

# Nutrition Facts

## Valeur nutritive

Serving size 1/2 cup (125ml)

Portion 1/2 tasse (125ml)

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<b>Calories 50</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>

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<b>Fat/Lipides</b> 1 g	1 %
Saturated / saturés 0 g	1 %
+ Trans / trans 0 g	

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<b>Carbohydrate / Glucides</b> 7g	
Fibres / fibres 2 g	6 %
Sugars / sucres 4 g	4 %

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<b>Protein / protéines</b> 6 g	
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<b>Cholesterol / cholestérol</b> 0 mg	
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<b>Sodium</b> 250 mg	11 %
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<b>Potassium</b> 350 mg	7 %
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<b>Calcium</b> 30 mg	2 %
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<b>Iron / fer</b> 1.5 mg	8 %
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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