

Nutritional value complicated**33 g**

Energetic value	145 kcal (609kJ)
Proteine	2.7 g
Carbohydrates of which Sugars	18 g 9 g
Fats of which Saturated Fatty Acids	6.3 g 3.7 g
fiber	2.9 g
Salt	0.06 g
C vitamin	12 mg
Vitamin B3	2.4 mg
Vitamin E	2,8mg
Vitamin B5	0.9 mg
Vitamin B6	0.2 mg
Vitamin B2	0.2 mg
Vitamin B1	0.2 mg
Vitamin B12	0.4 µg
biotin	7.5 µg
Folic acid	30 µg