

Nutrition Facts

Valeur nutritive

Per 50 g / par 50 g

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 3 g	5%
Saturated / saturés 0.5 g + Trans / trans 0.2 g	4%
Polyunsaturated / polyinsaturés 1 g	
Omega-6 / oméga-6 0.1 g	
Omega-3 / oméga-3 0.9 g	
Monounsaturated / monoinsaturés 1 g	
Cholesterol / Cholestérol 40 mg	13%
Sodium / Sodium 200 mg	8%
Potassium / Potassium 140 mg	4%
Carbohydrate / Glucides 1 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 1 g	
Protein / Protéines 13 g	
Vitamin A / Vitamine A	2%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	2%