105 BERLIININMUNKKI

Raaka-aineet:

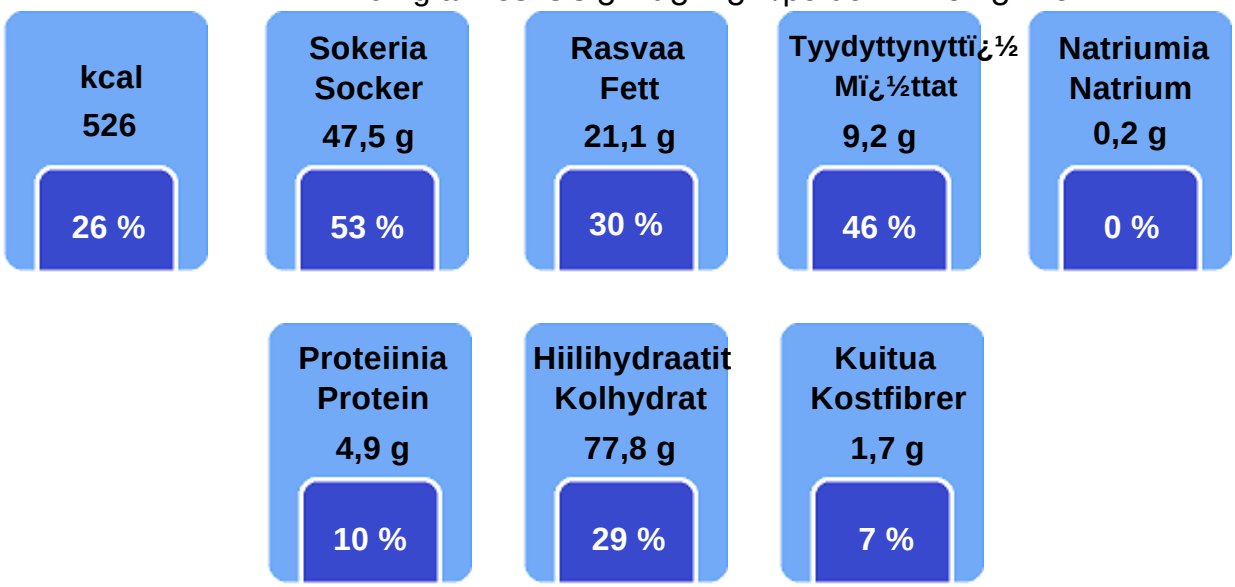
Vehnï¿½jauho, Sokeri, vesi, marmeladi, emulgointiaine (E440, E471), hapettumisenestoaine (E330, E333), vï¿½riaine (E162), kasvirasva, kananmuna, hiiva, rypsiï¿½ljy, vesi, marmeladi, emulgointiaine (e440, e471), hapettumisenestoaine (e330, e333), vï¿½riaine (e162), kardemumma, suola

Ingredienser:

Vetemjï¿½l, arom (, , , , , , , , , ,), Socker, vatten, marmelad, emulgeringsmedel (E440, E471), antioxidationsmedel (E330, E333), fï¿½rgï¿½mne (E162), vegetabiliskt fett, Socker, vetemjï¿½l, ï¿½gg, jï¿½st, rypsolja, kardemumma, vetemjï¿½ (, , , , , , , , ,), socker, vatten, marmelad, emulgeringsmedel (e440, e471), antioxidationsmedel (e330, e333), fï¿½rgï¿½mne (e162), vegetabiliskt fett, socker, vetemjï¿½l, ï¿½gg, jï¿½st, rypsolja, kardemumma, salt

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	per 100 g	per kpl/stycke
Energiaa/Energi	2056 kJ	2200 kJ
	492 kcal	526 kcal
Proteiinia/Protein	4,60 g	4,92 g
Hiilihydraattia/Kolhydrat	72,72 g	77,81 g
Josta sokeria/varar sockerarter	44,42 g	47,53 g
Laktoosia/Laktos	0,00 g	0,00 g
Rasvaa/Fett	19,68 g	21,06 g
Kuitua/Kostfibrer	1,61 g	1,72 g
Natriumia/Natrium	0,17 g	0,18 g

107 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