

Výživové údaje Starbucks Česká republika

RHP - referenční hodnota přijmu u průměrné dospělé osoby (8 400 kJ/2 000 kcal)

| Výrobek / Product | Průměrná porce (g) / Average weight of portion | Energie (kJ/100 g) / Energy in 100 g [kJ] | Energie na porci (kJ) / Energy per portion [kJ] | Energie [kcal/100 g] / Energy in 100 g [kcal] | Energie na porci (kcal) / Energy per portion [kcal] | RHP na porci [%] / Rf per portion [%] | Tuky [g/100 g] / Fat in 100g | Tuky na porci [g] / Fat content per portion [g] | RHP na porci [%] / Rf per portion [%] | Nasyčené mastné kyseliny [g/100 g] / Saturated fatty acids in 100g | Nasyčené mastné kyseliny na porci [g] / Saturated fatty acids per portion [g] | RHP na porci [%] / Rf per portion [%] | Sacharidy [g/100 g] / Carbohydrate in 100 g | Sacharidy na porci [g] / Carbohydrate per portion [g] | RHP na porci [%] / Rf per portion [%] | Cukry [g/100 g] / Inverted sugars in 100g | Cukry na porci [g] / Inverted sugars per portion [g] | RHP na porci [%] / Rf per portion [%] | Bílkoviny na 100g / Protein in 100 g | Bílkoviny na porci [g] / Protein per portion [g] | RHP na porci [%] / Rf per portion [%] | Sůl [g/100 g] / Salt in 100g | Sůl na porci [g] / Salt per portion [g] | RHP na porci [%] / Rf per portion [%] |
|--------------------------------------|--|---|---|---|---|---------------------------------------|------------------------------|---|---------------------------------------|--|---|---------------------------------------|---|---|---------------------------------------|---|--|---------------------------------------|--------------------------------------|--|---------------------------------------|------------------------------|---|---------------------------------------|
| | | | | | | 2000 | | | 70 | | | 20 | | | 260 | | | 90 | | | 50 | | | 6 |
| Desserts: | | | | | | | | | | | | | | | | | | | | | | | | |
| Muffin double chocolate low calories | 110 | 1681 | 1849 | 402 | 442 | 22% | 22,0 | 24,2 | 35% | 4,3 | 4,7 | 24% | 45,0 | 49,5 | 19% | 28,0 | 30,8 | 34% | 5,5 | 6,1 | 12% | 0,25 | 0,28 | 5% |
| MUFFIN PISTACHIO | 115 | 1638 | 1884 | 391 | 450 | 22% | 19,0 | 21,9 | 31% | 2,3 | 2,6 | 13% | 46,0 | 52,9 | 20% | 22,0 | 25,3 | 28% | 7,4 | 8,5 | 17% | 0,65 | 0,75 | 12% |
| Pancakes/ lívance | 70 | 970 | 679 | 235 | 165 | 8% | 4,8 | 3,4 | 5% | 0,6 | 0,4 | 2% | 41,9 | 29,3 | 11% | 16,4 | 11,5 | 13% | 5,2 | 3,6 | 7% | 0,60 | 0,42 | 7% |
| Skořicová rolka | 120 | 1240 | 1488 | 296 | 355 | 18% | 12,7 | 15,2 | 22% | 7,5 | 9,0 | 45% | 40,0 | 48,0 | 18% | 18,0 | 21,6 | 24% | 5,6 | 6,7 | 13% | 0,33 | 0,40 | 7% |
| BLUEBERRY ROLL | 120 | 1136 | 1363 | 271 | 325 | 16% | 9,4 | 11,3 | 16% | 5,6 | 6,7 | 34% | 48,8 | 58,6 | 23% | 12,5 | 15,0 | 17% | 5,9 | 7,0 | 14% | 0,20 | 0,24 | 4% |
| LEMON LOAF CAKE | 90 | 1862 | 1676 | 446 | 401 | 20% | 25,4 | 22,9 | 33% | 5,4 | 4,9 | 24% | 49,5 | 44,6 | 17% | 26,9 | 24,2 | 27% | 4,7 | 4,2 | 8% | 0,81 | 0,73 | 12% |
| CROISSANT FAT BLEND | 51 | 1826 | 931 | 437 | 223 | 11% | 25,0 | 12,8 | 18% | 13,0 | 6,6 | 33% | 43,0 | 21,9 | 8% | 6,4 | 3,3 | 4% | 8,8 | 4,5 | 9% | 1,10 | 0,56 | 9% |
| Croissant Raspberry VEGAN | 79 | 1576 | 1245 | 376 | 297 | 15% | 16,0 | 12,6 | 18% | 8,3 | 6,6 | 33% | 50,0 | 39,5 | 15% | 18,0 | 14,2 | 16% | 6,7 | 5,3 | 11% | 0,52 | 0,41 | 7% |
| Croissant Pistachio | 73 | 1984 | 1448 | 475 | 347 | 17% | 28,1 | 20,5 | 29% | 11,4 | 8,3 | 41% | 47,3 | 34,5 | 13% | 20,9 | 15,3 | 17% | 7,6 | 5,5 | 11% | 0,85 | 0,62 | 10% |
| Croissant Nocciola | 73 | 1989 | 1452 | 477 | 348 | 17% | 28,7 | 21,0 | 30% | 11,4 | 8,3 | 41% | 45,1 | 32,9 | 13% | 19,2 | 14,0 | 16% | 8,0 | 5,8 | 12% | 0,83 | 0,61 | 10% |
| Mini Croissant White Chocolate | 36 | 1758 | 633 | 421 | 152 | 8% | 24,6 | 8,9 | 13% | 11,2 | 4,0 | 20% | 42,2 | 15,2 | 6% | 21,2 | 7,6 | 8% | 7,1 | 2,6 | 5% | 0,71 | 0,25 | 4% |
| Mini Croissant Apple and Cinnamon | 36 | 1394 | 502 | 332 | 120 | 6% | 13,9 | 5,0 | 7% | 9,0 | 3,3 | 16% | 45,4 | 16,3 | 6% | 23,5 | 8,5 | 9% | 5,8 | 2,1 | 4% | 0,65 | 0,23 | 4% |
| Mini Croissant Milk Hazelnut | 36 | 1752 | 631 | 419 | 151 | 8% | 24,6 | 8,9 | 13% | 11,0 | 4,0 | 20% | 41,5 | 14,9 | 6% | 20,4 | 7,3 | 8% | 7,5 | 2,7 | 5% | 0,70 | 0,25 | 4% |
| Mini Croissant Peach Vanilla | 36 | 1387 | 499 | 330 | 119 | 6% | 13,9 | 5,0 | 7% | 9,0 | 3,3 | 16% | 45,0 | 16,2 | 6% | 23,1 | 8,3 | 9% | 5,9 | 2,1 | 4% | 0,65 | 0,23 | 4% |
| Brownie gluten free new | 70 | 1823 | 1276 | 437 | 306 | 15% | 25,0 | 17,5 | 25% | 14,0 | 9,8 | 49% | 42,0 | 29,4 | 11% | 37,0 | 25,9 | 29% | 8,1 | 5,7 | 11% | 0,60 | 0,42 | 7% |
| Mrkvový dort low calories | 93 | 1536 | 1426 | 369 | 343 | 17% | 25,0 | 23,2 | 33% | 9,2 | 8,5 | 43% | 30,0 | 27,9 | 11% | 20,0 | 18,6 | 21% | 5,0 | 4,6 | 9% | 0,78 | 0,72 | 12% |
| Cheesecake jahodový | 157 | 966 | 1518 | 231 | 363 | 18% | 11,5 | 18,1 | 26% | 5,2 | 8,2 | 41% | 26,7 | 42,0 | 16% | 20,0 | 31,4 | 35% | 4,9 | 7,7 | 15% | 0,36 | 0,57 | 9% |
| NY Cheesecake | 136 | 1140 | 1547 | 273 | 370 | 19% | 15,5 | 21,0 | 30% | 7,0 | 9,5 | 47% | 26,7 | 36,2 | 14% | 19,4 | 26,3 | 29% | 6,5 | 8,8 | 18% | 0,54 | 0,73 | 12% |
| Jablečný koláč VEGAN | 188 | 704 | 1320 | 167 | 313 | 16% | 5,0 | 9,4 | 13% | 2,1 | 3,9 | 20% | 28,1 | 52,7 | 20% | 17,2 | 32,3 | 36% | 1,5 | 2,8 | 6% | 0,10 | 0,19 | 3% |
| Pastel de Nata | 50 | 1130 | 565 | 269 | 135 | 7% | 10,0 | 5,0 | 7% | 6,7 | 3,4 | 17% | 38,0 | 19,0 | 7% | 22,0 | 11,0 | 12% | 5,5 | 2,8 | 6% | 0,57 | 0,29 | 5% |
| Macarons 20g vanilka | 20 | 1868 | 374 | 447 | 89 | 4% | 23,0 | 4,6 | 7% | 7,3 | 1,5 | 7% | 50,0 | 10,0 | 4% | 47,0 | 9,4 | 10% | 8,5 | 1,7 | 3% | 0,14 | 0,03 | 0% |
| Macarons 20g čokoláda | 20 | 1750 | 350 | 418 | 84 | 4% | 20,0 | 4,0 | 6% | 6,9 | 1,4 | 7% | 50,0 | 10,0 | 4% | 47,0 | 9,4 | 10% | 7,8 | 1,6 | 3% | 0,11 | 0,02 | 0% |
| Macarons 20g malina | 20 | 1837 | 367 | 436 | 87 | 4% | 13,5 | 2,7 | 4% | 1,2 | 0,2 | 1% | 70,5 | 14,1 | 5% | 66,4 | 13,3 | 15% | 8,0 | 1,6 | 3% | 0,12 | 0,02 | 0% |
| Macarons 20g pistácie | 20 | 2359 | 472 | 564 | 113 | 6% | 28,0 | 5,6 | 8% | 7,7 | 1,5 | 8% | 65,0 | 13,0 | 5% | 61,0 | 12,2 | 14% | 11,0 | 2,2 | 4% | 0,15 | 0,03 | 1% |
| COOKIE DOUBLE CHOCOLATE BAKED | 75 | 1803 | 1352 | 430 | 323 | 16% | 18,4 | 13,8 | 20% | 9,7 | 7,3 | 36% | 57,1 | 42,8 | 16% | 42,4 | 31,8 | 35% | 6,7 | 5,0 | 10% | 0,86 | 0,65 | 11% |
| COOKIE CHOCOLATE CHUNK BAKED | 75 | 1808 | 1356 | 431 | 323 | 16% | 17,1 | 12,8 | 18% | 9,1 | 6,8 | 34% | 62,5 | 46,9 | 18% | 41,7 | 31,3 | 35% | 5,0 | 3,8 | 8% | 1,05 | 0,79 | 13% |
| ALMOND CARAMEL CAKE | 79 | 2029 | 1606 | 487 | 386 | 19% | 32,7 | 25,9 | 37% | 9,9 | 7,8 | 39% | 41,3 | 32,7 | 13% | 35,1 | 27,8 | 31% | 6,1 | 4,8 | 10% | 0,49 | 0,39 | 6% |
| CHERRY CREAM SLICE | 113 | 794 | 897 | 190 | 215 | 11% | 9,6 | 10,8 | 15% | 3,7 | 4,2 | 21% | 23,0 | 26,0 | 10% | 17,8 | 20,1 | 22% | 2,4 | 2,7 | 5% | 0,22 | 0,25 | 4% |
| CARAMEL CHOCO CHEESECAKE | 140 | 1601 | 2241 | 384 | 538 | 27% | 23,5 | 32,9 | 47% | 13,1 | 18,3 | 92% | 37,6 | 52,6 | 20% | 26,3 | 36,8 | 41% | 4,9 | 6,9 | 14% | 0,55 | 0,77 | 13% |
| CHOCOLATE AND RASPBERRY TART | 100 | 1173 | 1173 | 280 | 280 | 14% | 12,7 | 12,7 | 18% | 7,0 | 7,0 | 35% | 36,9 | 36,9 | 14% | 25,9 | 25,9 | 29% | 3,1 | 3,1 | 6% | 0,20 | 0,20 | 3% |
| MANGO MONOPORTION | 90 | 1031 | 928 | 248 | 223 | 11% | 14,0 | 12,6 | 18% | 10,0 | 9,0 | 45% | 25,0 | 22,5 | 9% | 20,0 | 18,0 | 20% | 3,8 | 3,4 | 7% | 0,11 | 0,10 | 2% |
| SPRING DREAM CAKE | 125 | 1261 | 1576 | 303 | 379 | 19% | 20,0 | 25,0 | 36% | 10,0 | 12,5 | 63% | 26,0 | 32,5 | 13% | 19,0 | 23,8 | 26% | 4,3 | 5,4 | 11% | 0,46 | 0,58 | 10% |
| PISTACHIO LATTE LOAF CAKE | 100 | 1791 | 1791 | 429 | 429 | 21% | 25,0 | 25,0 | 36% | 8,5 | 8,5 | 43% | 43,0 | 43,0 | 17% | 27,0 | 27,0 | 30% | 6,7 | 6,7 | 13% | 0,63 | 0,63 | 11% |
| PISTACHIO CAKE POP | 34 | 2058 | 700 | 493 | 168 | 8% | 30,7 | 10,4 | 15% | 14,2 | 4,8 | 24% | 49,5 | 16,8 | 6% | 38,6 | 13,1 | 15% | 4,5 | 1,5 | 3% | 0,46 | 0,16 | 3% |
| PISTACHIO WHITE CHOC COOKIE | 105 | 1917 | 2013 | 457 | 480 | 24% | 22,3 | 23,4 | 33% | 10,0 | 10,5 | 53% | 54,5 | 57,2 | 22% | 34,4 | 36,1 | 40% | 8,8 | 9,2 | 18% | 0,63 | 0,66 | 11% |
| STRAWBERRY RED HEART | 75 | 1741 | 1306 | 417 | 313 | 16% | 25,0 | 18,8 | 27% | 2,4 | 1,8 | 9% | 43,0 | 32,3 | 12% | 25,0 | 18,8 | 21% | 4,5 | 3,4 | 7% | 0,80 | 0,60 | 10% |
| STRAWBERRY MATCHA LOVER CAKE | 143 | 1622 | 2319 | 388 | 555 | 28% | 21,0 | 30,0 | 43% | 9,4 | 13,4 | 67% | 43,0 | 61,5 | 24% | 29,0 | 41,5 | 46% | 6,6 | 9,4 | 19% | 0,78 | 1,12 | 19% |
| UBE ROLL | 120 | 1196 | 1435 | 286 | 343 | 17% | 14,0 | 16,8 | 24% | 8,6 | 10,3 | 52% | 42,4 | 50,9 | 20% | 4,0 | 4,8 | 5% | 6,0 | 7,2 | 14% | 0,42 | 0,50 | 8% |
| CARROT WALNUT ROLL | 120 | 1612 | 1934 | 385 | 462 | 23% | 16,2 | 19,4 | 28% | 8,5 | 10,2 | 51% | 50,7 | 60,8 | 23% | 20,2 | 24,2 | 27% | 6,6 | 7,9 | 16% | 0,43 | 0,52 | 9% |
| UBE MATCHA LOAF CAKE | 100 | 1655 | 1655 | 396 | 396 | 20% | 21,0 | 21,0 | 30% | 6,6 | 6,6 | 33% | 46,0 | 46,0 | 18% | 31,0 | 31,0 | 34% | 5,1 | 5,1 | 10% | 0,49 | 0,49 | 8% |
| MATCHA AND CHERRY MUFFIN | 130 | 1522 | 1979 | 363 | 472 | 24% | 17,0 | 22,1 | 32% | 3,2 | 4,2 | 21% | 48,0 | 62,4 | 24% | 29,0 | 37,7 | 42% | 3,9 | 5,1 | 10% | 0,42 | 0,55 | 9% |
| MATCHA BROWNIE | 58 | 1849 | 1078 | 442 | 258 | 13% | 24,0 | 14,0 | 20% | 13,0 | 7,6 | 38% | 49,0 | 28,6 | 11% | 29,0 | 16,9 | 19% | 6,9 | 4,0 | 8% | 0,45 | 0,26 | 4% |
| LOVE BEAR CAKE POP | 35 | 2080 | 728 | 498 | 174 | 9% | 29,0 | 10,2 | 15% | 14,0 | 4,9 | 25% | 53,0 | 18,6 | 7% | 40,0 | 14,0 | 16% | 5,2 | 1,8 | 4% | 0,66 | 0,23 | 4% |
| CHICK CAKE POP | 35 | 2049 | 717 | 491 | 172 | 9% | 28,0 | 9,8 | 14% | 14,0 | 4,9 | 25% | 54,0 | 18,9 | 7% | 40,0 | 14,0 | 16% | 4,7 | 1,6 | 3% | 0,64 | 0,22 | 4% |
| KALAMANSI MANGO POPPY-SEED CAKE | 144 | 1841 | 2646 | 441 | 634 | 32% | 25,0 | 35,9 | 51% | 12,0 | 17,3 | 86% | 46,0 | 66,1 | 25% | 33,0 | 47,4 | 53% | 7,6 | 10,9 | 22% | 0,66 | 0,95 | 16% |
| STRAWBERRY LEMON ROLL | 120 | 1355 | 1626 | 323 | 388 | 19% | 13,0 | 15,6 | 22% | 7,9 | 9,5 | 47% | 44,4 | 53,3 | 20% | 11,7 | 14,0 | 16% | 5,6 | 6,7 | 13% | 0,39 | 0,47 | 8% |
| BANANA RICOTTA MUFFIN | 115 | 1484 | 1707 | 355 | 408 | 20% | 18,0 | 20,7 | 30% | 3,9 | 4,5 | 22% | 42,0 | 48,3 | 19% | 21,0 | 24,2 | 27% | 6,2 | 7,1 | 14% | 0,62 | 0,71 | 12% |
| PINK VELVET | 135 | 1605 | 2167 | 384 | 518 | 26% | 22,0 | 29,7 | 42% | 14,0 | 18,9 | 95% | 43,0 | 58,1 | 22% | 33,0 | 44,6 | 50% | 3,8 | 5,1 | 10% | 0,53 | 0,72 | 12% |
| CARAMELISED BANANA LOAF CAKE | 95 | 1775 | 1686 | 426 | 405 | 20% | 27,0 | 25,7 | 37% | 5,7 | 5,4 | 27% | 40,0 | 38,0 | 15% | 27,0 | 25,7 | 29 | | | | | | |