



Lower in Saturated Fat  
Higher in Wholegrains

# Wholegrain Ramen

## 全麦拉面



C6339

### Nutrition Information 营养信息

Serving per package 包装份量: 3

Serving Size 单份量: 120g (1 pack)

		Per serving	Per 100g
<b>Energy</b>	能量	312 kcal*	260 kcal*
<b>Protein</b>	蛋白质	13.6 g	11.3 g
<b>Total Fat</b>	总脂肪	1.3 g	1.1 g
— Saturated Fat	饱和脂肪	0.2 g	0.2 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	61.2 g	51.0 g
— Total Sugar	糖	2.9 g	2.4 g
<b>Dietary Fibre</b>	膳食纤维	3.2 g	2.7 g
<b>Sodium</b>	钠	518 mg	432 mg
<b>Vitamin D3</b>	维生素 D3	0.0 ug	0.0 ug
<b>Potassium</b>	钾	2.6 mg	2.2 mg
<b>Calcium</b>	钙	1130.6 mg	942.2 mg
<b>Iron</b>	铁	30.4 mg	25.3 mg

\* 1 kcal = 4.2 kJ

### Ingredients: 成份

Wheat flour, water, wholemeal flour (15%), whole fresh eggs, modified starch, sugar, sodium & potassium bicarbonate, calcium salt, salt, wheat gluten, insoluble & soluble fibre  
面粉, 水, 全麦粉 (15%), 全蛋, 改性淀粉, 糖, 碳酸钠和钾, 钙盐, 盐, 小麦面筋, 可溶性和不可溶性纤维

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