

## Nutrition Facts

### Valeur nutritive

Serving Size (142 g) / Portion (142 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 210	
<b>Fat / Lipides</b> 8 g	<b>12 %</b>
Saturated / saturés 3 g	<b>15 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 110 mg	
<b>Sodium / Sodium</b> 110 mg	<b>5 %</b>
<b>Carbohydrate / Glucides</b> 23 g	<b>8 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 7 g	
<b>Protein / Protéines</b> 11 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	25 %
Iron / Fer	10 %