

# Nutrition Facts

## Valeur nutritive

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

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**Calories 140**

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

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|---------------------------|-----|
| <b>Fat / Lipides</b> 13 g | 17% |
| Saturated / saturés 7 g   | 35% |
| + Trans / trans 0 g       |     |

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|                                    |    |
|------------------------------------|----|
| <b>Carbohydrate / Glucides</b> 1 g |    |
| Fibre / Fibres 0 g                 | 0% |
| Sugars / Sucres 0 g                | 0% |

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|--------------------------------|--|
| <b>Protein / Protéines</b> 5 g |  |
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|----------------------------------------|--|
| <b>Cholesterol / Cholestérol</b> 90 mg |  |
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|----------------------|----|
| <b>Sodium</b> 120 mg | 5% |
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| Potassium 100 mg | 3% |
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| Calcium 30 mg | 2% |
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|-------------------|----|
| Iron / Fer 0.4 mg | 2% |
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|-------------------------------|-----|
| Vitamin D / Vitamine D 2.3 ug | 10% |
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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**