

La Pause



المكونات الغذائية
Nutrition Facts

Amount/Serving	100g	30g
Calories (kcal)	205	62
Total Fat 1.25g	2%	5%
Saturated Fat 0.79g	5%	3%
Cholesterol 0.45g	2%	2%
Total Carbohydrate 34.45g	29%	12%
Protein 0.75g	2%	1%
Sugar 8.48g	7%	3%
Calories from Fat 20%	20%	20%



جيبروس

المكونات الغذائية
Nutrition Facts

Serving Size: 30g	
Amount/Serving	0.00g
Calories	266
Calories from Fat	42
Total Fat 1.50g	2%
Saturated Fat 0.50g	3%
Cholesterol 0mg	0%
Total Carbohydrate 53.00g	18%
Dietary Fiber 3.00g	12%
Sugars 10.00g	6%
Protein 14.00g	32%
Water 0.00g	0%
Percent Daily Value	%DV
Calories from Fat (%DV)	2%
Total Fat (%DV)	3%
Saturated Fat (%DV)	3%
Cholesterol (%DV)	0%
Total Carbohydrate (%DV)	18%
Dietary Fiber (%DV)	12%
Sugars (%DV)	6%
Protein (%DV)	32%



المكونات الغذائية

Serving Size: 30g	الكمية المقدمة		
Amount/Servings	100g	30g	الكمية المقدمة
Calories (Kcal)	362.9	108.87	السعرات الحرارية
Carbohydrates (g)	52.5	15.75	الكربوهيدرات (جرام)
Dietary fiber (g)	7.5	2.25	الياف الغذائية (جرام)
Total Fat (g)	7.5	2.25	الدهون الكلية (جرام)
Saturated fat (g)	1.5	0.45	دهون متحللة (جرام)
Cholesterol (mg)	0	0	صوديوم (مليغرام)
Sugar (g)	29.5	8.85	السكر (جرام)
Protein (g)	10.5	3.15	البروتين (جرام)
Salt (g)	0.95	0.28	الملح (جرام)
Water (g)	20.5	6.15	الماء (جرام)



جبروس

المكونات الغذائية
Nutrition Facts

Serving Size: 35g

Amount/Serving

Calories Total

Calories From Fat

Total Fat 1.8g

Saturated Fat 0.8g

Cholesterol 25mg

Sodium 140mg

Total Carbohydrate 29g

Dietary Fiber 5.5g

Total Sugars 25g

Protein 6.5g

Vitamin A 20%

Vitamin C 20%

Calcium 20%

Iron 20%

Nutrient Reference Values

Percent Daily Value *

Calories 10%

Total Fat 1%

Saturated Fat 1%

Cholesterol 1%

Sodium 1%

Total Carbohydrate 1%

Dietary Fiber 2%

Total Sugars 1%

Protein 1%

Vitamin A 2%

Vitamin C 2%

Calcium 2%

Iron 2%

* Percent Daily Value based on a 2,000 calorie diet.

** Percent Daily Value based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Calories from Fat 20%

Calories from Saturated Fat 10%

Calories from Cholesterol 0%

Calories from Sodium 10%

Calories from Total Carbohydrate 10%

Calories from Dietary Fiber 20%

Calories from Total Sugars 10%

Calories from Protein 10%

Calories from Vitamin A 20%

Calories from Vitamin C 20%

Calories from Calcium 20%

Calories from Iron 20%