

OSTRICH STEAKS BIFTECKS D'AUTRUCHE

Valeur nutritive Nutrition Facts

Par bifteck (112 g) / Per Steak (112g)

Teneur Amount	% Valeur quotidienne % Daily Value
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Calories / Calories 110

Lipides / Fat 0.7 g 1%

Saturés / Saturated 0.2 g 1%
+ Trans / Trans 0 g

Cholesterol / Cholestérol 20 mg

Sodium / Sodium 20 mg 1%

Glucides / Carbohydrate 0 g 0%

Fibres / Fiber 0 g 0%

Sucres / Sugars 0 g

Protéines / Protein 27 g

Vitamine A / Vitamin A 0%

Vitamine C / Vitamin C 0%

Calcium / Calcium 0%

Fer / Iron 8%