

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size (311 g) / Portion (311 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 210</b>	
<b>Fat / Lipides 4.5 g</b>	<b>7 %</b>
Saturated / saturés 1 g	<b>5 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 25 mg</b>	
<b>Sodium / Sodium 390 mg</b>	<b>16 %</b>
<b>Carbohydrate / Glucides 34 g</b>	<b>11 %</b>
Fibre / Fibres 6 g	<b>24 %</b>
Sugars / Sucres 7 g	
<b>Protein / Protéines 8 g</b>	
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	70 %
Calcium / Calcium	10 %
Iron / Fer	15 %