



Lower in Saturated Fat  
Higher in Wholegrains

# Wholegrain Pan Mee Kia

## 全麦板面仔



C6339

### Nutrition Information 营养信息

Serving per package 包装份量: 3

Serving Size 单份量: 120g (1 bundle)

		Per serving	Per 100g
<b>Energy</b>	能量	323 kcal*	269 kcal*
<b>Protein</b>	蛋白质	9.7 g	8.1 g
<b>Total Fat</b>	总脂肪	2.2 g	1.8 g
— Saturated Fat	饱和脂肪	0.7 g	0.6 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	66.1 g	55.1 g
— Total Sugar	糖	0.1 g	0.1 g
<b>Dietary Fibre</b>	膳食纤维	3.4 g	2.8 g
<b>Sodium</b>	钠	457 mg	381 mg
<b>Vitamin D3</b>	维生素 D3	0.0 ug	0.0 ug
<b>Potassium</b>	钾	922.1 mg	768.4 mg
<b>Calcium</b>	钙	564.1 mg	470.1 mg
<b>Iron</b>	铁	13.1 mg	10.9 mg

\* 1 kcal = 4.2 kJ

### Ingredients: 成份

Wheat flour, water, wholegrain flour (15%), modified starch, salt, wheat gluten, insoluble & soluble fibre  
面粉 水 全麦粉 (15%), 改性淀粉 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