443 **RUISREETALEIPï¿½**

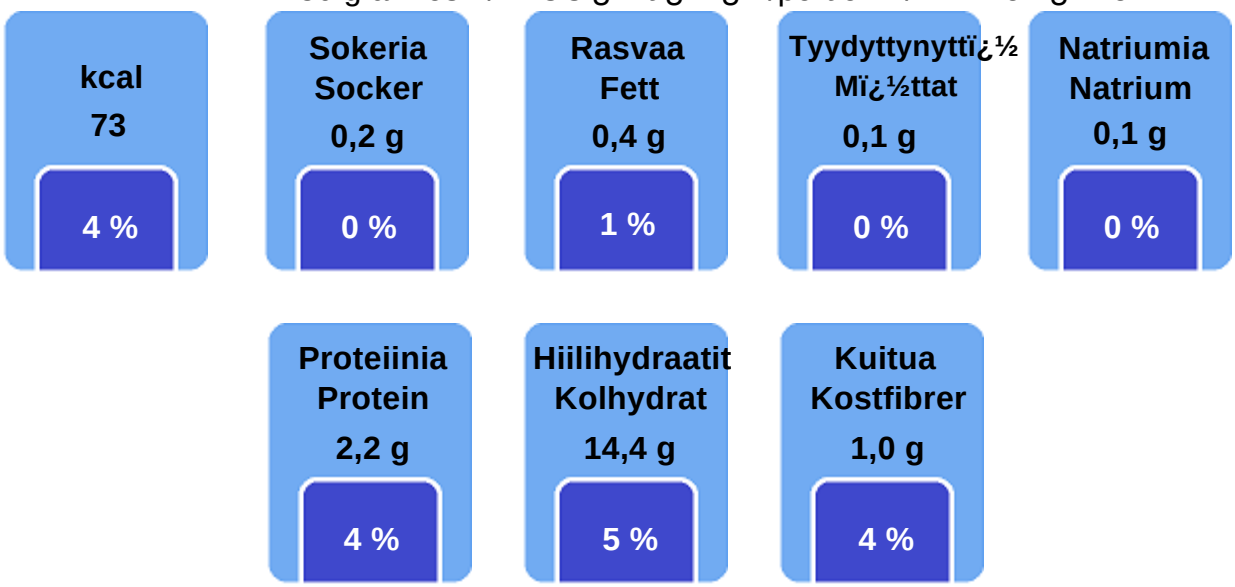
Raaka-aineet:
Vehnï¿½jauho, vesi, hiiva, suola (1,2 %), luomuruisjauho, dekstroosi, emulgointiaine (E472e), kovetettu kasvirasva, jauhonparanne (E300), entsyymi

Maidoton

Ingredienser:
Vetemjï¿½l, vatten, jï¿½st, salt, rï¿½gmjï¿½l, dextros, emulgeringsmedel (E472e) omï¿½ttatvegetabiliskt fett, mjï¿½lbehandlingsmedel (E300), entsym

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	**per 100 g**	**per kpl/stycke**
Energiaa/Energi	1020 kJ	306 kJ
	244 kcal	73 kcal
Proteiinia/Protein	7,35 g	2,20 g
Hiilihydraattia/Kolhydrat	47,88 g	14,36 g
Josta sokeria/varar sockerarter	0,67 g	0,20 g
Laktoosia/Laktos	0,00 g	0,00 g
Rasvaa/Fett	1,47 g	0,44 g
Kuitua/Kostfibrer	3,34 g	1,00 g
Natriumia/Natrium	0,49 g	0,15 g

30 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