654 **SUKLAAOULUNRUUSU**

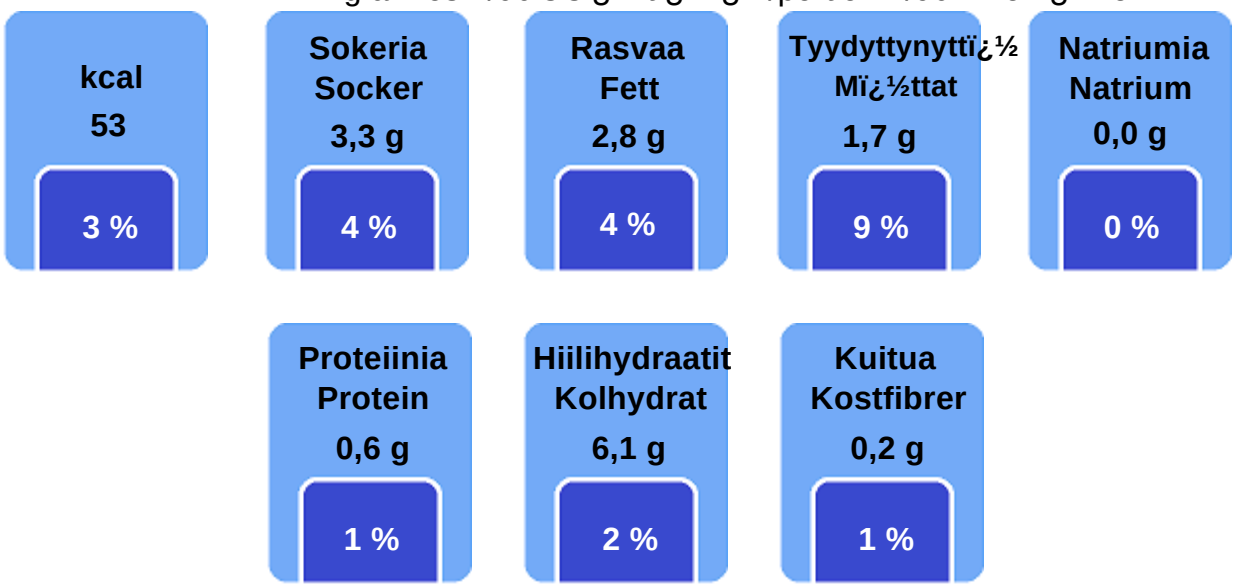
Raaka-aineet:
HYLA-voi, sokeri, kananmuna, vehnï¿½jauho, suola, kaakaojauhe, suklaa. VL= Vï¿½Hï¿½LAKTOOSINEN.

Vï¿½hï¿½laktoosinen

Ingredienser:
HYLA-smï¿½r, socker, ï¿½gg, vetemjï¿½l, salt, kakaopulver, shoklad. LL= Lï¿½GLAKTOS.

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	**per 100 g**	**per kpl/stycke**
Energiaa/Energi	1980 kJ	220 kJ
	473 kcal	53 kcal
Proteiinia/Protein	5,52 g	0,61 g
Hiilihydraattia/Kolhydrat	55,01 g	6,11 g
Josta sokeria/varar sockerarter	29,60 g	3,29 g
Laktoosia/Laktos	0,12 g	0,01 g
Rasvaa/Fett	25,28 g	2,81 g
Kuitua/Kostfibrer	1,55 g	0,17 g
Natriumia/Natrium	0,19 g	0,02 g

11 g annos 1/90 sisï¿½ltï¿½ï¿½/portion 1/90 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