

## Nutrition Facts

### Valeur nutritive

Serving Size (168 g) / Portion (168 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 560	
<b>Fat / Lipides</b> 11 g	<b>17 %</b>
Saturated / saturés 1.5 g	<b>8 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 320 mg	<b>13 %</b>
<b>Carbohydrate / Glucides</b> 92 g	<b>31 %</b>
Fibre / Fibres 35 g	<b>140 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 27 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	25 %
Iron / Fer	35 %