404 **Jï¿½LKIUUNILEIPï¿½ - poistettava**

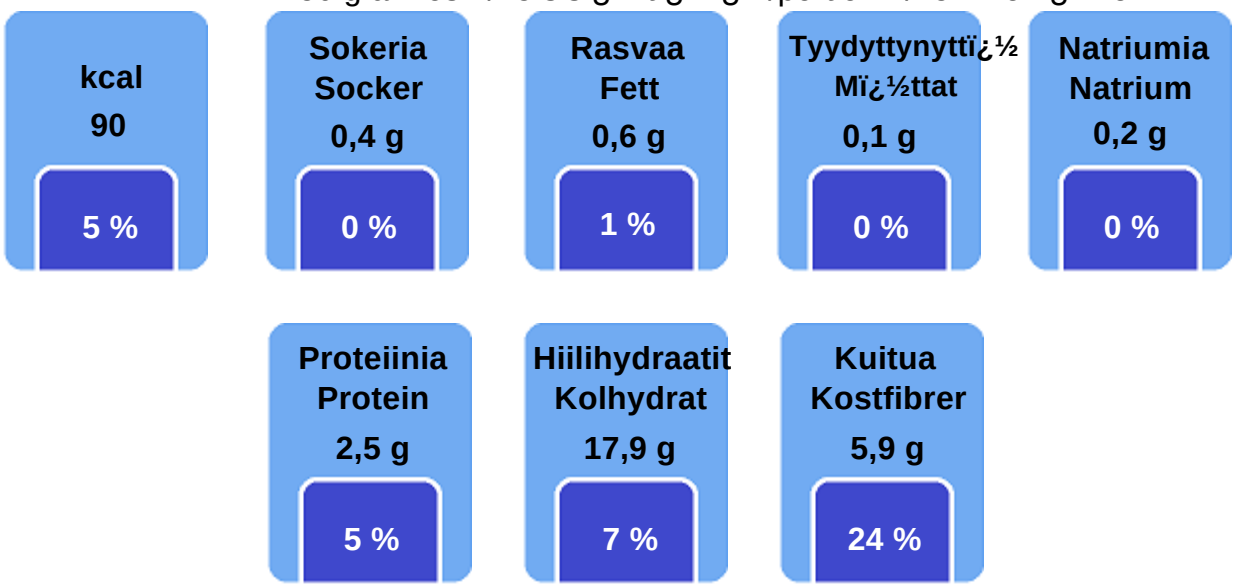
Raaka-aineet:
Luomuruisjauho, suola (1 %), hiiva, vesi

Maidoton

Ingredienser:

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	**per 100 g**	**per kpl/stycke**
Energiaa/Energi	755 kJ	378 kJ
	180 kcal	90 kcal
Proteiinia/Protein	5,05 g	2,52 g
Hiilihydraattia/Kolhydrat	35,87 g	17,94 g
Josta sokeria/varar sockerarter	0,76 g	0,38 g
Laktoosia/Laktos	0,00 g	0,00 g
Rasvaa/Fett	1,18 g	0,59 g
Kuitua/Kostfibrer	11,81 g	5,91 g
Natriumia/Natrium	0,39 g	0,20 g

50 g annos 1/15 sisï¿½ltï¿½ï¿½/portion 1/15 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