

**DESCRIPTION****CRAQUAMANDE****ANALYSES/ANALYSIS**

/100 GRAMMES

/100 GRAMS

<b>GRAS/FAT</b>	<b>GRAMMES/GRAMS</b>	<b>54.2</b>
<b>PROTÉINE/PROTEIN (N x 6.25)</b>	<b>GRAMMES/GRAMS</b>	<b>19.2</b>
<b>CENDRE/ASH</b>	<b>GRAMMES/GRAMS</b>	<b>4.1</b>
<b>HUMIDITÉ/MOISTURE</b>	<b>GRAMMES/GRAMS</b>	<b>3.5</b>
<b>GLUCIDES/CARBOHYDRATES</b>	<b>GRAMMES/GRAMS</b>	<b>19.0</b>
<b>ÉNERGIE/ENERGY</b>	<b>CALORIES</b>	<b>641</b>
<b>CALORIES DE GRAS/CALORIES FROM FAT</b>		<b>488</b>
<b>SATURÉS/SATURATES</b>	<b>GRAMMES/GRAMS</b>	<b>6.0</b>
<b>MONOINSATURÉS/MONOUNSATURATES</b>	<b>GRAMMES/GRAMS</b>	<b>37.9</b>
<b>POLYINSATURÉS/POLYUNSATURATES</b>	<b>GRAMMES/GRAMS</b>	<b>9.3</b>
<b>OMEGA-3</b>	<b>GRAMMES/GRAMS</b>	<b>&lt;0.1</b>
<b>OMEGA-6</b>	<b>GRAMMES/GRAMS</b>	<b>7.7</b>
<b>ACIDES GRAS TRANS/TRANS FATTY ACIDS</b>	<b>GRAMMES/GRAMS</b>	<b>&lt;0.1</b>
<b>CHOLESTÉROL/CHOLESTEROL</b>	<b>MILLIGRAMMES/MILLIGRAMS</b>	<b>0</b>
<b>SUCRES/SUGARS</b>	<b>GRAMMES/GRAMS</b>	<b>3.2</b>
<b>FIBRES ALIMENTAIRES/TOTAL DIETARY FIBRE</b>	<b>GRAMMES/GRAMS</b>	<b>11.1</b>
<b>SODIUM</b>	<b>MILLIGRAMMES/MILLIGRAMS</b>	<b>485</b>
<b>CALCIUM</b>	<b>MILLIGRAMMES/MILLIGRAMS</b>	<b>254</b>
<b>FER/IRON</b>	<b>MILLIGRAMMES/MILLIGRAMS</b>	<b>4.8</b>
<b>VITAMINE A/VITAMIN A</b>	<b>RE</b>	<b>58</b>
<b>VITAMINE C/VITAMIN C</b>	<b>MILLIGRAMMES/MILLIGRAMS</b>	<b>1.0</b>
<b>BETA CAROTÈNE/BETA CAROTENE</b>	<b>IU</b>	<b>578</b>

**DESCRIPTION****CRAQUECITROUILLE****ANALYSES/ANALYSIS**

/100 GRAMMES

/100 GRAMS

<b>GRAS/FAT</b>	<b>GRAMMES/GRAMS</b>	<b>51.9</b>
<b>PROTÉINE/PROTEIN (N x 6.25)</b>	<b>GRAMMES/GRAMS</b>	<b>27.0</b>
<b>CENDRE/ASH</b>	<b>GRAMMES/GRAMS</b>	<b>4.9</b>
<b>HUMIDITÉ/MOISTURE</b>	<b>GRAMMES/GRAMS</b>	<b>5.1</b>
<b>GLUCIDES/CARBOHYDRATES</b>	<b>GRAMMES/GRAMS</b>	<b>11.1</b>
<b>ÉNERGIE/ENERGY</b>	<b>CALORIES</b>	<b>620</b>
<b>CALORIES DE GRAS/CALORIES FROM FAT</b>		<b>467</b>
<b>SATURÉS/SATURATES</b>	<b>GRAMMES/GRAMS</b>	<b>8.1</b>
<b>MONOINSATURÉS/MONOUNSATURATES</b>	<b>GRAMMES/GRAMS</b>	<b>23.6</b>
<b>POLYINSATURÉS/POLYUNSATURATES</b>	<b>GRAMMES/GRAMS</b>	<b>19.2</b>
<b>OMEGA-3</b>	<b>GRAMMES/GRAMS</b>	<b>0.3</b>
<b>OMEGA-6</b>	<b>GRAMMES/GRAMS</b>	<b>18.2</b>
<b>ACIDES GRAS TRANS/TRANS FATTY ACIDS</b>	<b>GRAMMES/GRAMS</b>	<b>&lt;0.1</b>
<b>CHOLESTÉROL/CHOLESTEROL</b>	<b>MILLIGRAMMES/MILLIGRAMS</b>	<b>0</b>
<b>SUCRES/SUGARS</b>	<b>GRAMMES/GRAMS</b>	<b>&lt;0.5</b>
<b>FIBRES ALIMENTAIRES/TOTAL DIETARY FIBRE</b>	<b>GRAMMES/GRAMS</b>	<b>8.2</b>
<b>SODIUM</b>	<b>MILLIGRAMMES/MILLIGRAMS</b>	<b>362</b>
<b>CALCIUM</b>	<b>MILLIGRAMMES/MILLIGRAMS</b>	<b>395</b>
<b>FER/IRON</b>	<b>MILLIGRAMMES/MILLIGRAMS</b>	<b>7.6</b>
<b>VITAMINE A/VITAMIN A</b>	<b>RE</b>	<b>90</b>
<b>VITAMINE C/VITAMIN C</b>	<b>MILLIGRAMMES/MILLIGRAMS</b>	<b>3.0</b>
<b>BETA CAROTÈNE/BETA CAROTENE</b>	<b>IU</b>	<b>905</b>

**DESCRIPTION****VÉGÉ-CARRE****ANALYSES/ANALYSIS****/100 GRAMMES****/100 GRAMS**

<b>GRAS/FAT</b>	<b>GRAMMES/GRAMS</b>	<b>48.9</b>
<b>PROTÉINE/PROTEIN (N x 6.25)</b>	<b>GRAMMES/GRAMS</b>	<b>25.3</b>
<b>CENDRE/ASH</b>	<b>GRAMMES/GRAMS</b>	<b>4.2</b>
<b>HUMIDITÉ/MOISTURE</b>	<b>GRAMMES/GRAMS</b>	<b>3.9</b>
<b>GLUCIDES/CARBOHYDRATES</b>	<b>GRAMMES/GRAMS</b>	<b>17.7</b>
<b>ÉNERGIE/ENERGY</b>	<b>CALORIES</b>	<b>612</b>
<b>CALORIES DE GRAS/CALORIES FROM FAT</b>		<b>440</b>
<b>SATURÉS/SATURATES</b>	<b>GRAMMES/GRAMS</b>	<b>5.0</b>
<b>MONOINSATURÉS/MONOUNSATURATES</b>	<b>GRAMMES/GRAMS</b>	<b>20.7</b>
<b>POLYINSATURÉS/POLYUNSATURATES</b>	<b>GRAMMES/GRAMS</b>	<b>22.2</b>
<b>OMEGA-3</b>	<b>GRAMMES/GRAMS</b>	<b>&lt;0.1</b>
<b>OMEGA-6</b>	<b>GRAMMES/GRAMS</b>	<b>21.0</b>
<b>ACIDES GRAS TRANS/TRANS FATTY ACIDS</b>	<b>GRAMMES/GRAMS</b>	<b>&lt;0.1</b>
<b>CHOLESTÉROL/CHOLESTEROL</b>	<b>MILLIGRAMMES/MILLIGRAMS</b>	<b>0</b>
<b>SUCRES/SUGARS</b>	<b>GRAMMES/GRAMS</b>	<b>5.1</b>
<b>FIBRES ALIMENTAIRES/TOTAL DIETARY FIBRE</b>	<b>GRAMMES/GRAMS</b>	<b>9.0</b>
<b>SODIUM</b>	<b>MILLIGRAMMES/MILLIGRAMS</b>	<b>539</b>
<b>CALCIUM</b>	<b>MILLIGRAMMES/MILLIGRAMS</b>	<b>107</b>
<b>FER/IRON</b>	<b>MILLIGRAMMES/MILLIGRAMS</b>	<b>7.6</b>
<b>VITAMINE A/VITAMIN A</b>	<b>RE</b>	<b>22</b>
<b>VITAMINE C/VITAMIN C</b>	<b>MILLIGRAMMES/MILLIGRAMS</b>	<b>2.7</b>
<b>BETA CAROTÈNE/BETA CAROTENE</b>	<b>IU</b>	<b>220</b>