104 **SUKLAAMUNKKI**

Raaka-aineet:

Vehnï¿½jauho, sokeri, voi, kananmuna, vesi, maitojauhe, hiiva, kardemumma, suola, omenahillo, emulgointiaineet E472e, E471, E322, soijalesitiini, entsyymi E1100, jauhonparanne E300, kasviï¿½ljy, kaakaojauhe, emulgointiaine lesitiini, vanilliini E492, pï¿½hkinï¿½, soijaï¿½ljy, soijapapu, omenatï¿½yte:omena, hyytelï¿½imisaineet E1442, E440, happamuudensï¿½ï¿½tï¿½aineet E330, E333, sï¿½ilï¿½ntï¿½aine E202, luontaisen kaltainen aromi

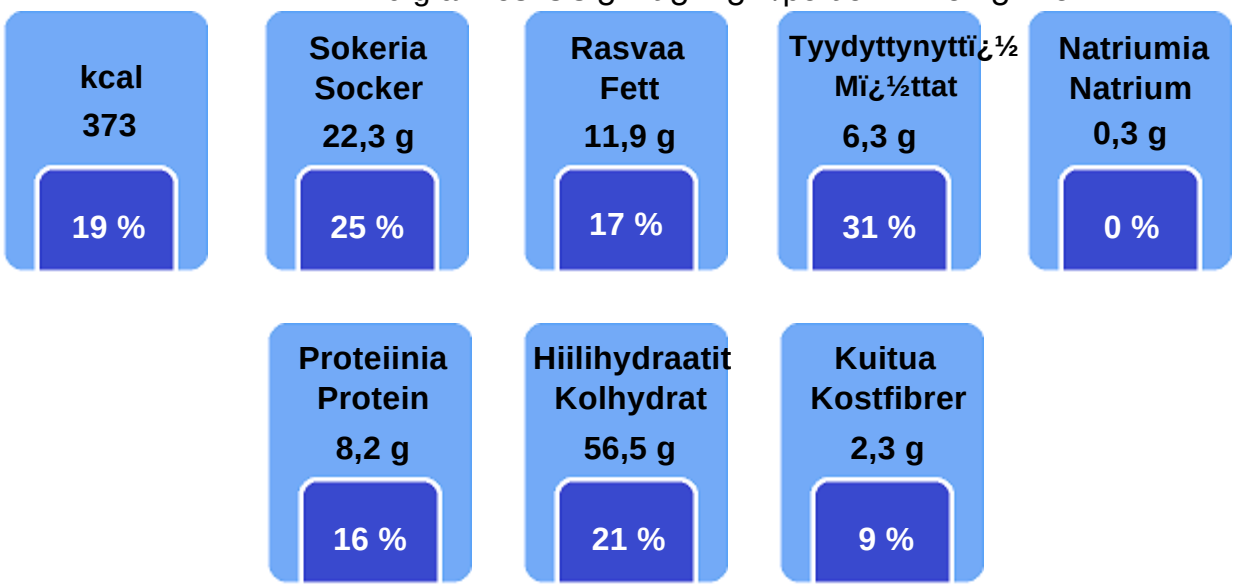
Vï¿½hï¿½laktoosinen

Ingredienser:

Vetemjï¿½l, socker, smï¿½r, ï¿½gg, vatten, mjï¿½lkpulver, jï¿½st, kardemumma, salt, ï¿½pplesylt, emulgeringsmedel E472e, E322, sojalecitin, entzym E1100, mjï¿½lbehandlingsmedel E300, animaliskt fett, vegetabilisk olja, kakaopulver, emulgeringsmedel lecitin, vanillin E492, nï¿½t, sojaolja, sojabï¿½na, ï¿½pplefyllning:ï¿½pple, geleringsmedel E1442, E440, surhetsreglerandeet E330, E333, konserveringsmedel E202, utanfï¿½rliknande arom

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	per 100 g	per kpl/stycke
Energiaa/Energi	1419 kJ	1561 kJ
	339 kcal	373 kcal
Proteiinia/Protein	7,42 g	8,16 g
Hiilihydraattia/Kolhydrat	51,40 g	56,54 g
Josta sokeria/varar sockerarter	20,23 g	22,25 g
Laktoosia/Laktos	0,86 g	0,94 g
Rasvaa/Fett	10,82 g	11,91 g
Kuitua/Kostfibrer	2,08 g	2,29 g
Natriumia/Natrium	0,23 g	0,25 g

110 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