QUÉSADILLAS AU SAUMON ET MOZZARELLA

Valeur nutritive

Nutrition Facts

Serving Size (168g)
Servings Per Container

Amount Per Serving

Calories 320	Calories from Fat 120
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 370mg	**15%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 3g	**12%**
Sugars 1g	
Protein 21g	

Vitamin A 0% • Vitamin C 15%

Calcium 30% • 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