406 **MAUSTELIMPPU**

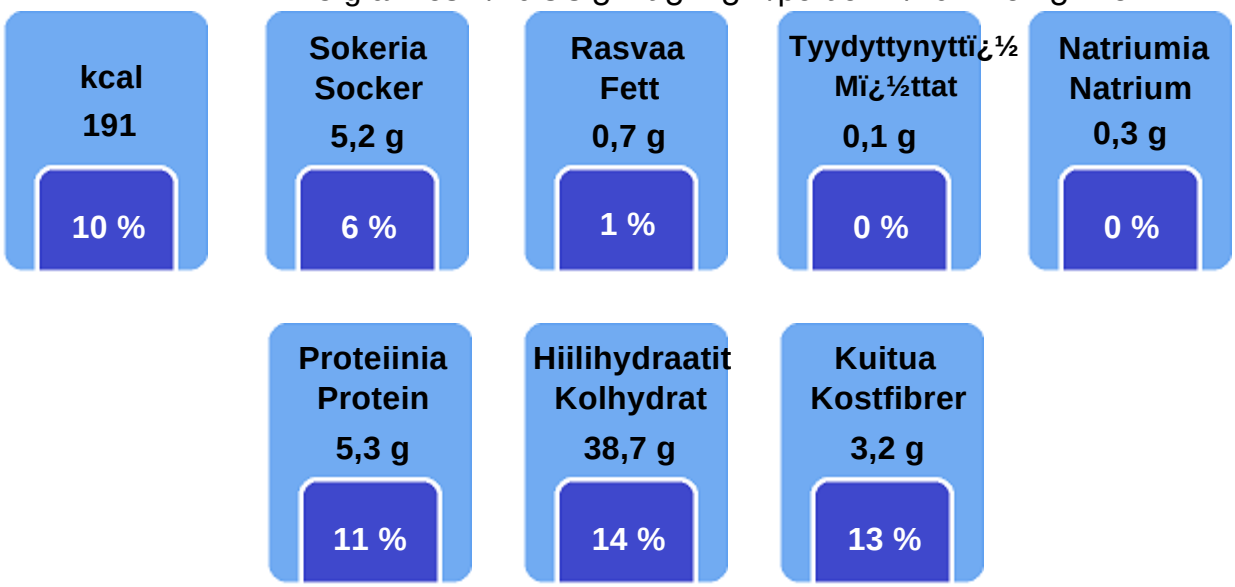
Raaka-aineet:
Vehnï¿½jauho, vesi, luomuruisjauho, siirappi, hiiva, mï¿½mmimallas, suola (1 %), mausteet

Laktoositon

Ingredienser:
Vetemjï¿½l, arom (, , , , , ,), vatten, rï¿½gmjï¿½l, sirap, jï¿½st, malt fï¿½r svagdricka/memma, salt

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	**per 100 g**	**per kpl/stycke**
Energiaa/Energi	1067 kJ	800 kJ
	255 kcal	191 kcal
Proteiinia/Protein	7,07 g	5,30 g
Hiilihydraattia/Kolhydrat	51,65 g	38,74 g
Josta sokeria/varar sockerarter	6,99 g	5,24 g
Laktoosia/Laktos	0,00 g	0,00 g
Rasvaa/Fett	0,94 g	0,70 g
Kuitua/Kostfibrer	4,24 g	3,18 g
Natriumia/Natrium	0,39 g	0,29 g

75 g annos 1/10 sisï¿½ltï¿½ï¿½/portion 1/10 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