6900 **JOULUTORTTU**

Raaka-aineet:

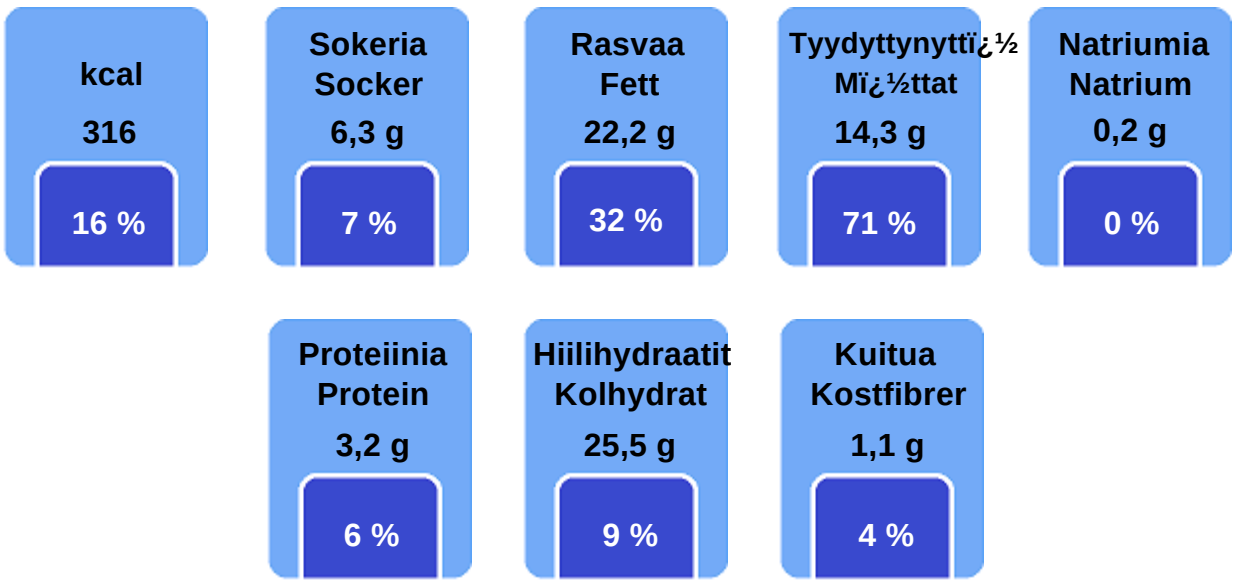
Vehnï¿½jauho, voi, luumumarmeladi,vesi

Ingredienser:

Vetemjï¿½l, smï¿½r, marmelad

Ravintosisï¿½ltï¿½/Nï¿½ringsinnehï¿½ll	per 100 g	per kpl/stycke
Energiaa/Energi	1956 kJ	1321 kJ
	467 kcal	316 kcal
Proteiinia/Protein	4,77 g	3,22 g
Hiilihydraattia/Kolhydrat	37,75 g	25,50 g
Josta sokeria/varar sockerarter	9,29 g	6,28 g
Laktoosia/Laktos	0,16 g	0,11 g
Rasvaa/Fett	32,92 g	22,23 g
Kuitua/Kostfibrer	1,60 g	1,08 g
Natriumia/Natrium	0,24 g	0,16 g

67 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