170 **KOTIPITKO**

Raaka-aineet:
Vehnï¿½jauho, voi, sokeri, kananmuna, laktoositon maitojauhe, hiiva, kardemumma, suola, vehnï¿½lese

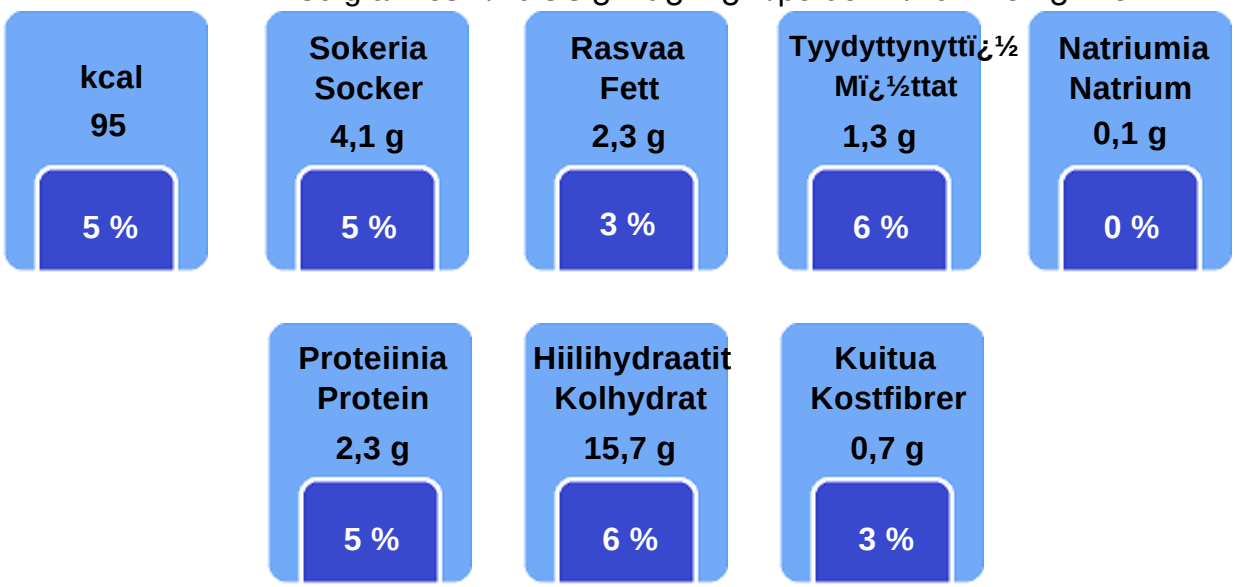
Vï¿½hï¿½laktoosinen

Ingredienser:
Vetemjï¿½l, smï¿½r, socker, ï¿½gg, laktosfri mjï¿½lkpulver, jï¿½st, kardemumma, salt, vetekli

Lï¿½glactos

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	**per 100 g**	**per kpl/stycke**
Energiaa/Energi	1314 kJ	398 kJ
	314 kcal	95 kcal
Proteiinia/Protein	7,67 g	2,32 g
Hiilihydraattia/Kolhydrat	52,05 g	15,75 g
Josta sokeria/varar sockerarter	13,61 g	4,12 g
Laktoosia/Laktos	0,03 g	0,01 g
Rasvaa/Fett	7,59 g	2,30 g
Kuitua/Kostfibrer	2,24 g	0,68 g
Natriumia/Natrium	0,27 g	0,08 g

30 g annos 1/20 sisï¿½ltï¿½ï¿½/portion 1/20 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