TOFU MAROCAIN ET COUSCOUS AUX 5 JOYAUX

Valeur nutritive

Nutrition Facts

Serving Size (310g)
Servings Per Container

Amount Per Serving

Calories 500	Calories from Fat 190
	% Daily Value*
Total Fat 22g	**34%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 260mg	**11%**
Total Carbohydrate 57g	**19%**
Dietary Fiber 7g	**28%**
Sugars 14g	
Protein 25g	

Vitamin A --% • Vitamin C 25%

Calcium 30% • Iron 25%

*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