

Nutrition Facts

Valeur Nutritive

Per 1 square (30 g) / pour 1 carré (30 g)

| Amount | % Daily Value |
|---------------------------------------|----------------------|
| Teneur | % valeur quotidienne |
| Calories / Calories 120 | |
| Fat / Lipides 4.5 g | 7% |
| Saturated / saturés 0.5 g | 3% |
| +Trans / trans 0 g | |
| Polyunsaturated / polyinsaturés 1.5 g | |
| Omega-6 / oméga-6 1.5 g | |
| Omega-3 / oméga-3 0.4 g | |
| Monounsaturated / monoinsaturés 1 g | |
| Cholesterol / Cholestérol 0 mg | |
| Sodium / Sodium 25 mg | 1% |
| Carbohydrates / Glucides 19 g | 6% |
| Fibre / Fibres 3 g | 13% |
| Sugars / Sucres 6g | |
| Protein / Protéines 2 g | |
| Vitamin A / Vitamine A | 0% |
| Vitamin C / Vitamine C | 0% |
| Calcium / Calcium | 2% |
| Iron / Fer | 6% |
| Thiamine / Thiamine | 6% |
| Phosphorus / Phosphore | 6% |
| Magnesium / Magnésium | 15% |
| Zinc / Zinc | 8% |
| Selenium / Sélénium | 8% |