

| Nutrition Facts | |
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| Valeur nutritive | |
| Serving Size (256 g) / Portion (256 g) | |
| Amount | % Daily Value |
| Teneur | % valeur quotidienne |
| Calories / Calories 140 | |
| Fat / Lipides 5 g | 8 % |
| Saturated / saturés 0.5 g | 3 % |
| + Trans / trans 0 g | |
| Cholesterol / Cholestérol 0 mg | |
| Sodium / Sodium 420 mg | 18 % |
| Carbohydrate / Glucides 19 g | 6 % |
| Fibre / Fibres 3 g | 12 % |
| Sugars / Sucres 4 g | |
| Protein / Protéines 7 g | |
| Vitamin A / Vitamine A | 45 % |
| Vitamin C / Vitamine C | 170 % |
| Calcium / Calcium | 15 % |
| Iron / Fer | 50 % |