

# Nutrition Facts

## Valeur nutritive

Per 1 serving (103 g) / par 1 portion (103 g)

Amount	% Daily Value
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Teneur	% valeur quotidienne
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<b>Calories / Calories</b> 190	
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<b>Fat / Lipides</b> 5 g	<b>8 %</b>
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Saturated / saturés 1.5 g	<b>7 %</b>
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+ Trans / trans 0 g	
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<b>Cholesterol / Cholestérol</b> 50 mg	
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<b>Sodium / Sodium</b> 570 mg	<b>24 %</b>
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<b>Carbohydrate / Glucides</b> 16 g	<b>5 %</b>
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Fibre / Fibres 1 g	<b>4 %</b>
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Sugars / Sucres 2 g	
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<b>Protein / Protéines</b> 20 g	
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Vitamin A / Vitamine A	0 %
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Vitamin C / Vitamine C	0 %
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Calcium / Calcium	4 %
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Iron / Fer	8 %
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