400 **RUISLEIPï¿½**

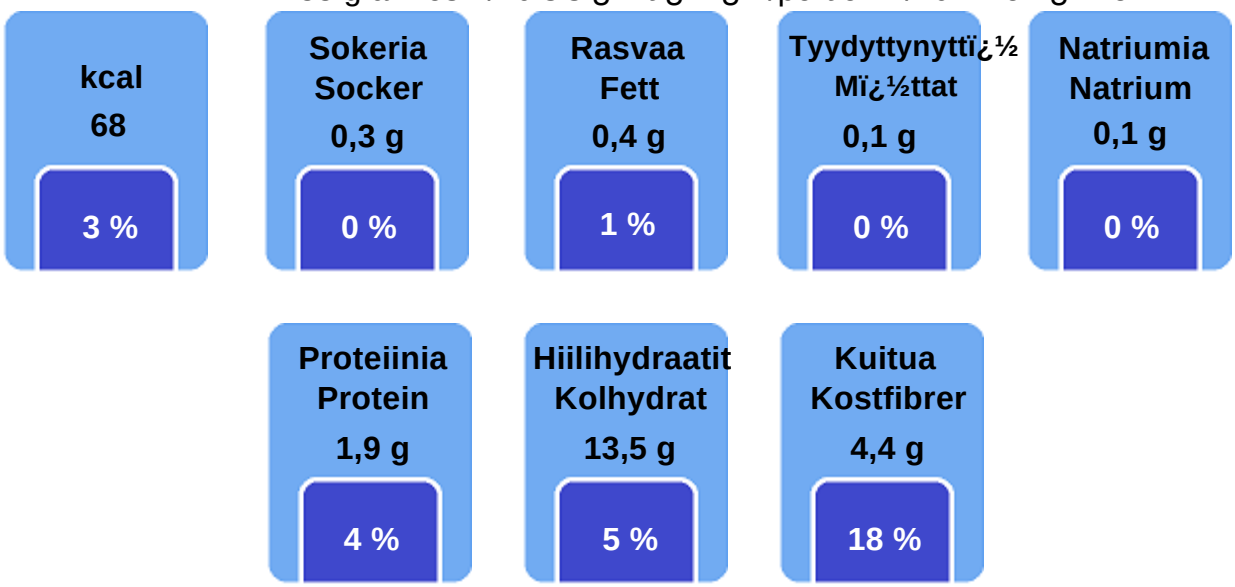
Raaka-aineet:
Luomuuisjauho, suola (1,0 %), hiiva, vesi

Maidoton

Ingredienser:
Rï¿½gmjï¿½l, salt (1,0 %), jï¿½st, vatten

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	**per 100 g**	**per kpl/stycke**
Energiaa/Energi	745 kJ	283 kJ
	178 kcal	68 kcal
Proteiinia/Protein	4,98 g	1,89 g
Hiilihydraattia/Kolhydrat	35,40 g	13,45 g
Josta sokeria/varar sockerarter	0,75 g	0,29 g
Laktoosia/Laktos	0,00 g	0,00 g
Rasvaa/Fett	1,16 g	0,44 g
Kuitua/Kostfibrer	11,66 g	4,43 g
Natriumia/Natrium	0,39 g	0,15 g

38 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