450 **SEVERIN Sï¿½MPYLï¿½**

Raaka-aineet:

Vesi, vehnï¿½jauho, kasvisrasva, sokeri, hiiva, suola (1,1 %), emulgointiaineet (E472e, E471, E322), entsyymi (E1100), jauhonparanne (E300), tï¿½ysjyvï¿½seos: pellavansiemen, seesamsiemen, auringonkukansiemen, kaurahiutale, ruisrouhe, vehnï¿½rouhe.
M = MAIDOTON.

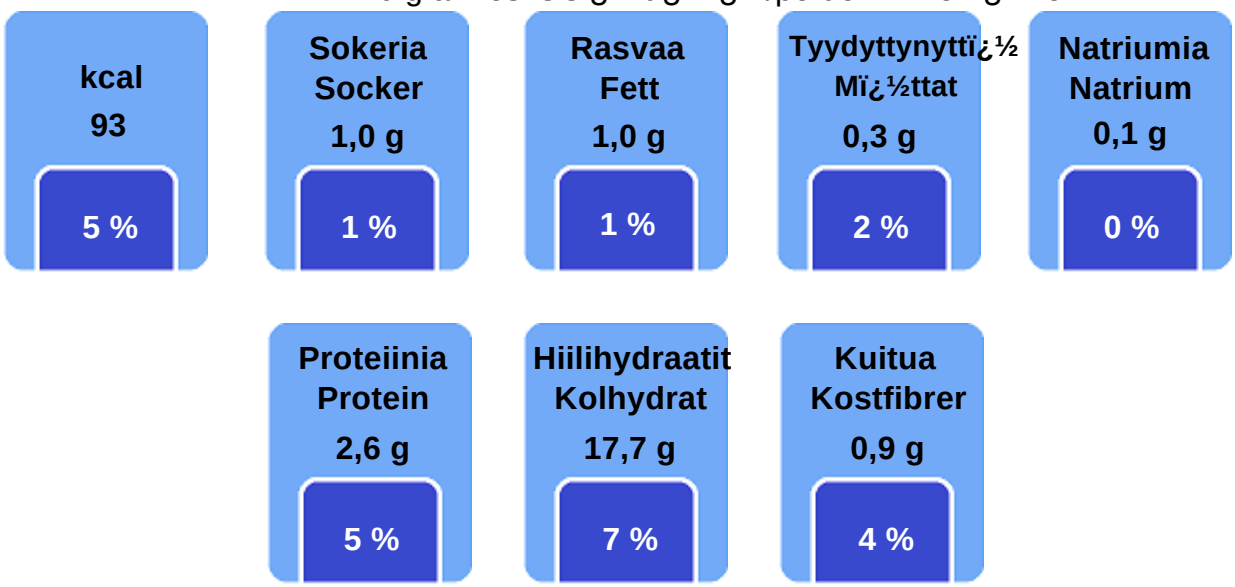
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Ingredienser:

Vatten, vetemjï¿½l, vegetabiliskt fett, socker, jï¿½st, salt, emulgeringsmedel (E472e, E471, E322), entzym (E1100), mjï¿½lbehandlingsmedel (E300), fullkornsblandning: linfrï¿½, seesamfrï¿½, solrosfrï¿½, havreflock, rï¿½gkross, vetekross.
EM = EJ INNEHï¿½LLER MJï¿½LK.

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	per 100 g	per kpl/stycke
Energiaa/Energi	972 kJ	389 kJ
	232 kcal	93 kcal
Proteiinia/Protein	6,46 g	2,58 g
Hiilihydraattia/Kolhydrat	44,14 g	17,66 g
Josta sokeria/varar sockerarter	2,48 g	0,99 g
Laktoosia/Laktos	0,00 g	0,00 g
Rasvaa/Fett	2,52 g	1,01 g
Kuitua/Kostfibrer	2,28 g	0,91 g
Natriumia/Natrium	0,35 g	0,14 g

40 g annos sisï¿½ltï¿½ï¿½/portion 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