

# Nutrition Facts

## Valeur nutritive

Per 45 g / Par 45 g

Amount  
Teneur

% Daily Value  
% valeur quotidienne

Calories / Calories 155

Calories / Calories 160

Fat / Lipides 1 g 1%

Saturated / Saturés 0 g  
+ Trans / Trans 0 g 0%

Cholesterol / Cholestérol

Sodium / Sodium 2 mg 0%

Carbohydrate / Glucides 30 g 10%

Fibres / Fibres 3 g 12%

Sugars / Sucres 0 g

Proteins / Protéines 5 g

Vitamin A / Vitamine A 0%

Vitamin C / Vitamine C 0%

Calcium / Calcium 2%

Iron / Fer 15%