

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size (216 g) / Portion (216 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 180	
<b>Fat / Lipides</b> 5 g	<b>8 %</b>
Saturated / saturés 1 g	<b>5 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 5 mg	
<b>Sodium / Sodium</b> 340 mg	<b>14 %</b>
<b>Carbohydrate / Glucides</b> 29 g	<b>10 %</b>
Fibre / Fibres 6 g	<b>24 %</b>
Sugars / Sucres 6 g	
<b>Protein / Protéines</b> 6 g	
Vitamin A / Vitamine A	120 %
Vitamin C / Vitamine C	20 %
Calcium / Calcium	10 %
Iron / Fer	15 %