

|                           | quantité en<br>centaine de<br>grammes | kilocalories<br>pour la qté | kilojoules<br>pour la qté | Protides (g)  | Lipides (g)  | Glucides (g)  | Calcium<br>(mg) | Fer (mg)     | fibres (g)   |
|---------------------------|---------------------------------------|-----------------------------|---------------------------|---------------|--------------|---------------|-----------------|--------------|--------------|
| <b>TOTAL</b>              | <b>14,2</b>                           | <b>1526,50</b>              | <b>6405,40</b>            | <b>141,34</b> | <b>43,89</b> | <b>126,08</b> | <b>596,05</b>   | <b>13,83</b> | <b>18,72</b> |
| <b>Nombre de portions</b> | <b>5</b>                              |                             |                           |               |              |               |                 |              |              |
| <b>Par portion</b>        | <b>2,84</b>                           | <b>305,30</b>               | <b>1281,08</b>            | <b>28,27</b>  | <b>8,78</b>  | <b>25,22</b>  | <b>119,21</b>   | <b>2,77</b>  | <b>3,74</b>  |
| <b>Kilojoules</b>         |                                       |                             |                           | 2402,78       | 1667,93      | 2143,34       |                 |              |              |
| <b>Répartition</b>        |                                       |                             |                           | 37,51%        | 26,04%       | 33,46%        |                 |              |              |
| <b>Soit pour 100g</b>     |                                       | 107,50                      | 451,08                    | 480,56        | 333,59       | 428,67        |                 |              |              |