

# SAUMON À LA MÉDITERRANÉENNE

## Valeur nutritive

### Nutrition Facts

Serving Size (238g)  
Servings Per Container

Amount Per Serving

**Calories 230**      **Calories from Fat 80**

% Daily Value\*

**Total Fat 8g**      **12%**

**Saturated Fat 1.5g**      **8%**

    Trans Fat 0g

**Cholesterol 85mg**      **28%**

**Sodium 220mg**      **9%**

**Total Carbohydrate 3g**      **1%**

    Dietary Fiber 1g      **4%**

    Sugars 2g

**Protein 34g**

**Vitamin A 15%**      • **Vitamin C 15%**

**Calcium 4%**      • **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