

Nutrition Facts

Valeur nutritive

Per (100 g) / par (100 g)

| Amount Teneur | % Daily Value % valeur quotidienne |
|------------------|---------------------------------------|
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Calories / Calories 210

Fat / Lipides 13 g **20%**

Saturated / saturés 3 g **15%**
+ Trans / trans 0 g

Polyunsaturated / polyinsaturés 3.5 g

Omega-6 / oméga-6 1 g

Omega-3 / oméga-3 2.5 g

Monounsaturated / monoinsaturés 3.5 g

Cholesterol / Cholestérol 55 mg

Sodium 60 mg **3%**

Carbohydrate / Glucides 0 g **0%**

Fibre / Fibres 0 g **0%**

Sugars / Sucres 0 g

Protein / Protéines 20 g

Vitamin A / Vitamine A **2%**

Vitamin C / Vitamine C **6%**

Calcium / Calcium **2%**

Iron / Fer **2%**