Pain de Saumon léger à l'aneth

Valeur nutritive

Nutrition Facts

Serving Size (309g)
Servings Per Container

Amount Per Serving

Calories 290	Calories from Fat 130
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 130mg	**43%**
Sodium 300mg	**13%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 3g	**12%**
Sugars 11g	
Protein 19g	

Vitamin A --% • Vitamin C 15%

Calcium 30% • Iron 15%

*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