

## Nutrition Facts

### Valeur nutritive

Serving Size (210 g) / Portion (210 g)

| Amount<br>Teneur                       | % Daily Value<br>% valeur quotidienne |
|--|---------------------------------------|
| <b>Calories / Calories</b> 190         |                                       |
| <b>Fat / Lipides</b> 7 g               | <b>11 %</b>                           |
| Saturated / saturés 2.5 g              | <b>13 %</b>                           |
| + Trans / trans 0 g                    |                                       |
| <b>Cholesterol / Cholestérol</b> 50 mg |                                       |
| <b>Sodium / Sodium</b> 640 mg          | <b>27 %</b>                           |
| <b>Carbohydrate / Glucides</b> 6 g     | <b>2 %</b>                            |
| Fibre / Fibres 3 g                     | <b>12 %</b>                           |
| Sugars / Sucres 0 g                    |                                       |
| <b>Protein / Protéines</b> 23 g        |                                       |
| Vitamin A / Vitamine A                 | 15 %                                  |
| Vitamin C / Vitamine C                 | 50 %                                  |
| Calcium / Calcium                      | 15 %                                  |
| Iron / Fer                             | 15 %                                  |