

## Nutrition Facts

### Valeur nutritive

Serving Size (104 g) / Portion (104 g)

Amount Teneur		% Daily Value % valeur quotidienne
<b>Calories / Calories 200</b>		
<b>Fat / Lipides</b> 5 g		<b>8 %</b>
Saturated / saturés 0.5 g		<b>3 %</b>
+ Trans / trans 0 g		
<b>Cholesterol / Cholestérol</b> 0 mg		
<b>Sodium / Sodium</b> 370 mg		<b>15 %</b>
<b>Carbohydrate / Glucides</b> 27 g		<b>9 %</b>
Fibre / Fibres 11 g		<b>44 %</b>
Sugars / Sucres 6 g		
<b>Protein / Protéines</b> 12 g		
Vitamin A / Vitamine A		6 %
Vitamin C / Vitamine C		30 %
Calcium / Calcium		4 %
Iron / Fer		20 %