405 **TULIAISREIKï¿½LEIPï¿½**

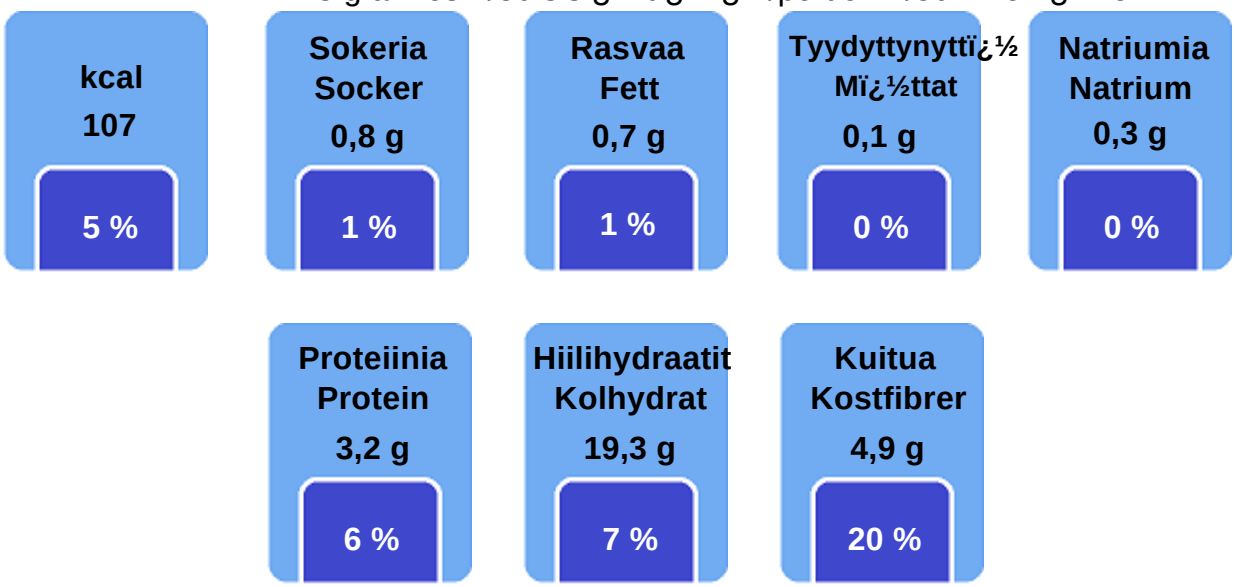
Raaka-aineet:
Luomuruisjauho, suola (1,1 %), hiiva, vesi

Maidoton

Ingredienser:

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	**per 100 g**	**per kpl/stycke**
Energiaa/Energi	609 kJ	446 kJ
	145 kcal	107 kcal
Proteiinia/Protein	4,32 g	3,17 g
Hiilihydraattia/Kolhydrat	26,36 g	19,33 g
Josta sokeria/varar sockerarter	1,14 g	0,84 g
Laktoosia/Laktos	0,00 g	0,00 g
Rasvaa/Fett	0,91 g	0,67 g
Kuitua/Kostfibrer	6,69 g	4,91 g
Natriumia/Natrium	0,44 g	0,32 g

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