

# Nutrition Facts

## Valeur nutritive

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

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**Calories 70**

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

|                      |       |    |
|----------------------|-------|----|
| <b>Fat / Lipides</b> | 1.5 g | 2% |
| Saturated / saturés  | 0 g   | 0% |
| + Trans / trans      | 0 g   |    |

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

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|                            |      |  |
|----------------------------|------|--|
| <b>Protein / Protéines</b> | 14 g |  |
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|                                  |       |  |
|----------------------------------|-------|--|
| <b>Cholesterol / Cholestérol</b> | 30 mg |  |
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|               |        |     |
|---------------|--------|-----|
| <b>Sodium</b> | 240 mg | 10% |
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|           |        |    |
|-----------|--------|----|
| Potassium | 200 mg | 6% |
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|         |      |    |
|---------|------|----|
| Calcium | 0 mg | 0% |
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|            |        |    |
|------------|--------|----|
| Iron / Fer | 0.4 mg | 2% |
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|                        |       |     |
|------------------------|-------|-----|
| Vitamin D / Vitamine D | 10 ug | 50% |
|------------------------|-------|-----|

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

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