

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size (293 g) / Portion (293 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 220</b>	
<b>Fat / Lipides 7 g</b>	<b>11 %</b>
Saturated / saturés 2 g + Trans / trans 0 g	<b>10 %</b>
<b>Cholesterol / Cholestérol 90 mg</b>	
<b>Sodium / Sodium 300 mg</b>	<b>13 %</b>
<b>Carbohydrate / Glucides 14 g</b>	<b>5 %</b>
Fibre / Fibres 4 g	<b>16 %</b>
Sugars / Sucres 5 g	
<b>Protein / Protéines 25 g</b>	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	110 %
Calcium / Calcium	6 %
Iron / Fer	20 %