

POULET GRILLÉ ET SAUCE À L'ORANGE ET CORIANDRE

Valeur nutritive

Nutrition Facts

Serving Size (403g)
Servings Per Container

Amount Per Serving

Calories 320 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

 Saturated Fat 0.5g **3%**

 Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 260mg **11%**

Total Carbohydrate 37g **12%**

 Dietary Fiber 5g **20%**

 Sugars 26g

Protein 36g

Vitamin A --% • Vitamin C 210%

Calcium 15% • 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