

**Nutrition Facts****Valeur nutritive**

Serving Size (139 g) / Portion (139 g)

Amount Teneur		% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 200		
<b>Fat / Lipides</b> 6 g		<b>9 %</b>
Saturated / saturés 1.5 g		<b>8 %</b>
+ Trans / trans 0 g		
<b>Cholesterol / Cholestérol</b> 35 mg		
<b>Sodium / Sodium</b> 220 mg		<b>9 %</b>
<b>Carbohydrate / Glucides</b> 26 g		<b>9 %</b>
Fibre / Fibres 7 g		<b>28 %</b>
Sugars / Sucres 3 g		
<b>Protein / Protéines</b> 12 g		
Vitamin A / Vitamine A		2 %
Vitamin C / Vitamine C		8 %
Calcium / Calcium		8 %
Iron / Fer		25 %