

Valeurs Nutritionnelles : Veloutines salées

	Veau/Carotte	Bœuf printanière	Dinde méditerranée	Gratin de poisson
Protides (g)	10.5	10.6	9.8	10.1
Matières grasses (g)	7.8	7.8	7.6	8.7
Glucides totaux (g)	12.0	11.8	12.7	14.3
Sucres simples (g)	7.1	6.9	7.4	8.1
Calories (Kcal)	160.3	159.4	158.1	176.4
Calories (KJ)	670.1	666.3	660.9	737.4
Fibres (g)	0.3	0.2	0.3	0.2
Cholestérol (mg)	22.8	15.1	16.9	60.4
Acide gras saturé (g)	1.3	1.3	0.8	0.6
AGMI (g)	4.3	4.3	4.0	4.1
AGPI (g)	1.9	1.8	2.1	2.0
Omega 3 (18 :3 n-3) (g)	0.5	0.5	0.6	0.7
Sodium total (mg)	191.9	187.5	195.6	242.7
Sel (g)	0.5	0.5	0.5	0.6
Phosphore (mg)	204.1	187.6	199.6	199.5
Potassium (mg)	362.2	351.4	367.8	389.6
Magnésium (mg)	21.9	22.6	23.1	25.0
Calcium (mg)	208.2	205.9	217.2	216.4
Fer (mg)	0.5	0.8	0.5	0.5
Lactose (g)	7.9	7.4	7.9	8.8

	Courgette/Œuf Fromage	Canard Pomme de terre	Tajine d'agneau
Protides (g)	9.5	10.3	10.5
Matières grasses (g)	9.5	8.8	7.7
Glucides totaux (g)	13.9	12.9	12.7
Sucres simples (g)	8.1	8.9	7.4
Calories (Kcal)	178.8	172.5	162.2
Calories (KJ)	747.4	722	678.0
Fibres (g)	0.1	0.9	0.3
Cholestérol (mg)	83.2	22.4	14.5
Acide gras saturé (g)	0.9	1.5	1.4
AGMI (g)	4.4	4.9	4.1
AGPI (g)	2.2	2.1	1.7
Omega 3 (18 :3 n-3) (g)	0.6	0.6	0.6
Sodium total (mg)	247.9	326.5	204.7
Sel (g)	0.6	0.8	0.5
Phosphore (mg)	182.4	236.2	203.3
Potassium (mg)	345.6	442.0	373.6
Magnésium (mg)	21.3	27.4	23.4
Calcium (mg)	237.8	261.6	234.0
Fer (mg)	0.3	0.7	0.6
Lactose (g)	8.8	10.5	8.2