

## Nutrition Facts

### Valeur nutritive

Serving Size (100 g) / Portion (100 g)

| Amount<br>Teneur                      | % Daily Value<br>% valeur quotidienne |
|---------------------------------------|---------------------------------------|
| <b>Calories / Calories</b> 330        |                                       |
| <b>Fat / Lipides</b> 11 g             | <b>17 %</b>                           |
| Saturated / saturés 1 g               | <b>5 %</b>                            |
| + Trans / trans 0 g                   |                                       |
| <b>Cholesterol / Cholestérol</b> 5 mg |                                       |
| <b>Sodium / Sodium</b> 135 mg         | <b>6 %</b>                            |
| <b>Carbohydrate / Glucides</b> 43 g   | <b>14 %</b>                           |
| Fibre / Fibres 5 g                    | <b>20 %</b>                           |
| Sugars / Sucres 30 g                  |                                       |
| <b>Protein / Protéines</b> 15 g       |                                       |
| Vitamin A / Vitamine A                | 0 %                                   |
| Vitamin C / Vitamine C                | 2 %                                   |
| Calcium / Calcium                     | 35 %                                  |
| Iron / Fer                            | 10 %                                  |