101 **HILLOMUNKKI**

Raaka-aineet:

Vesi, vehnï¿½jauho, sokeri, kananmuna, kasvisrasva, kardemumma, suola, hiiva, kasviï¿½ljy, emulgointiaineet(E472, E471, E322, entsyymi (E1100), vadelmamarmeladi: vadelma (30%), sakeuttamisaine (E440, E1422), happamuudensï¿½ï¿½tï¿½aine (E330), sï¿½ilï¿½ntï¿½aine (E211), stabilointiaine, (E333), vï¿½ri (E163)

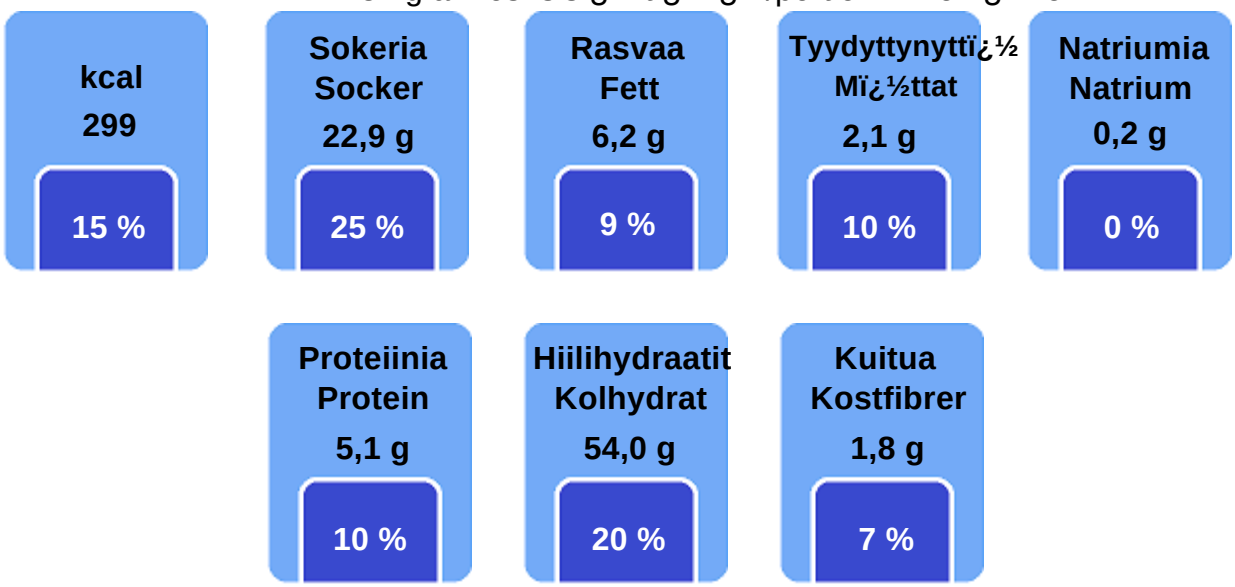
Maidoton

Ingredienser:

vatten, vetemjï¿½l, socker, ï¿½gg, vegetabiliskt fett, kardemumma, salt, jï¿½st, mjï¿½lbehandlingsmedel, animaliskt fett, emulgeringsmedel(E472, E471, E322, entzym (E1100), hallonmarmelad: hallon (30%), fï¿½rterjockningsmedel (E440, E1422), surhetsreglerande (E330), konserveringsmedel (E211), stabiliseringsmedel, (E333), fï¿½rg (E163)

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	per 100 g	per kpl/stycke
Energiaa/Energi	1524 kJ	1250 kJ
	364 kcal	299 kcal
Proteiinia/Protein	6,17 g	5,06 g
Hiilihydraattia/Kolhydrat	65,87 g	54,01 g
Josta sokeria/varar sockerarter	27,92 g	22,89 g
Laktoosia/Laktos	0,00 g	0,00 g
Rasvaa/Fett	7,59 g	6,22 g
Kuitua/Kostfibrer	2,15 g	1,77 g
Natriumia/Natrium	0,22 g	0,18 g

82 g annos sisï¿½ltï¿½ï¿½/portion innehï¿½ller



% viitteellisestï¿½ pï¿½ivï¿½saannista (GDA)
% av vï¿½gledande dagligt intag (GDA)

Perustana aikuisen 2000 kcal ruokavalio
Baserar sig pï¿½ 2000 kcal diet fï¿½r en vuxen