



Lower in Saturated Fat
Higher in Wholegrains

Wholegrain Egg Mee Kia

全麦蛋面仔



C6339

Nutrition Information 营养信息

Serving per package 包装份量: 3

Serving Size 单餐量: 120g (1 bundle)

		Per serving	Per 100g
Energy	能量	301 kcal*	251 kcal*
Protein	蛋白质	13.2 g	11.0 g
Total Fat	总脂肪	1.4 g	1.2 g
— Saturated Fat	饱和脂肪	0.4 g	0.3 g
— Trans fat	反式脂肪酸	0.0 g	0.0 g
Cholesterol	胆固醇	0 mg	0 mg
Carbohydrate	碳水化合物	58.8 g	49.0 g
— Total Sugar	糖	4.1 g	3.4 g
Dietary Fibre	膳食纤维	3.6 g	3.0 g
Sodium	钠	460 mg	383 mg
Vitamin D3	维生素 D3	0.0 ug	0.0 ug
Potassium	钾	2.8 mg	2.3 mg
Calcium	钙	2432.0 mg	2027.0 mg
Iron	铁	34.3 mg	28.63 mg

* 1 kcal = 4.2 kJ

Ingredients: 成份

Wheat flour, water, wholegrain flour (15%), whole fresh eggs, modified starch, sugar, sodium & potassium bicarbonate, calcium salts, salts, wheat gluten, insoluble & soluble fibre
高筋面粉 水 全麦粉 (15%), 蛋 改性淀粉 碱性盐 糖 盐 小麦面筋 可溶性和非溶性纤维

Storage Conditions: Chilled 保存: 冷藏

Store in Chilled /refrigerated (~4-6 Deg C) 冷藏于摄氏4-6度

25% lower in saturated fat as compared to regular wheat based noodles.

饱和脂肪比正常麦粉面食低25%。

1 serving of Liang He noodle will provide you with 36% of daily wholegrain requirement.

单份量的良禾面条提供36%每日的全麦需求。

Manufactured by:



Product of Singapore
新加坡产品

ISO 22000-2005 & HACCP Certified

Weight
重量
360g