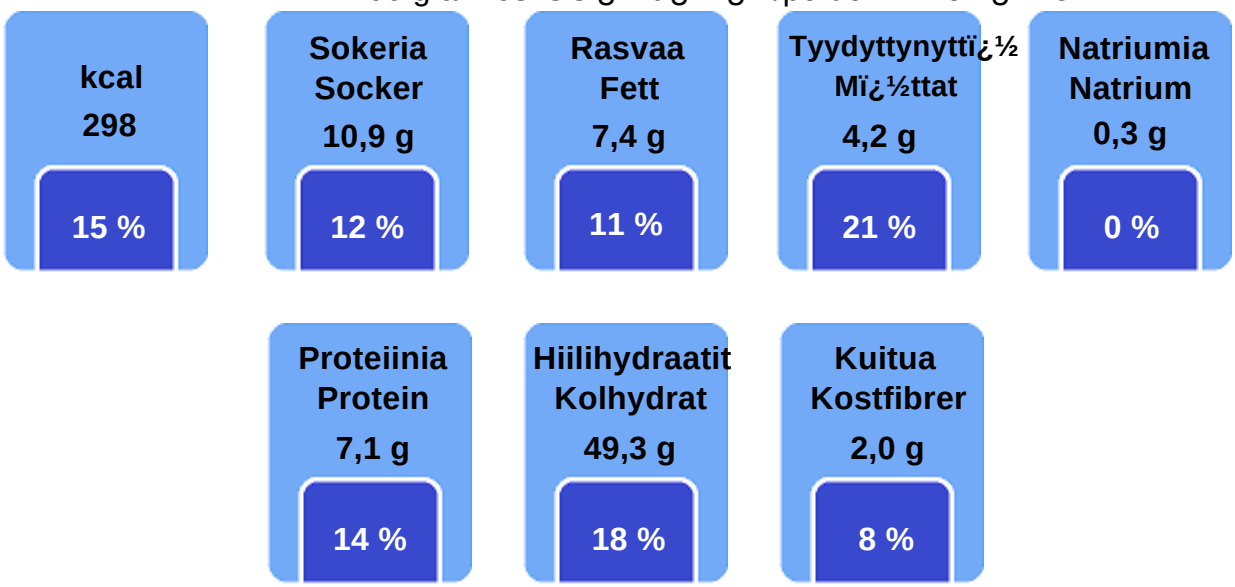
127 KANELIKIERREPULLA

Raaka-aineet:
Vehnï¿½jauho, vesi, sokeri, voi, kananmuna, maitojauhe, hiiva, kaneli, kardemumma,

Ingredienser:
Vetemjï¿½l, arom (, , , , , , , , , , , ,), vatten, Socker, smï¿½r, vetemjï¿½l, ï¿½gg, laktosfri mjï¿½lkpulver, jï¿½st, kardemum
vetemjï¿½l, arom (, , , , , , ,), vatten, socker, smï¿½r, vetemjï¿½l, ï¿½gg, laktosfri mjï¿½lkpulver, jï¿½st, kardemumma, sal
Socker, vetemjï¿½l, smï¿½r

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	per 100 g	per kpl/stycke
Energiaa/Energi	1247 kJ	1247 kJ
	298 kcal	298 kcal
Proteiinia/Protein	7,15 g	7,15 g
Hiilihydraattia/Kolhydrat	49,26 g	49,26 g
Josta sokeria/varar sockerarter	10,93 g	10,93 g
Laktoosia/Laktos	0,03 g	0,03 g
Rasvaa/Fett	7,38 g	7,38 g
Kuitua/Kostfibrer	2,04 g	2,04 g
Natriumia/Natrium	0,26 g	0,26 g

100 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