611 30 HENG SITRUUNAKAKKU

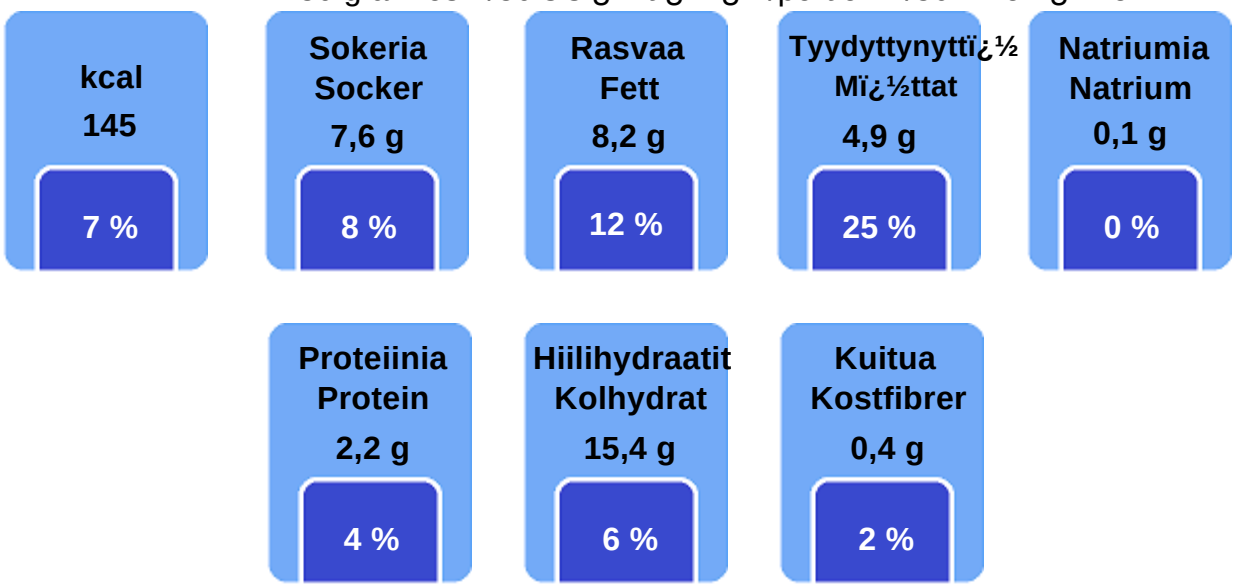
Raaka-aineet:
Vehnï¿½jauho, HYLA- voi, sokeri, kananmuna, leivinjauhe, vanilliinisokeri, sitruunapasta, rypsiï¿½ljy, emulgointiaine, soijalesitiini, korppujauho. VL= Vï¿½Hï¿½LAKTOOSINEN.

Vï¿½hï¿½laktoosinen

Ingredienser:
Vetemjï¿½l,HYLA- smï¿½r, socker, ï¿½gg, bakpulver, vanillinsocker, citronarom, rypsolja, emulgeringsmedel sojalecitin, skorpmjï¿½l. LL= Lï¿½GLAKTOS.

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	per 100 g	per kpl/stycke
Energiaa/Energi	2019 kJ	606 kJ
	483 kcal	145 kcal
Proteiinia/Protein	7,19 g	2,16 g
Hiilihydraattia/Kolhydrat	51,23 g	15,37 g
Josta sokeria/varar sockerarter	25,27 g	7,58 g
Laktoosia/Laktos	0,14 g	0,04 g
Rasvaa/Fett	27,44 g	8,23 g
Kuitua/Kostfibrer	1,39 g	0,42 g
Natriumia/Natrium	0,26 g	0,08 g

30 g annos 1/30 sisï¿½ltï¿½ï¿½/portion 1/30 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