

QUICHE AUX 5 LÉGUMES

Valeur nutritive

Nutrition Facts

Serving Size (223g)
Servings Per Container

Amount Per Serving

Calories 190 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 155mg **52%**

Sodium 170mg **7%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **8%**

Sugars 7g

Protein 13g

Vitamin A --% • **Vitamin C** 70%

Calcium 25% • **Iron** 6%

*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