123 **PAPINLEUKA**

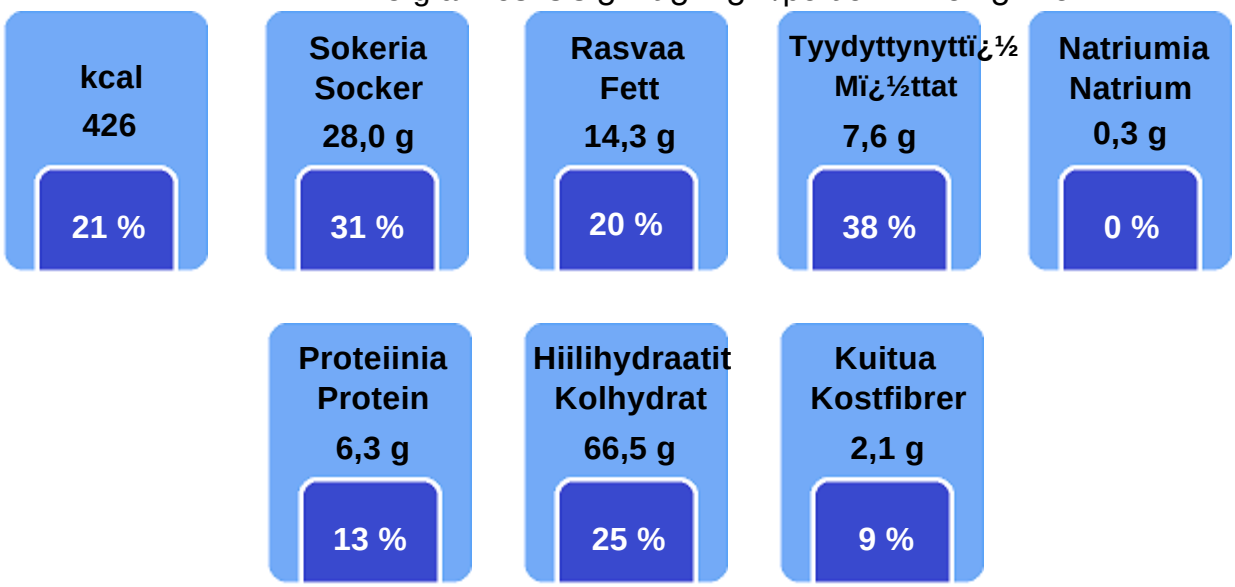
Raaka-aineet:

L

Ingredienser:

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	**per 100 g**	**per kpl/stycke**
Energiaa/Energi	1551 kJ	1784 kJ
	371 kcal	426 kcal
Proteiinia/Protein	5,44 g	6,25 g
Hiilihydraattia/Kolhydrat	57,84 g	66,51 g
Josta sokeria/varar sockerarter	24,36 g	28,02 g
Laktoosia/Laktos	0,03 g	0,04 g
Rasvaa/Fett	12,44 g	14,30 g
Kuitua/Kostfibrer	1,86 g	2,14 g
Natriumia/Natrium	0,24 g	0,27 g

115 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