420 **HIIVALEIPï¿½**

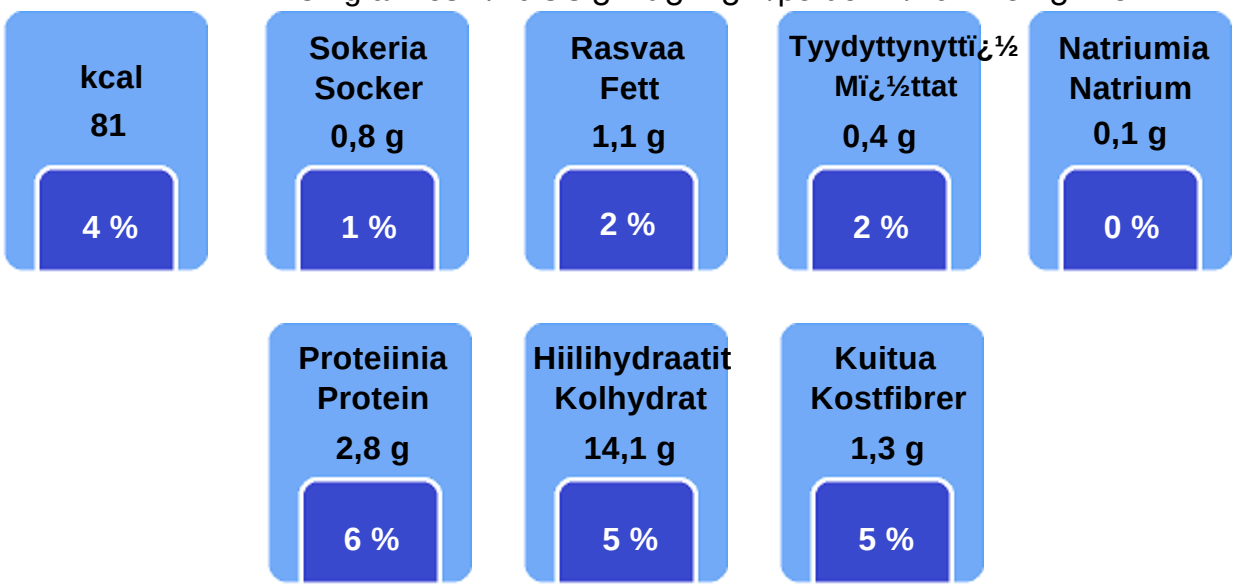
Raaka-aineet:
Vehnï¿½jauho, vesi, voi, hiiva, maitojauhe, suola (1.0 %)

Vï¿½hï¿½laktoosinen

Ingredienser:
Vetemjï¿½l, vatten, smï¿½r, jï¿½st, mjï¿½lkpulver, salt (1,0 %)

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	**per 100 g**	**per kpl/stycke**
Energiaa/Energi	1039 kJ	338 kJ
	248 kcal	81 kcal
Proteiinia/Protein	8,70 g	2,83 g
Hiilihydraattia/Kolhydrat	43,52 g	14,14 g
Josta sokeria/varar sockerarter	2,35 g	0,76 g
Laktoosia/Laktos	0,36 g	0,12 g
Rasvaa/Fett	3,24 g	1,05 g
Kuitua/Kostfibrer	3,91 g	1,27 g
Natriumia/Natrium	0,44 g	0,14 g

32 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