

CHAUDRÉE MARITIME

Valeur nutritive

Nutrition Facts

Serving Size (385g)
Servings Per Container

Amount Per Serving

Calories 200 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

 Saturated Fat 0.5g **3%**

 Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 290mg **12%**

Total Carbohydrate 18g **6%**

 Dietary Fiber 4g **16%**

 Sugars 8g

Protein 21g

Vitamin A 10% • Vitamin C 110%

Calcium 8% • 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