

# Nutrition Facts / Valeur nutritive

Per about 4 tbsp (55g) /  
par environ 4 c. à soupe (55g)

**Smoked Salmon Pâté**  
**Pâté de saumon fumé**

**Crab Pâté**  
**Pâté de crabe**

**Lobster Pâté**  
**Pâté de homard**

	<b>Amount</b>	<b>% DV*</b>	<b>Amount</b>	<b>% DV*</b>	<b>Amount</b>	<b>% DV*</b>
	<b>Teneur</b>	<b>% VQ*</b>	<b>Teneur</b>	<b>% VQ*</b>	<b>Teneur</b>	<b>% VQ*</b>
<b>Calories</b>	<b>120</b>		<b>100</b>		<b>90</b>	
<b>Fat / Lipides</b>	<b>9 g</b>	<b>12%</b>	<b>8 g</b>	<b>11%</b>	<b>7 g</b>	<b>9%</b>
Saturated / saturés	5 g		4.5 g		4 g	
+ Trans / Trans	0.2 g	<b>26%</b>	0.2 g	<b>24%</b>	0.2 g	<b>21%</b>
Polyunsaturated / polyinsaturés	0.7 g		0.5 g		0.5 g	
Omega-6 / oméga-6	0.3 g		0.4 g		0.3 g	
Omega-3 / oméga-3	0.4 g		0.1 g		0.1 g	
Monounsaturated / monoinsaturés	2.5 g		2 g		2 g	
<b>Carbohydrate / Glucides</b>	<b>3 g</b>		<b>2 g</b>		<b>2 g</b>	
Fibre / Fibres	0 g	<b>0%</b>	0 g	<b>0%</b>	0 g	<b>0%</b>
Sugars / Sucres	1 g	<b>1%</b>	0 g	<b>0%</b>	0 g	<b>0%</b>
<b>Protein / Protéines</b>	<b>6 g</b>		<b>5 g</b>		<b>5 g</b>	
<b>Cholesterol / Cholestérol</b>	<b>55 mg</b>		<b>100 mg</b>		<b>110 mg</b>	
<b>Sodium</b>	<b>240 mg</b>	<b>10%</b>	<b>200 mg</b>	<b>9%</b>	<b>300 mg</b>	<b>13%</b>
Potassium	100 mg	<b>2%</b>	40 mg	<b>1%</b>	40 mg	<b>1%</b>
Calcium	20 mg	<b>2%</b>	50 mg	<b>4%</b>	50 mg	<b>4%</b>
Iron / Fer	0.3 mg	<b>2%</b>	0.5 mg	<b>3%</b>	0.4 mg	<b>2%</b>

\* DV - Daily Value / VQ - valeur quotidienne

\* 5% or less is a little, 15% or more is a lot