

Valeurs Nutritionnelles Fondants en sauce

	Navarin d'agneau et dinde haché	Bœuf Bourguignon	Blanquette de veau	Dinde aux girolles
Protides (g)	10.9	11.3	11.5	11.0
Matières grasses (g)	5.9	5.7	6.5	6.4
Glucides totaux (g)	5.2	9.8	4.2	4.8
Sucres simples (g)	0.9	0.4	0.6	0.7
Calories (Kcal)	116.2	135.8	122.6	122.5
Calories (KJ)	485.7	567.6	512.5	512.1
Fibres (g)	0.5	0.5	0.6	0.7
Cholestérol (mg)	34.7	33.0	52.5	43.5
Acide gras saturé (g)	1.5	1.8	3.1	2.0
AGMI (g)	2.2	2.4	2.5	2.3
AGPI (g)	0.9	0.6	0.6	1.1
Omega 3 (18 :3 n-3) (g)	0.3	0.1	0.1	0.2
Sodium total (mg)	226.1	206.6	235.8	201.8
Sel (g)	0.6	0.5	0.8	0.5
Phosphore (mg)	80.4	76.0	96.6	95.7
Potassium (mg)	296.6	266.0	289.3	287.4
Magnésium (mg)	15.5	13.7	13.6	16.3
Calcium (mg)	39.1	21.1	22.5	23.6
Fer (mg)	0.7	1.1	1.0	0.6
Lactose (g)	0.1	0.1	0.3	0.3

	Poulet basquaise	Bœuf napolitaine	Colin à la crème
Protides (g)	10.6	11.2	9.8
Matières grasses (g)	7.6	5.3	6.4
Glucides totaux (g)	4.4	5.0	3.9
Sucres simples (g)	0.8	1.1	0.6
Calories (Kcal)	129.3	110.4	110.1
Calories (KJ)	540.5	461.5	460.2
Fibres (g)	0.7	0.5	0.6
Cholestérol (mg)	44.0	31.5	37.6
Acide gras saturé (g)	2.0	1.6	2.1
AGMI (g)	3.2	2.4	3.1
AGPI (g)	1.3	0.3	1.3
Omega 3 (18 :3 n-3) (g)	0.3	0.0	0.4
Sodium total (mg)	218.6	195.2	239.7
Sel (g)	0.5	0.5	0.6
Phosphore (mg)	79.5	76.4	77.4
Potassium (mg)	279.1	311.4	285.5
Magnésium (mg)	15.2	14.9	16.0
Calcium (mg)	26.0	29.4	21.4
Fer (mg)	0.7	1.1	0.6
Lactose (g)	0.3	0.1	0.3