

**Nutrition Facts****Valeur nutritive**

Serving Size (72 g) / Portion (72 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 200	
<b>Fat / Lipides</b> 8 g	<b>12 %</b>
Saturated / saturés 1 g + Trans / trans 0 g	<b>5 %</b>
<b>Cholesterol / Cholestérol</b> 15 mg	
<b>Sodium / Sodium</b> 30 mg	<b>1 %</b>
<b>Carbohydrate / Glucides</b> 27 g	<b>9 %</b>
Fibre / Fibres 4 g	<b>16 %</b>
Sugars / Sucres 9 g	
<b>Protein / Protéines</b> 7 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	6 %
Iron / Fer	10 %