103 **PARIISINMUNKKI**

Raaka-aineet:

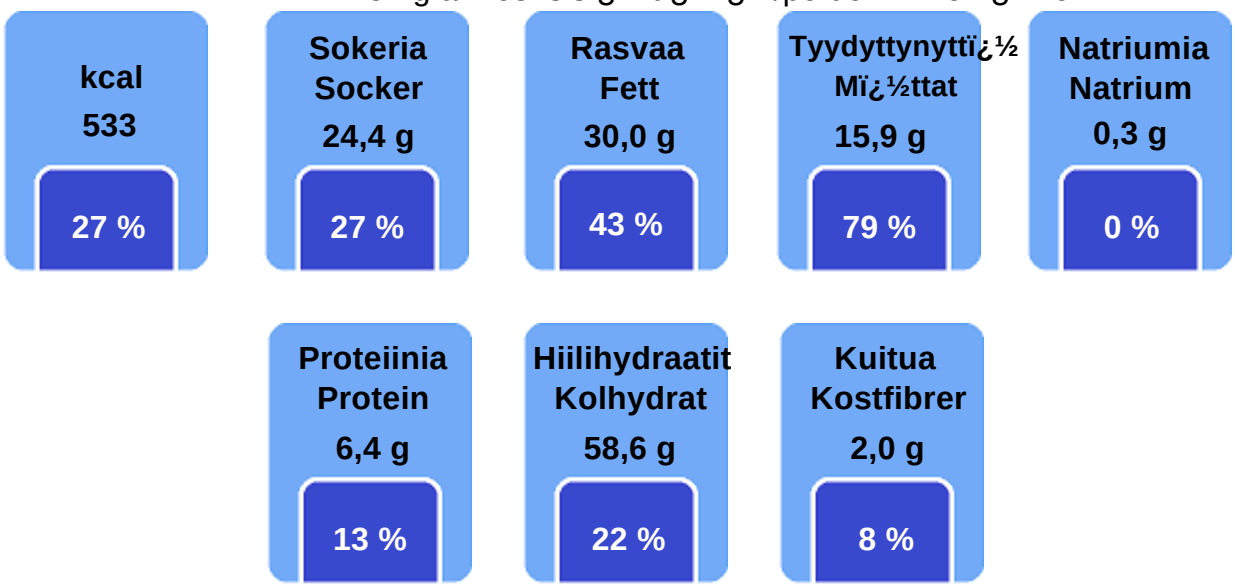
Vesi, vehnï¿½jauho, sokeri, elï¿½inrasva, aprikoosinsiemen, glukoosisiirapi, muunnettu tï¿½rkkelys (peruna), margariini, voi, kananmuna, maitojauhe, hiiva, vanilliinisokeri, kardemumma, ruokaï¿½ljy, suola, elmulgointiaine E471, E472E, E322, E450, happamuudensï¿½ï¿½tï¿½aine E304, E300, E330, E333, sï¿½ilï¿½ntï¿½aineet E202, aromi (manteli)

Ingredienser:

Vatten, vetemjï¿½l, socker, animalisk fett, aprikosfrï¿½, glukossyrup, modified stï¿½rkelse (potatis), margarin, smï¿½r, ï¿½gg mjï¿½lkpulver, jï¿½st, vanillinsocker, kardemumma, matolja, salt, emulgeringsmedel E471, E472E, E322, E450, entzym E1100, surhetsreglerandeet E304, E300, E330, E333, konserveringsmedel E202, arom (mandel)

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	per 100 g	per kpl/stycke
Energiaa/Energi	1629 kJ	2232 kJ
	389 kcal	533 kcal
Proteiinia/Protein	4,68 g	6,42 g
Hiilihydraattia/Kolhydrat	42,76 g	58,58 g
Josta sokeria/varar sockerarter	17,81 g	24,41 g
Laktoosia/Laktos	0,13 g	0,18 g
Rasvaa/Fett	21,90 g	30,01 g
Kuitua/Kostfibrer	1,44 g	1,98 g
Natriumia/Natrium	0,20 g	0,28 g

137 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