

## Nutrition Facts

### Valeur nutritive

Serving Size (310 g) / Portion (310 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 140	
<b>Fat / Lipides</b> 4.5 g	<b>7 %</b>
Saturated / saturés 0.5 g	<b>3 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 330 mg	<b>14 %</b>
<b>Carbohydrate / Glucides</b> 21 g	<b>7 %</b>
Fibre / Fibres 3 g	<b>12 %</b>
Sugars / Sucres 4 g	
<b>Protein / Protéines</b> 5 g	
Vitamin A / Vitamine A	70 %
Vitamin C / Vitamine C	30 %
Calcium / Calcium	6 %
Iron / Fer	8 %