451 **KAURASï¿½MPYLï¿½, L, M**

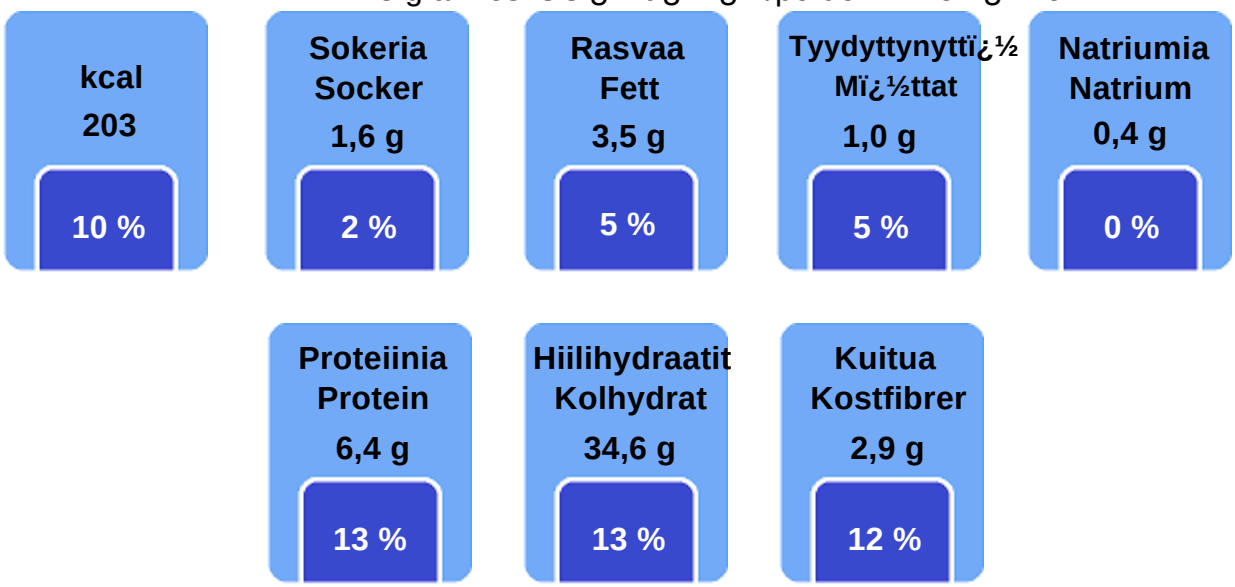
Raaka-aineet:
Vehnï¿½jauho, vesi, kaurahiutale, hiiva, kasvirasva, sokeri, suola (1,14 %)

Maidoton

Ingredienser:
Vetemjï¿½l, vatten, havreflingor, jï¿½st, vegetabiliskt fett, socker, salt ()1,1 %)

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	**per 100 g**	**per kpl/stycke**
Energiaa/Energi	1089 kJ	850 kJ
	260 kcal	203 kcal
Proteiinia/Protein	8,19 g	6,39 g
Hiilihydraattia/Kolhydrat	44,39 g	34,63 g
Josta sokeria/varar sockerarter	2,03 g	1,59 g
Laktoosia/Laktos	0,00 g	0,00 g
Rasvaa/Fett	4,48 g	3,50 g
Kuitua/Kostfibrer	3,69 g	2,88 g
Natriumia/Natrium	0,47 g	0,36 g

78 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