

# Nutrition Facts

## Valeur nutritive

1/4 cup (55 g) par 1/4 tasse (55 g)

**Calories 100**

**% Daily Value\***  
**% valeur quotidienne\***

|                            |    |
|----------------------------|----|
| <b>Fat / Lipides</b> 0.5 g | 1% |
| Saturated / saturés 0.1 g  | 1% |
| + Trans / trans 0 g        |    |

|                                    |     |
|------------------------------------|-----|
| <b>Carbohydrate / Glucides</b> 8 g |     |
| Fibre / Fibres 0 g                 | 0%  |
| Sugars / Sucres 8 g                | 16% |

**Protein / Protéines** 16 g

**Cholesterol / Cholestérol** 30 mg

|                      |     |
|----------------------|-----|
| <b>Sodium</b> 360 mg | 15% |
|----------------------|-----|

|                  |    |
|------------------|----|
| Potassium 125 mg | 4% |
|------------------|----|

|               |    |
|---------------|----|
| Calcium 30 mg | 2% |
|---------------|----|

|                    |    |
|--------------------|----|
| Iron / Fer 0.75 mg | 4% |
|--------------------|----|

|                             |    |
|-----------------------------|----|
| Vitamin D / Vitamine D 0 ug | 0% |
|-----------------------------|----|

\*5% or less is **a little**, 15% or more is **a lot**

\*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**