23552 **LOHIPIIRAKKA**

Raaka-aineet:

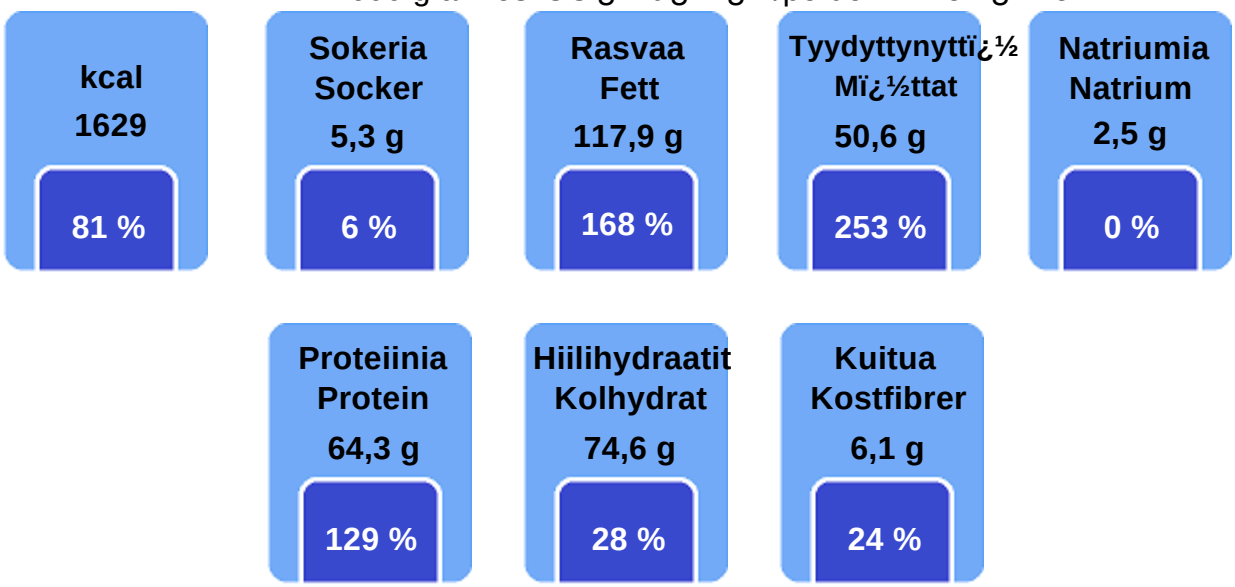
Kirjolohi, kananmuna, vehnï¿½jauho, juusto, kasvirasva, emulgointiaine (E471), sitruuna, kermaviili, smetana, vesi, sipuli, tilli, tuore, rypsiï¿½ljy, valkopippuri, suola

Ingredienser:

Regnbï¿½gslax, arom (, , , , , , , , , , ,), ï¿½gg, vetemjï¿½l, ost, vegetabiliskt fett, emulgeringsmedel (E471), citron, vatten, lï¿½k, dill, fï¿½rsk, rypsolja, vitpeppar, salt

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	per 100 g	per kpl/stycke
Energiaa/Energi	1136 kJ	6815 kJ
	271 kcal	1629 kcal
Proteiinia/Protein	10,72 g	64,34 g
Hiilihydraattia/Kolhydrat	12,44 g	74,62 g
Josta sokeria/varar sockerarter	0,88 g	5,31 g
Laktoosia/Laktos	0,08 g	0,50 g
Rasvaa/Fett	19,64 g	117,86 g
Kuitua/Kostfibrer	1,02 g	6,10 g
Natriumia/Natrium	0,41 g	2,46 g

600 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