

CARI DE LÉGUMES D'AUTOMNE

Valeur nutritive

Nutrition Facts

Serving Size (409g)
Servings Per Container

Amount Per Serving

Calories 380 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 69g **23%**

Dietary Fiber 10g **40%**

Sugars 11g

Protein 15g

Vitamin A --%

• Vitamin C 160%

Calcium 15%

• Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4