



Lower in Saturated Fat  
Higher in Wholegrains

# Wholegrain Egg Mee Pok

## 全麦蛋面薄



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
<b>Energy</b>	能量	301 kcal*	251 kcal*
<b>Protein</b>	蛋白质	13.2 g	11.0 g
<b>Total Fat</b>	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
<b>Cholesterol</b>	胆固醇	0 mg	0 mg
<b>Carbohydrate</b>	碳水化合物	58.8 g	49.0 g
— Total Sugar	糖	4.1 g	3.4 g
<b>Dietary Fibre</b>	膳食纤维	3.6 g	3.0 g
<b>Sodium</b>	钠	460 mg	383 mg
<b>Vitamin D3</b>	维生素 D3	0.0 ug	0.0 ug
<b>Potassium</b>	钾	2.8 mg	2.3 mg
<b>Calcium</b>	钙	2432 mg	2027 mg
<b>Iron</b>	铁	34.3 mg	28.6 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  
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