Emulgator (Sonnenblumenlecithine).</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>2552</td></tr> <tr><td>Brennwert in kcal</td><td>614</td></tr> <tr><td>Fett in g</td><td>46</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>28</td></tr> <tr><td>Kohlenhydrate in g</td><td>44</td></tr> <tr><td>davon Zucker in g</td><td>41</td></tr> <tr><td>Eiweiß in g</td><td>5,6</td></tr> <tr><td>Salz in g</td><td>0,27</td></tr> </table> | Brennwert in kJ | 2552 | Brennwert in kcal | 614 | Fett in g | 46 | davon ges. Fettsäuren in g | 28 | Kohlenhydrate in g | 44 | davon Zucker in g | 41 | Eiweiß in g | 5,6 | Salz in g | 0,27 | <p>Dr. Oetker Natron Dose, 1x115g Zutaten: Backtriebmittel (Natriumhydrogencarbonat (E 500)).</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>2956</td></tr> <tr><td>Brennwert in kcal</td><td>719</td></tr> <tr><td>Fett in g</td><td>80</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>5,3</td></tr> </table> | Brennwert in kJ | 2956 | Brennwert in kcal | 719 | Fett in g | 80 | davon ges. Fettsäuren in g | 5,3 | <p>Dr. Oetker Bourbon Vanille Zucker Dose, 1x100g Zutaten: Zucker, extrahierte Bourbon Vanilleschoten (gemahlen), natürliches Bourbon-Vanille Aroma.</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>1684</td></tr> <tr><td>Brennwert in kcal</td><td>397</td></tr> <tr><td>Fett in g</td><td>0,5</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>0,2</td></tr> <tr><td>Kohlenhydrate in g</td><td>97</td></tr> <tr><td>davon Zucker in g</td><td>97</td></tr> <tr><td>Eiweiß in g</td><td>0,3</td></tr> <tr><td>Salz in g</td><td>0,08</td></tr> </table> | Brennwert in kJ | 1684 | Brennwert in kcal | 397 | Fett in g | 0,5 | davon ges. Fettsäuren in g | 0,2 | Kohlenhydrate in g | 97 | davon Zucker in g | 97 | Eiweiß in g | 0,3 | Salz in g | 0,08 | | | | | | | | |
| Brennwert in kJ | 2552 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 614 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 46 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 28 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 41 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 5,6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,27 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kJ | 2956 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 719 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 5,3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kJ | 1684 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 397 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 0,5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 0,2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 97 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 97 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 0,3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,08 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Dr. Oetker Zuckerschrift Schokoladengeschmack, 3x25g Zutaten: Zucker, Wasser, pflanzliche Öle (Palm, Raps), Glukosesirup, 5,0% fettarmes Kakaopulver, modifizierte Stärke (Mais, Tapioka), Emulgatoren (Sonnenblumenlecithine, E 435), natürliches Aroma (enthält MILCH), Säureregulator (Citronensäure), Konservierungsstoff (Kaliumsorbat), Verdickungsmittel (Pektine), Farbstoff (Carotin).</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>1588</td></tr> <tr><td>Brennwert in kcal</td><td>376</td></tr> <tr><td>Fett in g</td><td>8,1</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>3,2</td></tr> <tr><td>Kohlenhydrate in g</td><td>73</td></tr> <tr><td>davon Zucker in g</td><td>70</td></tr> <tr><td>Eiweiß in g</td><td>1,2</td></tr> <tr><td>Salz in g</td><td>0,01</td></tr> </table> | Brennwert in kJ | 1588 | Brennwert in kcal | 376 | Fett in g | 8,1 | davon ges. Fettsäuren in g | 3,2 | Kohlenhydrate in g | 73 | davon Zucker in g | 70 | Eiweiß in g | 1,2 | Salz in g | 0,01 | <p>Dr. Oetker Natürlich Orangenextrakt in Öl, 1x35g Zutaten: Rapsöl, 20% Orangenextrakt.</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>2956</td></tr> <tr><td>Brennwert in kcal</td><td>719</td></tr> <tr><td>Fett in g</td><td>80</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>5,3</td></tr> </table> | Brennwert in kJ | 2956 | Brennwert in kcal | 719 | Fett in g | 80 | davon ges. Fettsäuren in g | 5,3 | <p>Dr. Oetker Bunte Streusel Nonpareilles, 1x30g Zutaten: Zucker, WEIZENSTÄRKE, Glukosesirup, färbende Lebensmittel (Konzentrate aus (Rettich, Zitrone, schwarze Johannisbeeren, Saflor, Süßkartoffeln)), pflanzliches Öl (Kokosnuss), Farbstoffe (E 131, E 100).</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>1684</td></tr> <tr><td>Brennwert in kcal</td><td>396</td></tr> <tr><td>Fett in g</td><td>0,2</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>0,2</td></tr> <tr><td>Kohlenhydrate in g</td><td>99</td></tr> <tr><td>davon Zucker in g</td><td>74</td></tr> <tr><td>Eiweiß in g</td><td>0,10</td></tr> <tr><td>Salz in g</td><td>0,00</td></tr> </table> | Brennwert in kJ | 1684 | Brennwert in kcal | 396 | Fett in g | 0,2 | davon ges. Fettsäuren in g | 0,2 | Kohlenhydrate in g | 99 | davon Zucker in g | 74 | Eiweiß in g | 0,10 | Salz in g | 0,00 | | | | | | | | |
| Brennwert in kJ | 1588 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 376 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 8,1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 3,2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 73 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 70 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 1,2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kJ | 2956 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 719 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 5,3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kJ | 1684 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 396 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 0,2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 0,2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 99 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 74 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 0,10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Dr. Oetker Bunte Streusel Dekor Sterne, 1x30g Zutaten: Zucker, Reismehl, Kakaobutter, Verdickungsmittel (Traganth), Farbstoff (E 160a), Aroma</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>1795</td></tr> <tr><td>Brennwert in kcal</td><td>424</td></tr> <tr><td>Fett in g</td><td>5,3</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>3,2</td></tr> <tr><td>Kohlenhydrate in g</td><td>93</td></tr> <tr><td>davon Zucker in g</td><td>86</td></tr> <tr><td>Eiweiß in g</td><td>0,6</td></tr> <tr><td>Salz in g</td><td>0,01</td></tr> </table> | Brennwert in kJ | 1795 | Brennwert in kcal | 424 | Fett in g | 5,3 | davon ges. Fettsäuren in g | 3,2 | Kohlenhydrate in g | 93 | davon Zucker in g | 86 | Eiweiß in g | 0,6 | Salz in g | 0,01 | <p>Dr. Oetker Kuchen Glasur Weiß Vanille-Geschmack, 1x200g Zutaten: Zucker, pflanzliche Fette (Palm, Shea), MAGERMILCHPULVER, Kakaobutter, Emulgator Sonnenblumenlecithine, Aroma.</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>2550</td></tr> <tr><td>Brennwert in kcal</td><td>615</td></tr> <tr><td>Fett in g</td><td>44</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>27</td></tr> <tr><td>Kohlenhydrate in g</td><td>53</td></tr> <tr><td>davon Zucker in g</td><td>53</td></tr> <tr><td>Eiweiß in g</td><td>2,9</td></tr> <tr><td>Salz in g</td><td>0,10</td></tr> </table> | Brennwert in kJ | 2550 | Brennwert in kcal | 615 | Fett in g | 44 | davon ges. Fettsäuren in g | 27 | Kohlenhydrate in g | 53 | davon Zucker in g | 53 | Eiweiß in g | 2,9 | Salz in g | 0,10 | <p>Dr. Oetker Lübecker Marzipan Rohmasse, 1x200g Zutaten: 53% MANDELN, Zucker, Wasser, Invertzuckersirup, Alkohol.</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>1983</td></tr> <tr><td>Brennwert in kcal</td><td>476</td></tr> <tr><td>Fett in g</td><td>29</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>2,6</td></tr> <tr><td>Kohlenhydrate in g</td><td>37</td></tr> <tr><td>davon Zucker in g</td><td>37</td></tr> <tr><td>Eiweiß in g</td><td>12</td></tr> <tr><td>Salz in g</td><td>0,00</td></tr> </table> | Brennwert in kJ | 1983 | Brennwert in kcal | 476 | Fett in g | 29 | davon ges. Fettsäuren in g | 2,6 | Kohlenhydrate in g | 37 | davon Zucker in g | 37 | Eiweiß in g | 12 | Salz in g | 0,00 |
| Brennwert in kJ | 1795 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 424 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 5,3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 3,2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 93 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 86 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 0,6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kJ | 2550 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 615 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 27 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 53 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 53 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 2,9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kJ | 1983 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 476 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 29 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 2,6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 37 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 37 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Dr. Oetker Gingerbread Dekoration, 1x76g Zutaten: Zucker, Kakaobutter, modifizierte Stärke (Mais), MÖLKENPULVER, Stärke (Kartoffel, Mais, Reis), fettarmes Kakaopulver, färbende Lebensmittel (Konzentrate aus (Süßkartoffeln, Rettich, Saflor, Zitrone)), Farbstoffe (E 172, E 141, E 100, E 162), Überzugsmittel (E 414, E 903, E 901, E 904), Kokosöl, Reismehl, VOLLMILCHPULVER, Emulgator (Sonnenblumenlecithine), Glukosesirup, natürliches Aroma, Trennmittel (Talkum).</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>1780</td></tr> <tr><td>Brennwert in kcal</td><td>421</td></tr> <tr><td>Fett in g</td><td>6,1</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>4,0</td></tr> <tr><td>Kohlenhydrate in g</td><td>90</td></tr> <tr><td>davon Zucker in g</td><td>84</td></tr> <tr><td>Eiweiß in g</td><td>1,0</td></tr> <tr><td>Salz in g</td><td>0,06</td></tr> </table> | Brennwert in kJ | 1780 | Brennwert in kcal | 421 | Fett in g | 6,1 | davon ges. Fettsäuren in g | 4,0 | Kohlenhydrate in g | 90 | davon Zucker in g | 84 | Eiweiß in g | 1,0 | Salz in g | 0,06 | <p>Dr. Oetker Streudekor Christmas Party, 1x110g Zutaten: Zucker, Dextrose, Reismehl, modifizierte Stärke (Mais), Kakaobutter, färbende Lebensmittel (Konzentrate aus (Süßkartoffeln, Rettich, Saflor, Zitrone, Schwarze Johannisbeeren)), Glukosesirup, pflanzliche Öle (Kokos, Raps), Verdickungsmittel (Traganth), Farbstoffe (E 101, E 133, E 141, E 172), Überzugsmittel (Schellack), Trennmittel (Talkum), Säuerungsmittel (Citronensäure), Aroma, Salz.</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>1708</td></tr> <tr><td>Brennwert in kcal</td><td>402</td></tr> <tr><td>Fett in g</td><td>2,4</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>1,6</td></tr> <tr><td>Kohlenhydrate in g</td><td>95</td></tr> <tr><td>davon Zucker in g</td><td>88</td></tr> <tr><td>Eiweiß in g</td><td>0,3</td></tr> <tr><td>Salz in g</td><td>0,03</td></tr> </table> | Brennwert in kJ | 1708 | Brennwert in kcal | 402 | Fett in g | 2,4 | davon ges. Fettsäuren in g | 1,6 | Kohlenhydrate in g | 95 | davon Zucker in g | 88 | Eiweiß in g | 0,3 | Salz in g | 0,03 | <p>Dr. Oetker Kuvertüre Fix Zartbitter, 1x150g Zutaten: Kakaomasse, Zucker, Kakaobutter, MAGERMILCHPULVER, Emulgator (E 442).</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>2310</td></tr> <tr><td>Brennwert in kcal</td><td>555</td></tr> <tr><td>Fett in g</td><td>37</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>22</td></tr> <tr><td>Kohlenhydrate in g</td><td>45</td></tr> <tr><td>davon Zucker in g</td><td>40</td></tr> <tr><td>Eiweiß in g</td><td>7,1</td></tr> <tr><td>Salz in g</td><td>0,05</td></tr> </table> | Brennwert in kJ | 2310 | Brennwert in kcal | 555 | Fett in g | 37 | davon ges. Fettsäuren in g | 22 | Kohlenhydrate in g | 45 | davon Zucker in g | 40 | Eiweiß in g | 7,1 | Salz in g | 0,05 |
| Brennwert in kJ | 1780 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 421 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 6,1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 4,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 90 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 84 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 1,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,06 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kJ | 1708 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 402 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 2,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 1,6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 95 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 0,3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kJ | 2310 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 555 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 37 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 7,1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Adventkalender „Dr. Oetker“

Zutaten und Nährwerte je 100g

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|--|-----------------|------|-------------------|-----|-----------|-----|----------------------------|-----|--------------------|----|-------------------|-----|-------------|-----|-----------|------|---|---|-----------------|-------------------|-------------------|-----------|-----------|----------------------------|----------------------------|--------------------|--------------------|-------------------|-------------------|-------------|-------------|-----------|-----------|--|-----------------|------|-------------------|-----|-----------|-----|----------------------------|-----|--------------------|----|-------------------|-----|-------------|-----|-----------|------|
| <p>Oetker Pistazien gehackt, 1x25g Zutaten: gehackte PISTAZIEN.</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>2543</td></tr> <tr><td>Brennwert in kcal</td><td>615</td></tr> <tr><td>Fett in g</td><td>52</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>7</td></tr> <tr><td>Kohlenhydrate in g</td><td>12</td></tr> <tr><td>davon Zucker in g</td><td>7</td></tr> <tr><td>Eiweiß in g</td><td>21</td></tr> <tr><td>Salz in g</td><td>0,02</td></tr> </table> | Brennwert in kJ | 2543 | Brennwert in kcal | 615 | Fett in g | 52 | davon ges. Fettsäuren in g | 7 | Kohlenhydrate in g | 12 | davon Zucker in g | 7 | Eiweiß in g | 21 | Salz in g | 0,02 | <p>Dr. Oetker Nuss Nougat, 200g Zutaten: Zucker, 30% HASELNÜSSE, Kakao-masse, MAGERMILCHPULVER, Kakaobutter, Emulgator (Sonnenblumenleci-thine).</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>2216</td></tr> <tr><td>Brennwert in kcal</td><td>531</td></tr> <tr><td>Fett in g</td><td>30</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>7,7</td></tr> <tr><td>Kohlenhydrate in g</td><td>55</td></tr> <tr><td>davon Zucker in g</td><td>52</td></tr> <tr><td>Eiweiß in g</td><td>7,4</td></tr> <tr><td>Salz in g</td><td>0,09</td></tr> </table> | Brennwert in kJ | 2216 | Brennwert in kcal | 531 | Fett in g | 30 | davon ges. Fettsäuren in g | 7,7 | Kohlenhydrate in g | 55 | davon Zucker in g | 52 | Eiweiß in g | 7,4 | Salz in g | 0,09 | <p>Dr. Oetker Original Pudding Vanille-Geschmack, 3x37g Zutaten: Maisstärke, Salz, Aroma, Farbstoff (Carotin).</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>1473</td></tr> <tr><td>Brennwert in kcal</td><td>347</td></tr> <tr><td>Fett in g</td><td>0,2</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>0,1</td></tr> <tr><td>Kohlenhydrate in g</td><td>85</td></tr> <tr><td>davon Zucker in g</td><td>0,1</td></tr> <tr><td>Eiweiß in g</td><td>0,4</td></tr> <tr><td>Salz in g</td><td>1,1</td></tr> </table> | Brennwert in kJ | 1473 | Brennwert in kcal | 347 | Fett in g | 0,2 | davon ges. Fettsäuren in g | 0,1 | Kohlenhydrate in g | 85 | davon Zucker in g | 0,1 | Eiweiß in g | 0,4 | Salz in g | 1,1 |
| Brennwert in kJ | 2543 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 615 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 52 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 21 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kJ | 2216 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 531 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 7,7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 55 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 52 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 7,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,09 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kJ | 1473 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 347 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 0,2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 0,1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 85 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 0,1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 0,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 1,1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Dr. Oetker Feine Mokkabohnen, 1x75 g Zutaten: Kakaomasse, Zucker, 1,7% Kaffeepulver, Überzugsmittel (Gummi arabicum, Schellack), Kakaobutter, Emulgator (E 442).</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>2097</td></tr> <tr><td>Brennwert in kcal</td><td>503</td></tr> <tr><td>Fett in g</td><td>28</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>17</td></tr> <tr><td>Kohlenhydrate in g</td><td>51</td></tr> <tr><td>davon Zucker in g</td><td>48</td></tr> <tr><td>Eiweiß in g</td><td>5,9</td></tr> <tr><td>Salz in g</td><td>0,03</td></tr> </table> | Brennwert in kJ | 2097 | Brennwert in kcal | 503 | Fett in g | 28 | davon ges. Fettsäuren in g | 17 | Kohlenhydrate in g | 51 | davon Zucker in g | 48 | Eiweiß in g | 5,9 | Salz in g | 0,03 | <p>Dr.Oetker Ausstecher "Schneekugel"</p> <p>Dr.Oetker Muffinförmchen Gold, 60 Stück</p> <p>Dr. Oetker Wintertülle "Stern" + Einwegspritzebeutel</p> <p>Dr. Oetker Messbecher, 3cl</p> <p>Dr. Oetker Baumwolltasche</p> | <p>Dr. Oetker Ruby Couverture Drops, 1x100g Zutaten: Zucker, Kakaobutter, VOLLMILCHPULVER, Ruby-Kakaomasse, Emulgator (SOJALECITHINE), Säureregulator (Citronensäure), natürliches Vanille Aroma.</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>2369</td></tr> <tr><td>Brennwert in kcal</td><td>566</td></tr> <tr><td>Fett in g</td><td>36</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>22</td></tr> <tr><td>Kohlenhydrate in g</td><td>53</td></tr> <tr><td>davon Zucker in g</td><td>52</td></tr> <tr><td>Eiweiß in g</td><td>6,1</td></tr> <tr><td>Salz in g</td><td>0,22</td></tr> </table> | Brennwert in kJ | 2369 | Brennwert in kcal | 566 | Fett in g | 36 | davon ges. Fettsäuren in g | 22 | Kohlenhydrate in g | 53 | davon Zucker in g | 52 | Eiweiß in g | 6,1 | Salz in g | 0,22 | | | | | | | | | | | | | | | | |
| Brennwert in kJ | 2097 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 503 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 28 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 17 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 51 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 5,9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kJ | 2369 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 566 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 53 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 52 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 6,1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Dr. Oetker Sauerteig getrocknet. 1x30g Zutaten: 67% getrockneter WEIZENSAUERTEIG (WEIZENMALZ, WEIZENMEHL, Starterkultur), WEIZENMALZMEHL, 16% Trockenbackhefe, Emulgator (Sorbitanmonostearat).</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>1328</td></tr> <tr><td>Brennwert in kcal</td><td>314</td></tr> <tr><td>Fett in g</td><td>2,1</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>0,5</td></tr> <tr><td>Kohlenhydrate in g</td><td>51</td></tr> <tr><td>davon Zucker in g</td><td>3,8</td></tr> <tr><td>Eiweiß in g</td><td>18</td></tr> <tr><td>Salz in g</td><td>0,09</td></tr> </table> | Brennwert in kJ | 1328 | Brennwert in kcal | 314 | Fett in g | 2,1 | davon ges. Fettsäuren in g | 0,5 | Kohlenhydrate in g | 51 | davon Zucker in g | 3,8 | Eiweiß in g | 18 | Salz in g | 0,09 | <p>Dr. Oetker Bourbon Vanille Extrakt, 1x35ml Zutaten: Invertzuckersirup, Glukosesirup, Wasser, Bourbon-Vanille-Extrakt.</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>1215</td></tr> <tr><td>Brennwert in kcal</td><td>286</td></tr> <tr><td>Fett in g</td><td>0,1</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>0,0</td></tr> <tr><td>Kohlenhydrate in g</td><td>71</td></tr> <tr><td>davon Zucker in g</td><td>53</td></tr> <tr><td>Eiweiß in g</td><td>0,0</td></tr> <tr><td>Salz in g</td><td>0,03</td></tr> </table> | Brennwert in kJ | 1215 | Brennwert in kcal | 286 | Fett in g | 0,1 | davon ges. Fettsäuren in g | 0,0 | Kohlenhydrate in g | 71 | davon Zucker in g | 53 | Eiweiß in g | 0,0 | Salz in g | 0,03 | <p>Dr. Oetker High Protein Pudding-Pulver Grieß, 1x65g Zutaten: resistentes Maltodextrin, 23% HARTWEIZENGRIESS, modifizierte Stärke, 7,6% MILCHEIWEISSERZEUGNIS, 6,9% hydrolysiertes Kollagen, Salz, Süßungsmittel (Acesulfam K, Cyclamat, Saccharin), Aroma.</p> <p>Nährwerte pro 100g:</p> <table border="1"> <tr><td>Brennwert in kJ</td><td>384</td></tr> <tr><td>Brennwert in kcal</td><td>92</td></tr> <tr><td>Fett in g</td><td>1,4</td></tr> <tr><td>davon ges. Fettsäuren in g</td><td>0,8</td></tr> <tr><td>Kohlenhydrate in g</td><td>11</td></tr> <tr><td>davon Zucker in g</td><td>4,2</td></tr> <tr><td>Eiweiß in g</td><td>5,5</td></tr> <tr><td>Salz in g</td><td>0,15</td></tr> </table> | Brennwert in kJ | 384 | Brennwert in kcal | 92 | Fett in g | 1,4 | davon ges. Fettsäuren in g | 0,8 | Kohlenhydrate in g | 11 | davon Zucker in g | 4,2 | Eiweiß in g | 5,5 | Salz in g | 0,15 |
| Brennwert in kJ | 1328 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 314 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 2,1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 0,5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 51 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 3,8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,09 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kJ | 1215 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 286 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 0,1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 71 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 53 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kJ | 384 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brennwert in kcal | 92 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fett in g | 1,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon ges. Fettsäuren in g | 0,8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kohlenhydrate in g | 11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| davon Zucker in g | 4,2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eiweiß in g | 5,5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salz in g | 0,15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Kann enthalten: weitere SCHALENFRÜCHTE (NÜSSE), MILCH, EIER, SOJA, ERDNÜSSE, HASELNÜSSE

Nettogewicht: 2.190g

Mindestens haltbar bis: 30.03.2023