204 **LIHAPASTEIJA**

Raaka-aineet:

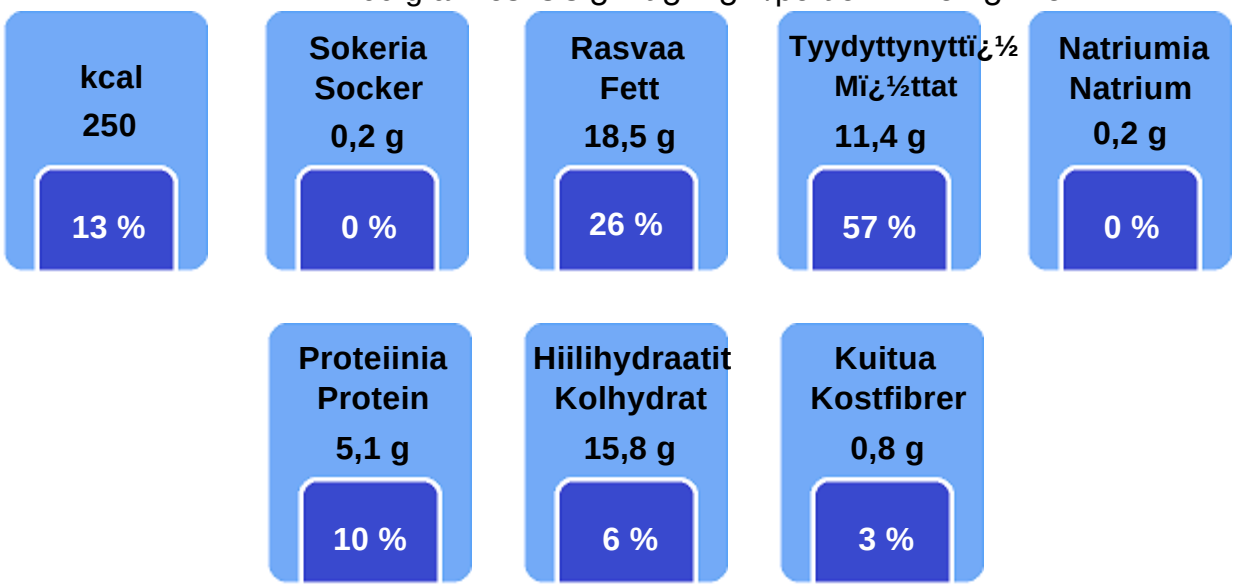
Vesi, voi, vehnï¿½jauho, riisi, vï¿½hï¿½laktoosinen kevytkerma, suola, sipuli, kananmuna, jauheliha (jauhettu naudanliha (98 %), perunakuitu, suola (0,5 %)

Vï¿½hï¿½laktoosinen

Ingredienser:

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	**per 100 g**	**per kpl/stycke**
Energiaa/Energi	1746 kJ	1048 kJ
	417 kcal	250 kcal
Proteiinia/Protein	8,54 g	5,12 g
Hiilihydraattia/Kolhydrat	26,28 g	15,77 g
Josta sokeria/varar sockerarter	0,31 g	0,19 g
Laktoosia/Laktos	0,14 g	0,08 g
Rasvaa/Fett	30,91 g	18,55 g
Kuitua/Kostfibrer	1,29 g	0,77 g
Natriumia/Natrium	0,29 g	0,17 g

60 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