

## Nutrition Facts

### Valeur nutritive

Serving Size (65 g) / Portion (65 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 190	
<b>Fat / Lipides</b> 9 g	<b>14 %</b>
Saturated / saturés 1.5 g	<b>8 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 45 mg	
<b>Sodium / Sodium</b> 20 mg	<b>1 %</b>
<b>Carbohydrate / Glucides</b> 27 g	<b>9 %</b>
Fibre / Fibres 3 g	<b>12 %</b>
Sugars / Sucres 18 g	
<b>Protein / Protéines</b> 4 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	20 %