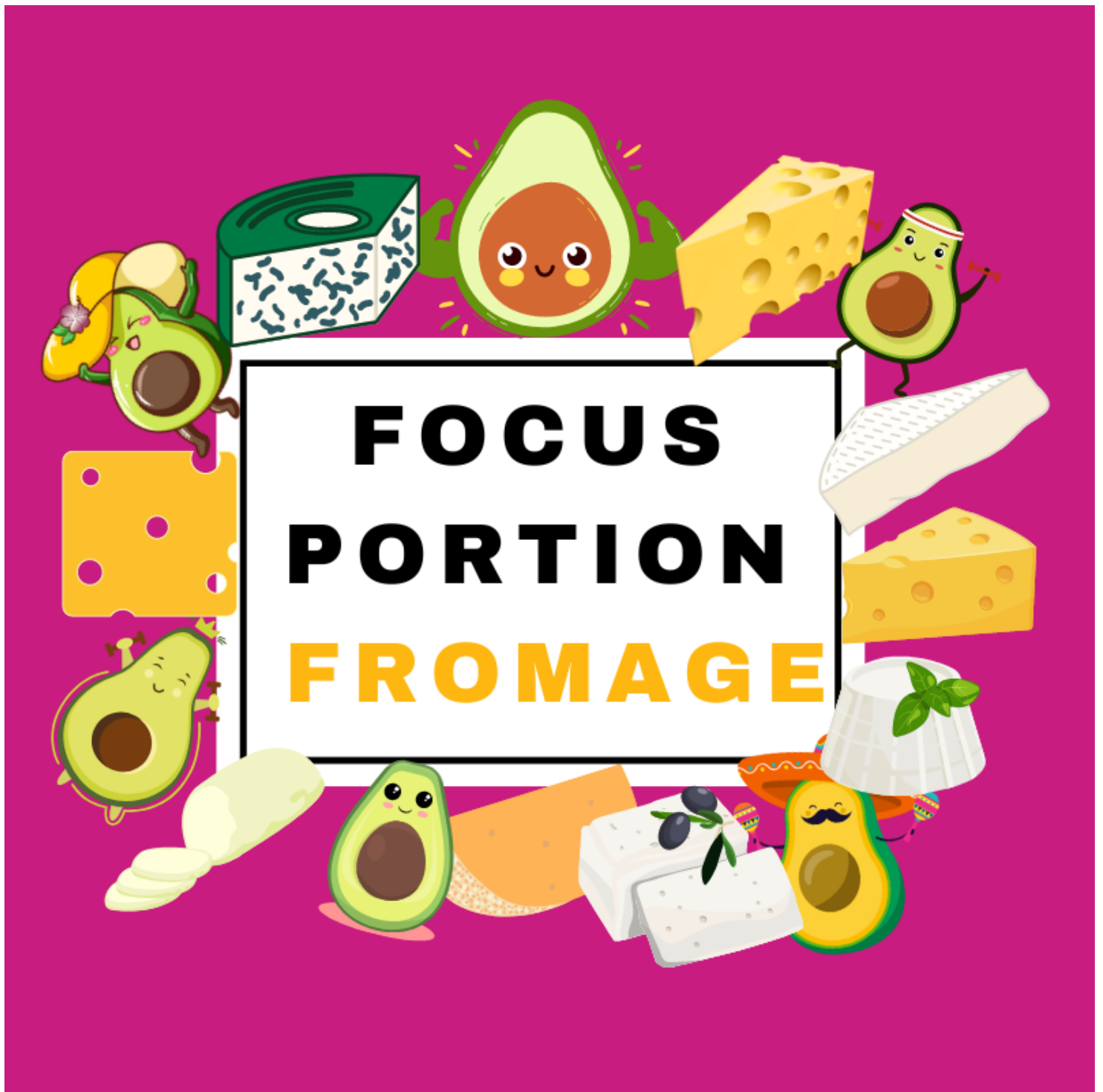


Nom de la boutique

FOCUS PORTION FROMAGES !

Nom de la boutique



Portions Fromages



EMMENTAL



- 1 portion = 30 g

G = 0 g L = 8,6 g
P = 8,4 g

-
- 2 portions = 60 g

G = 0 g L = 17,2 g
P = 16,8 g

FROMAGE FRAIS



- 1 càc = 15 g

G = 0,65 g L = 3,1 g
P = 0,8 g

-
- 1 càs = 30 g

G = 1,3 g L = 6,2 g
P = 1,6 g

FROMAGE DE CHEVRE



- 1 portion = 30 g

G = 0 g L = 10,7 g
P = 9,1 g

-
- 2 portions = 60 g

G = 0 g L = 21,4 g
P = 18,2 g

CHEDDAR



- 1 tranche = 25 g

G = 0 g L = 8,5 g
P = 6 g

-
- 2 tranches = 50 g

G = 0 g L = 17 g
P = 12 g

MIMOLETTE



- 1 tranche = 25 g

G = 0 g L = 5,9 g
P = 6,2 g

-
- 2 tranches = 50 g

G = 0 g L = 11,8 g
P = 12,4 g

COMTE



- 1 portion = 30 g

G = 0 g L = 10,4 g
P = 8,2 g

-
- 2 portions : 60 g

G = 0 g L = 20,8 g
P = 16,4 g

Portions Fromages



LA VACHE QUI RIT

- 1 portion = 16 g

G = 1 g L = 2,8 g
P = 1,8 g

-
- 2 portions = 32 g

G = 2 g L = 5,6 g
P = 3,6 g

BABYBEL

- 1 portion = 22 g

G = 0 g L = 5,1 g
P = 4,8 g

-
- 2 portion = 44 g

G = 0 g L = 10,2 g
P = 9,6 g

KIRI

- 1 portion = 16 g

G = 0,4 g L = 6,4 g
P = 1,3 g

-
- 2 portions = 32 g

G = 0,8 g L = 12,8 g
P = 2,6 g

MAASDAM

- 1 tranche = 20 g

G = 0 g L = 5,5 g
P = 5 g

-
- 2 tranches = 40 g

G = 0 g L = 11 g
P = 10 g

HALLOUMI

- 1 portion = 30g

G = 0,69 g L = 7,8 g
P = 6,6 g

-
- Pour 100 g

G = 2,3 g L = 26 g
P = 22 g

CHEESE SNACK NATRULY

- 1 sachet = 20 g

G = 0 g L = 9,4 g
P = 8 g

-
- Pour 2 sachets

G = 0 g L = 18,8 g
P = 16 g



Portions Fromages



ROQUEFORT

- 1 portion = 30 g

G = 0 g L = 10,2 g
P = 5,9 g

-
- 2 portions = 60 g

G = 0 g L = 20,4 g
P = 11,8 g



CAMEMBERT

- 1 portion = 30 g

G = 0 g L = 6,8 g
P = 5,9 g

-
- 2 portions = 60 g

G = 0 g L = 13,6 g
P = 11,8 g

SAINTE NECTAIRE

- 1 portion = 30 g

G = 0 g L = 8,1 g
P = 6,8 g

-
- 2 portions = 60 g

G = 0 g L = 16,2 g
P = 13,6 g



BRIE DE MEAUX

- 1 portion = 30 g

G = 0 g L = 6,2 g
P = 6,4 g

-
- 2 portions = 60 g

G = 0 g L = 12,4 g
P = 12,8 g



REBLOCHON

- 1 portion = 30 g

G = 0 g L = 8,2 g
P = 6,1 g

-
- 2 portions = 60 g

G = 0 g L = 16,4 g
P = 12,2 g

PONT L'ÉVÊQUE

- 1 portion = 30 g

G = 0 g L = 7,9 g
P = 6,8 g

-
- 2 portions = 60 g

G = 0 g L = 15,8 g
P = 13,6 g

Portions Fromages



GOUDA



- 1 portion = 30 g

G = 0 g L = 9,5 g
P = 7 g

- 2 portions = 60 g

G = 0 g L = 19 g
P = 14 g

PARMESAN



- 1 portion = 30 g

G = 0 g L = 9,3 g
P = 9,3 g

- 2 portions = 60 g

G = 0 g L = 18,6 g
P = 18,6 g

MOZZARELLA



- 1 MOZZA DI BUFFALA

G = 1,25g L = 31,3g
P = 17,5 g

- 1 MOZZA LAIT VACHE

G = 1,6 g L = 22,5g
P = 21,3 g

FÊTA



- 1 portion = 30 g

G = 0,2 g L = 7,3 g
P = 4,5 g

- Pour 100 g

G = 0,65g L = 24,3 g
P = 15,1 g

GORGONZOLA



- 1 portion = 30 g

G = 0 g L = 7,9 g
P = 5,7 g

- 2 portions :

G = 0 g L = 15,8 g
P = 11,4 g

RICOTTA



- 1 portion = 30 g

G = 1,2 g L = 3,6 g
P = 2,6 g

- 2 portions = 60 g

G = 2,4 g L = 7,2 g
P = 5,2 g

Portions Fromages



MASCARPONE



- 1 portion = 30 g

G = 1,2 g L = 11,7 g
P = 1,3 g

- 2 portions = 60 g

G = 0 g L = 23,4 g
P = 2,6 g

BURRATA (200G)

1 burrata Di Buffala

G = 1,4 g L = 74 g
P = 17,2 g

1 burrata lait de vache

G = 2,2 g L = 42 g
P = 26 g

PROVOLONE



- 1 portion = 30 g

G = 0 g L = 8 g
P = 7,7 g

- 2 portions = 60 g

G = 0 g L = 16 g
P = 15,4 g

MUNSTER



- 1 portion = 30 g

G = 0 g L = 8,7 g
P = 6,4 g

- 2 portions = 60 g

G = 0 g L = 17,4 g
P = 12,8 g

BLEU



- 1 portion = 30 g

G = 0 g L = 8,5 g
P = 6,7 g

- 2 portions = 60 g

G = 0 g L = 17 g
P = 13,4 g

MANCHEGO



- 1 portion = 30 g

G = 0,5 g L = 8,5 g
P = 7,2 g

- 2 portions = 60 g

G = 1 g L = 17 g
P = 14,4 g