118 **PIENI PYï¿½REï¿½ MUNKKI**

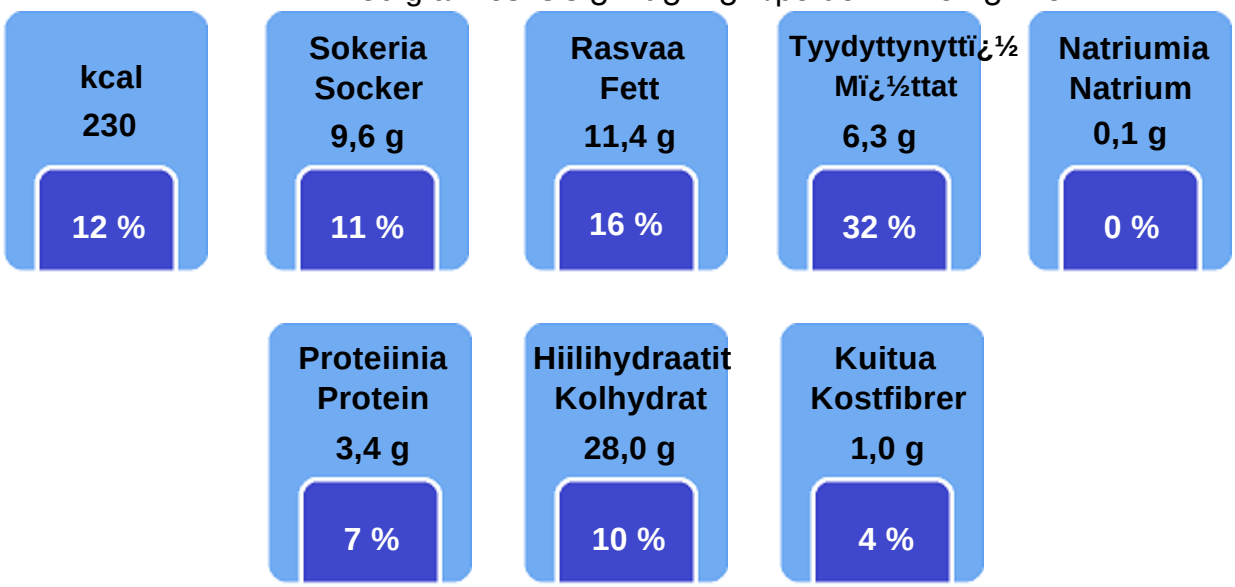
Raaka-aineet:

Laktoositon

Ingredienser:

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	**per 100 g**	**per kpl/stycke**
Energiaa/Energi	1926 kJ	963 kJ
	460 kcal	230 kcal
Proteiinia/Protein	6,86 g	3,43 g
Hiilihydraattia/Kolhydrat	56,00 g	28,00 g
Josta sokeria/varar sockerarter	19,20 g	9,60 g
Laktoosia/Laktos	0,00 g	0,00 g
Rasvaa/Fett	22,75 g	11,38 g
Kuitua/Kostfibrer	1,95 g	0,97 g
Natriumia/Natrium	0,18 g	0,09 g

50 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