

| Nutrition Facts | |
|--|---------------------------------------|
| Valeur nutritive | |
| Serving Size (263 g) / Portion (263 g) | |
| Amount Teneur | % Daily Value % valeur quotidienne |
| Calories / Calories 190 | |
| Fat / Lipides 3.5 g | 5 % |
| Saturated / saturés 0.3 g | 2 % |
| + Trans / trans 0 g | |
| Cholesterol / Cholestérol 10 mg | |
| Sodium / Sodium 490 mg | 20 % |
| Carbohydrate / Glucides 29 g | 10 % |
| Fibre / Fibres 2 g | 8 % |
| Sugars / Sucres 2 g | |
| Protein / Protéines 10 g | |
| Vitamin A / Vitamine A | 8 % |
| Vitamin C / Vitamine C | 15 % |
| Calcium / Calcium | 4 % |
| Iron / Fer | 15 % |