428 **ROUHEVAPATONKI**

Raaka-aineet:

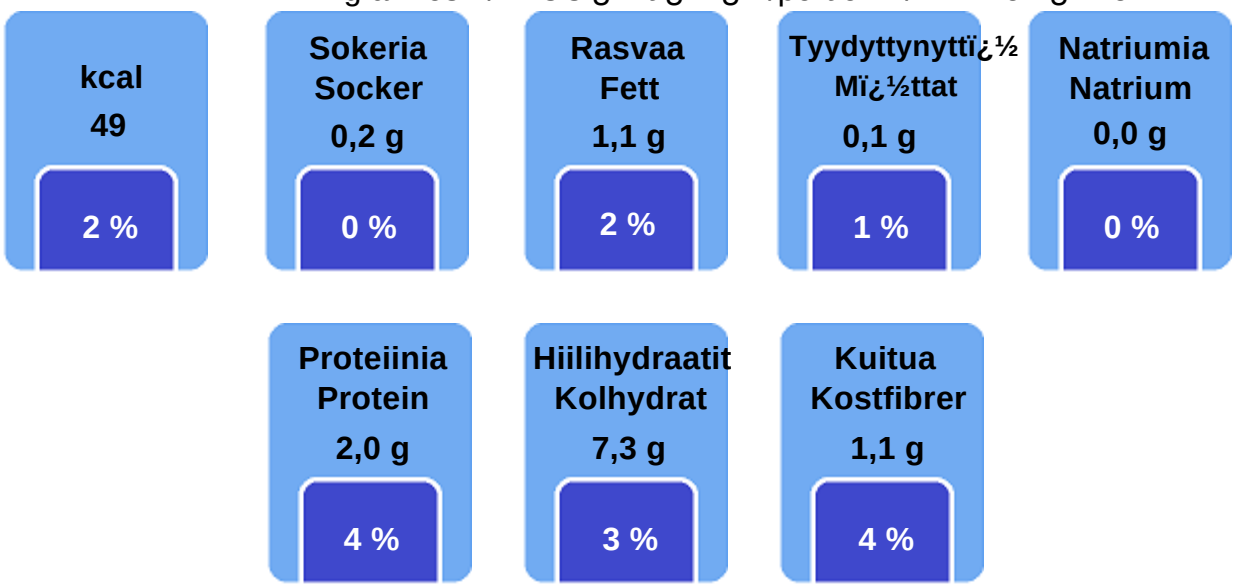
Vehnï¿½jauho, vesi, kaurahiutale, maissihiutale, pellavansiemen, vehnï¿½lese, mallastettu vehnï¿½, hiiva, vehnï¿½gluteeni, auringonkukansiemen, seesaminsiemen, suola, ruis, ohramallas, emulgointiaine E472e, dextroosi, jauhonparanne E300, entsyymit

Maidoton

Ingredienser:

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	**per 100 g**	**per kpl/stycke**
Energiaa/Energi	1146 kJ	205 kJ
	274 kcal	49 kcal
Proteiinia/Protein	11,15 g	2,00 g
Hiilihydraattia/Kolhydrat	40,54 g	7,26 g
Josta sokeria/varar sockerarter	1,07 g	0,19 g
Laktoosia/Laktos	0,00 g	0,00 g
Rasvaa/Fett	5,98 g	1,07 g
Kuitua/Kostfibrer	5,92 g	1,06 g
Natriumia/Natrium	0,00 g	0,00 g

17 g annos 1/12 sisï¿½ltï¿½ï¿½/portion 1/12 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