4061 **SAARISTOLAISLEIPï¿½**

Raaka-aineet:

Vehnï¿½jauho, vehnï¿½rouhe, luomuruisjauho, mï¿½mmimallas, siirappi, hiiva, suola (0,9 %), appelsiinimehu, laktoositon piimï¿½

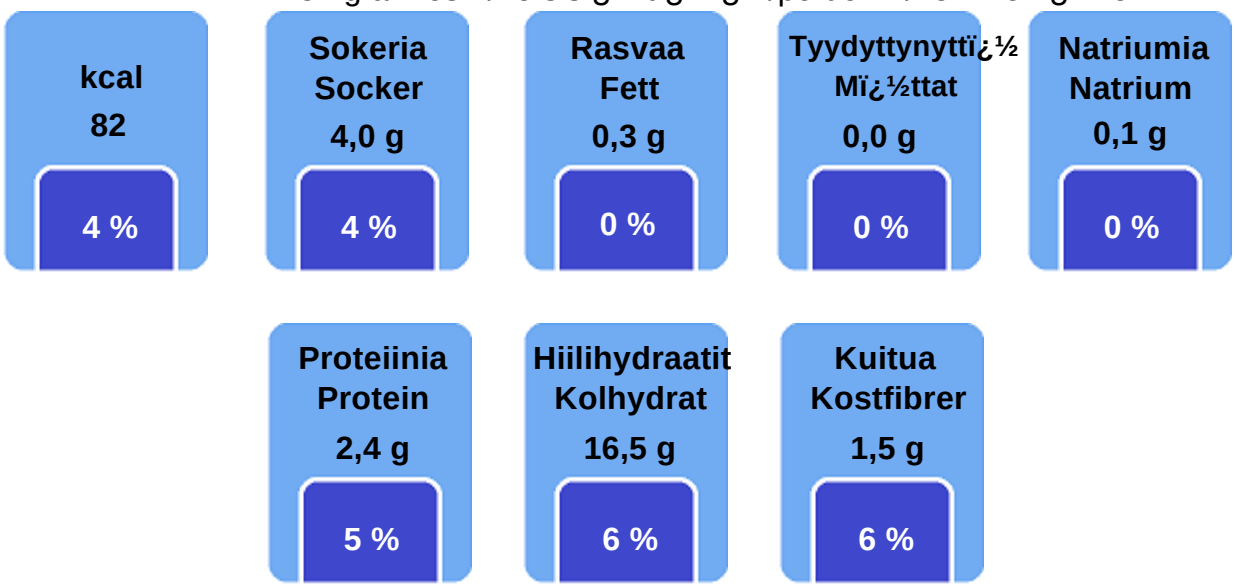
Laktoositon

Ingredienser:

Vetemjï¿½l, arom (, , , , , , , ,), surmjï¿½lk fettfri, sirap, vetekross, apelsinjuice, malt fï¿½r svagdricka/memma, rï¿½gmjï¿½l, salt

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	per 100 g	per kpl/stycke
Energiaa/Energi	1099 kJ	344 kJ
	263 kcal	82 kcal
Proteiinia/Protein	7,53 g	2,36 g
Hiilihydraattia/Kolhydrat	52,55 g	16,47 g
Josta sokeria/varar sockerarter	12,89 g	4,04 g
Laktoosia/Laktos	0,80 g	0,25 g
Rasvaa/Fett	0,99 g	0,31 g
Kuitua/Kostfibrer	4,74 g	1,49 g
Natriumia/Natrium	0,42 g	0,13 g

31 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