POULET SAUTÉ AU BROCOLI

Valeur nutritive

Nutrition Facts

Serving Size (288g)
Servings Per Container

Amount Per Serving

Calories 420	Calories from Fat 180
	% Daily Value*
Total Fat 20g	**31%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 220mg	**9%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 5g	**20%**
Sugars 6g	
Protein 45g	

Vitamin A --%	• Vitamin C 230%
Calcium 8%	• 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