

## Nutrition Facts

### Valeur nutritive

Serving Size (359 g) / Portion (359 g)

| Amount<br>Teneur                               | % Daily Value<br>% valeur quotidienne |
|--|---------------------------------------|
| <b>Calories / Calories</b> 310                 |                                       |
| <b>Fat / Lipides</b> 10 g                      | <b>15 %</b>                           |
| Saturated / saturés 3 g<br>+ Trans / trans 0 g | <b>15 %</b>                           |
| <b>Cholesterol / Cholestérol</b> 65 mg         |                                       |
| <b>Sodium / Sodium</b> 520 mg                  | <b>22 %</b>                           |
| <b>Carbohydrate / Glucides</b> 43 g            | <b>14 %</b>                           |
| Fibre / Fibres 6 g                             | <b>24 %</b>                           |
| Sugars / Sucres 8 g                            |                                       |
| <b>Protein / Protéines</b> 16 g                |                                       |
| Vitamin A / Vitamine A                         | 10 %                                  |
| Vitamin C / Vitamine C                         | 15 %                                  |
| Calcium / Calcium                              | 10 %                                  |
| Iron / Fer                                     | 20 %                                  |