

## Nutrition Facts

### Valeur nutritive

Serving Size (301 g) / Portion (301 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 500	
<b>Fat / Lipides</b> 16 g	<b>25 %</b>
Saturated / saturés 2.5 g	<b>15 %</b>
+ Trans / trans 0.5 g	
<b>Cholesterol / Cholestérol</b> 50 mg	
<b>Sodium / Sodium</b> 560 mg	<b>23 %</b>
<b>Carbohydrate / Glucides</b> 44 g	<b>15 %</b>
Fibre / Fibres 8 g	<b>32 %</b>
Sugars / Sucres 7 g	
<b>Protein / Protéines</b> 46 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	40 %
Calcium / Calcium	20 %
Iron / Fer	40 %