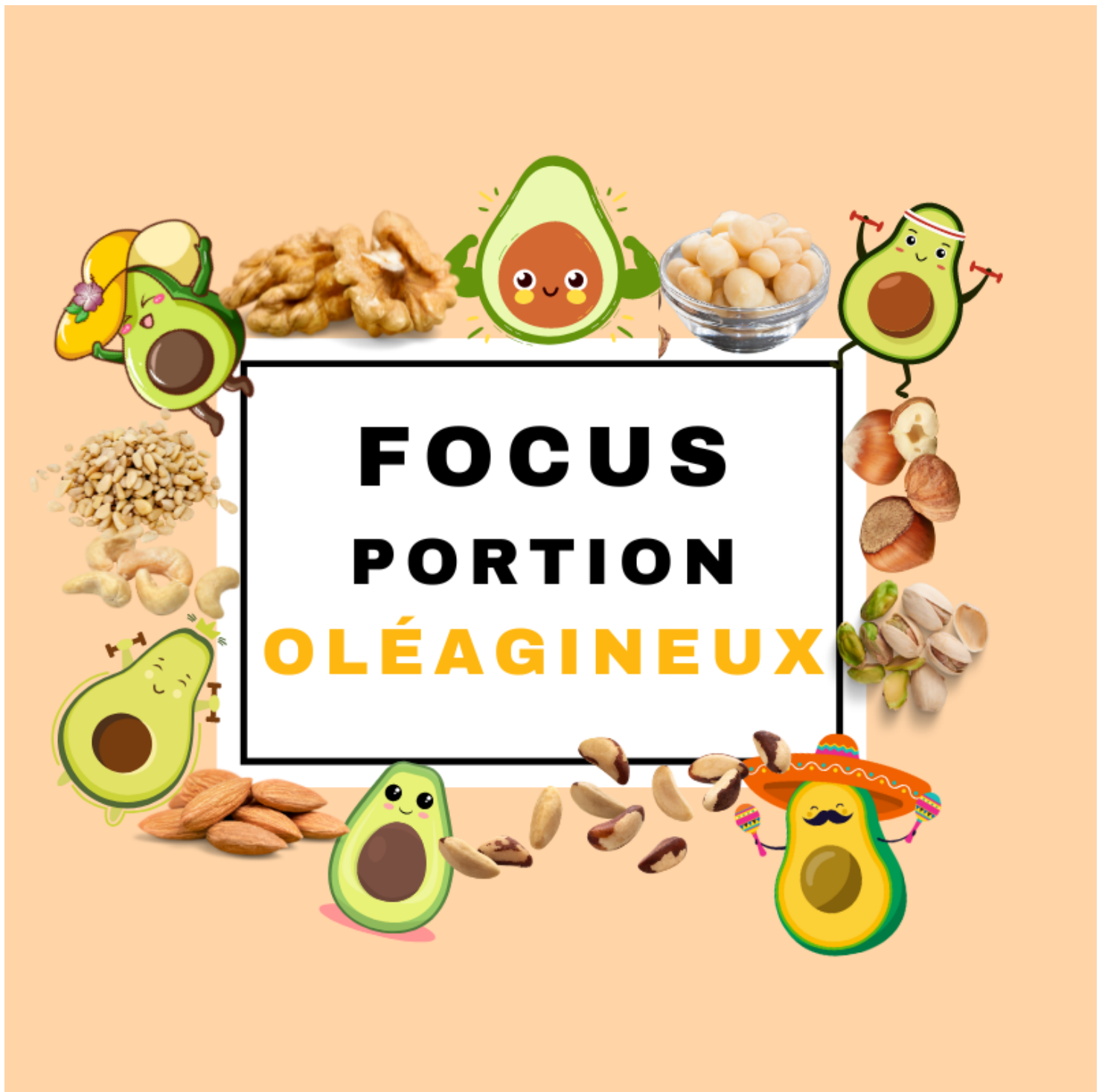


Nom de la boutique

FOCUS PORTION OLÉAGINEUX

Nom de la boutique



Portions Oléagineux



NOIX DE GRENOBLE

- 1 portion = 30 g

G = 2,1 g L = 18,3 g
P = 4,5 g

- 2 portions = 60 g

G = 4,2 g L = 40,4 g
P = 9,4 g

NOIX DE MACADAMIA

- 1 portion = 30 g

G = 1,6 g L = 22,8 g
P = 2,4 g

- 2 portions = 60 g

G = 3,2 g L = 45,6 g
P = 4,8 g

NOIX DU BRESIL

- 1 portion = 30 g

G = 1,9 g L = 19,8 g
P = 5,1 g

- 2 portions = 60 g

G = 3,8 g L = 39,6 g
P = 10,2 g

NOIX DE PECAN

- 1 portion = 30 g

G = 1,6 g L = 21,8 g
P = 3,4 g

- 2 portions = 60 g

G = 3,2 g L = 43,6 g
P = 6,8 g

NOIX DE CAJOU

- 1 portion = 30 g

G = 7,05 g L = 14,7 g
P = 6,1 g

- 2 portions = 60 g

G = 14,1 g L = 29,4 g
P = 12,2 g

NOISETTES

- 1 portion = 30 g

G = 2,1 g L = 17 g
P = 5,1 g

- 2 portions = 60 g

G = 4,2 g L = 34 g
P = 10,2 g

Portions Oléagineux



CACAHUETES

- 1 portion = 30 g

G = 4,4 g **L** = 14,7 g
P = 7,8 g

-
- 2 portions = 60 g

G = 8,8 g **L** = 29,4 g
P = 15,6 g

AMANDES

- 1 portion = 30 g

G = 2,8 g **L** = 15,4 g
P = 6,8 g

-
- 2 portions = 60 g

G = 5,6 g **L** = 30,8 g
P = 13,6 g

PISTACHES

- 1 portion = 30 g

G = 5,6 g **L** = 14,2 g
P = 6,5 g

-
- 2 portions = 60 g

G = 11,2 g **L** = 28,4 g
P = 13 g

PIGNONS DE PIN

- 1 portion = 15 g

G = 0,9 g **L** = 9,8 g
P = 2 g

-
- 2 portions = 30 g

G = 1,8 g **L** = 19,6 g
P = 4 g