BROCHETTES DE POULET ASIATIQUES

Valeur nutritive

Nutrition Facts

Serving Size (189g)
Servings Per Container

Amount Per Serving

Calories 350 Calories from Fat 120

	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 95mg	**32%**
Sodium 350mg	**15%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 2g	**8%**
Sugars 11g	
Protein 40g	

Vitamin A --% • Vitamin C 10%

Calcium 4% • Iron 10%

*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