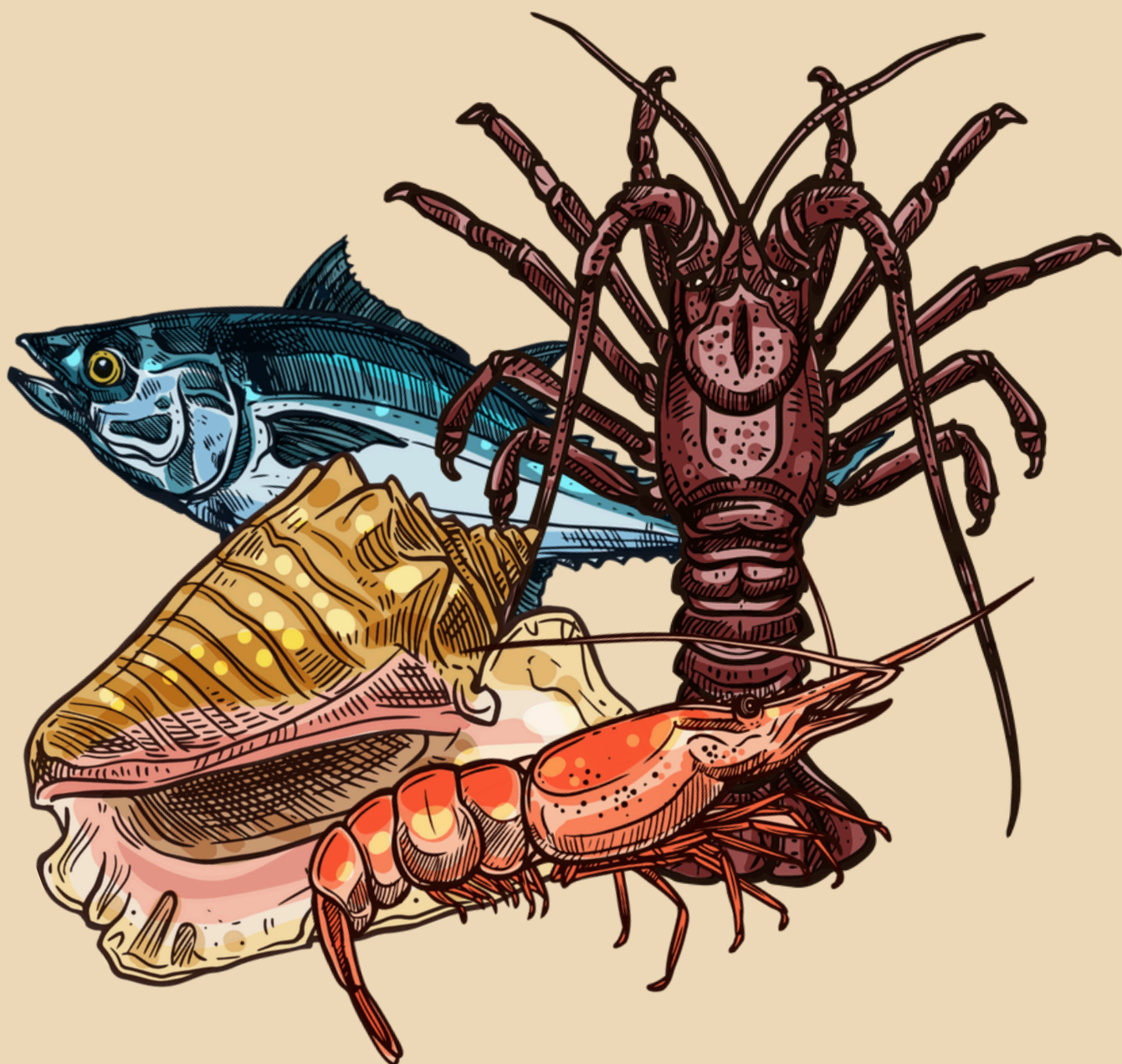


Informations nutritionnelles

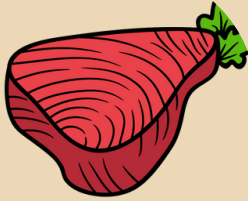
Poissons et Fruits de Mer



Informations nutritionnelles :

Poissons et Fruits de mer

Pour 100g



Thon

Calories 100 Kcal
Protéines 24.4g
Lipides 0.5g
Glucides -



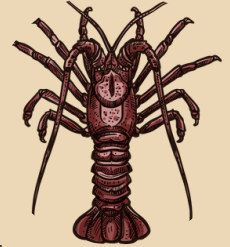
Saumon

208 Kcal
24.4g
13.4g
-



Marlin

90 Kcal
18.3g
1.3g
-



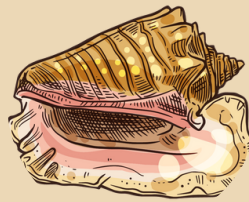
Langouste

112 Kcal
20.6g
1.5g
2.4g



Chatrou

Calories 32 Kcal
Protéines 14.9g
Lipides 1g
Glucides 2.2g



Lambis

130 Kcal
26.3g
1.2g
1.7g



Moules

86 Kcal
11.9g
2.2g
3.7g



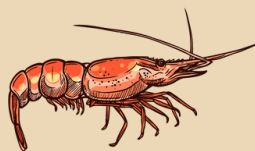
Huîtres

89 Kcal
9.4g
3.2g
5g



Crabe

Calories 101 Kcal
Protéines 20.03g
Lipides 1.6g
Glucides -



Crevettes

71 Kcal
13.6g
1g
0.9g



Morue

85 Kcal
17.7g
1.1g
-



Oursins

120 Kcal
16.07g
4.89g
3.35g