651 RUSKEET PIPARIT

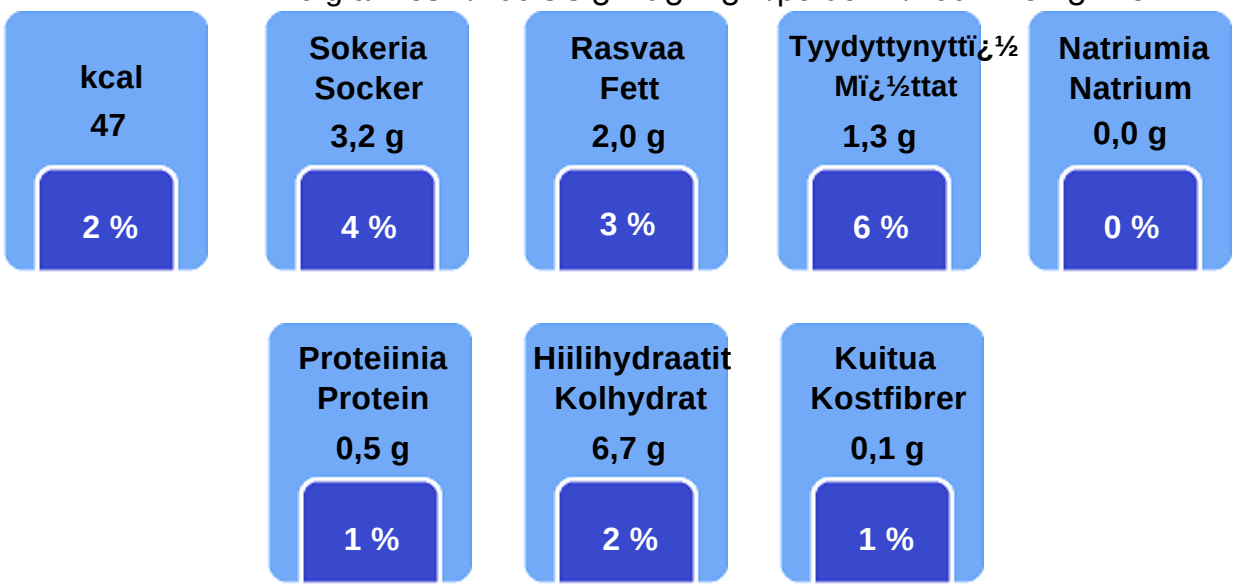
Raaka-aineet:
Sokeri, kananmuna, vehnï¿½jauho, perunajauho, sooda, kardemumma, kaneli, neilikka, inkivï¿½ï¿½ri, pomeranssinkuori, siirappi, HYLA- voi. Vï¿½hï¿½laktoosinen

Vï¿½hï¿½laktoosinen

Ingredienser:
Socker, ï¿½gg, vetemjï¿½l, potatismjï¿½l, soda, kardemumma, kanel, nejlika, ingefï¿½ra, pomeransskal, sirap, HYLA-smï¿½r. Lï¿½GLAKTOS.

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	**per 100 g**	**per kpl/stycke**
Energiaa/Energi	1982 kJ	198 kJ
	474 kcal	47 kcal
Proteiinia/Protein	5,25 g	0,53 g
Hiilihydraattia/Kolhydrat	66,93 g	6,69 g
Josta sokeria/varar sockerarter	31,95 g	3,19 g
Laktoosia/Laktos	0,09 g	0,01 g
Rasvaa/Fett	20,28 g	2,03 g
Kuitua/Kostfibrer	1,47 g	0,15 g
Natriumia/Natrium	0,39 g	0,04 g

10 g annos 1/100 sisï¿½ltï¿½ï¿½/portion 1/100 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