

COQUILLE SAINT-JACQUES

Valeur nutritive

Nutrition Facts

Serving Size (244g)
Servings Per Container

Amount Per Serving

Calories 280 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 115mg 38%

Sodium 260mg 11%

Total Carbohydrate 17g 6%

Dietary Fiber 0g 0%

Sugars 9g

Protein 35g

Vitamin A 4% • Vitamin C 90%

Calcium 50% • 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