121 PIKKUPULLA

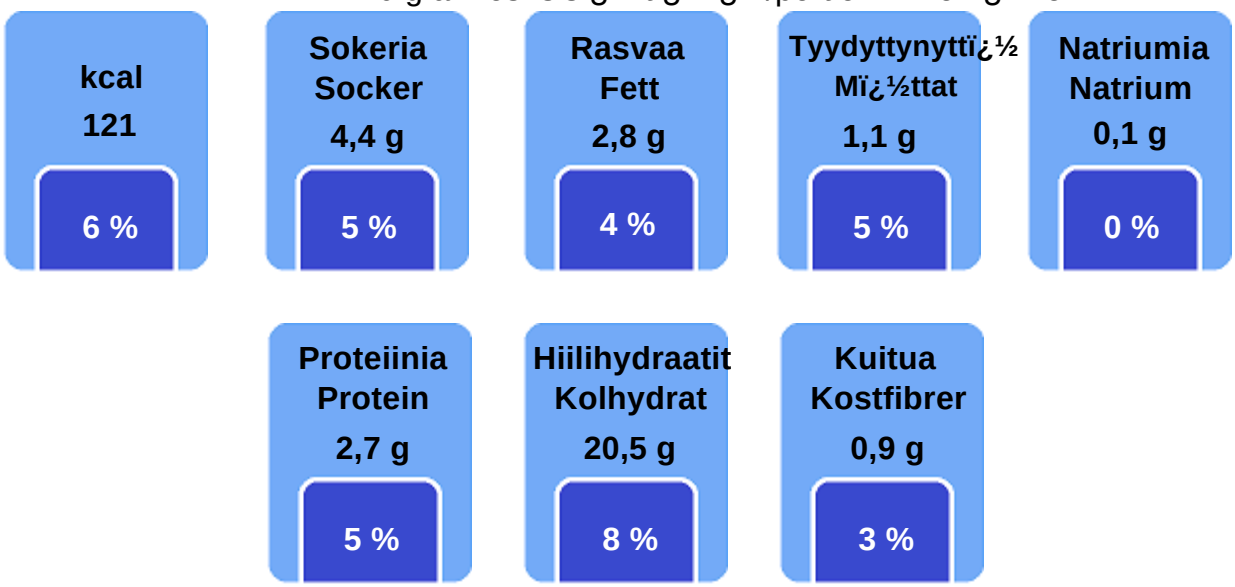
Raaka-aineet:
Vehnï¿½jauho, kasvirasva (emulgointiaine E471, vï¿½ri E160a), sokeri, kananmuna, hiiva, kardemumma, ruokaï¿½ljy, suola

Maidoton

Ingredienser:
Vetemjï¿½l, vegetabiliskt fett (emulgerinsmede E471, fï¿½rg E160a), socker, ï¿½gg, jï¿½st, kardemumma, matolja, salt

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	per 100 g	per kpl/stycke
Energiaa/Energi	1266 kJ	506 kJ
	303 kcal	121 kcal
Proteiinia/Protein	6,77 g	2,71 g
Hiilihydraattia/Kolhydrat	51,30 g	20,52 g
Josta sokeria/varar sockerarter	10,95 g	4,38 g
Laktoosia/Laktos	0,00 g	0,00 g
Rasvaa/Fett	7,07 g	2,83 g
Kuitua/Kostfibrer	2,15 g	0,86 g
Natriumia/Natrium	0,24 g	0,10 g

40 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