

TABLEAU DES PROTEINES


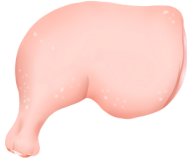
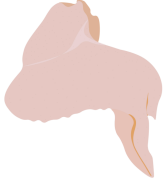

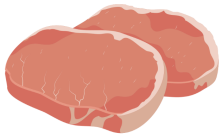


POSSIBLE SOURCE DE PROTEINES	PROTEINES POUR 100G	CALORIES POUR 100G
Blanc de poulet 	26g	141 kcal
Cuisse de poulet 	18g	198 kcal
Aile de poulet 	30,5g	203 kcal
Bœuf émincé 	20g	125 kcal
Porc 	18g	127 kcal
Viande de grison 	38,9g	218 kcal
Veau 	25-30g	172 kcal

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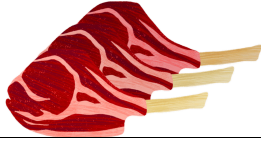



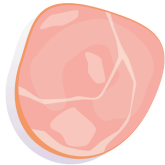



Agneau 	20g	204 kcal
Confit de canard 	23g	310 kcal
Calamar 	17,3g	80 kcal
Lapin 	33g	173 kcal
Jambon blanc ordinaire 	17,9g	121 kcal
Saucisson 	38,9g	313 kcal
Dinde 	21g	102 kcal
Fromage blanc 0% 	7,5g	49 kcal

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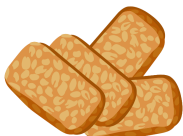



<p>Skyr</p> 	12g	61 kcal
<p>Tofu</p> 	8,2g	70 kcal
<p>Edamame</p> 	11,2g	109 kcal
<p>Tempeh</p> 	18g	196 kcal
<p>Quinoa</p> 	4,4g	120 kcal
<p>Lentilles</p> 	9g	116 kcal
<p>Lait</p> 	3,5g	47 kcal

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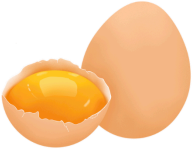


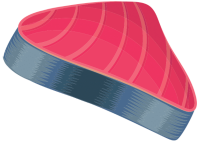



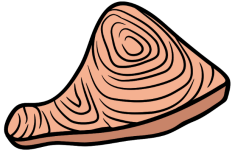
<p style="text-align: center;">Œuf</p> 	12,3g	137 kcal
<p style="text-align: center;">Blanc d'œuf</p> 	10g	50 kcal
<p style="text-align: center;">Saumon</p> 	24g	171 kcal
<p style="text-align: center;">Thon</p> 	25g	105 kcal
<p style="text-align: center;">Colin</p> 	18g	81 kcal
<p style="text-align: center;">Crevettes</p> 	16,5g	73 kcal
<p style="text-align: center;">Autres poissons gras (truite, maquereau...)</p> 	23-25g	165 kcal
<p style="text-align: center;">Espadon</p> 	28g	155 kcal

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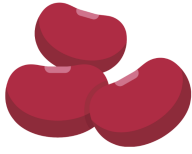




Poissons blancs (cabillaud, sole, morue) 	19-25g	85 kcal
Soja 	17g	155 kcal
Haricots rouges 	5,6g	77 kcal
Petits pois 	5,4g	81 kcal
Amandes 	13g	575 kcal
Noix de cajou 	15,3g	574 kcal
Cacahuètes 	25,5g	567 kcal

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Beurre de cacahuètes 	24g	589 kcal
Brocoli 	4,3g	43 kcal
Flocons d'avoine 	7,7g	399 kcal
Fromage de chèvre 	14g	220 kcal
Ricotta 	8g	160 kcal
Feta 	14g	272 kcal
Mozzarella 	16g	270 kcal

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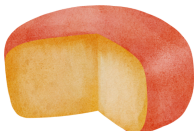
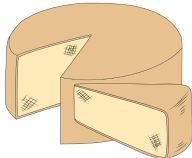
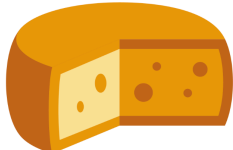

Camembert 	20g	279 kcal
Cheddar 	23g	399 kcal
Emmental 	28g	384 kcal
Gouda 	23g	374 kcal
Cantal 	26g	371 kcal
Comté 	27g	418 kcal
Gruyère 	28g	423 kcal

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<p>Parmesan</p> 	<p>34g</p>	<p>426 kcal</p>
<p>Beaufort</p> 	<p>26g</p>	<p>410 kcal</p>
<p>Tomme de Savoie</p> 	<p>25g</p>	<p>364 kcal</p>
<p>Ossau-Iraty</p> 	<p>22g</p>	<p>355 kcal</p>
<p>Saint-Marcellin</p> 	<p>15g</p>	<p>280 kcal</p>
<p>Coulommiers</p> 	<p>16g</p>	<p>279 kcal</p>
<p>Chaource</p> 	<p>17g</p>	<p>276 kcal</p>
<p>Cancoillotte</p> 	<p>14g</p>	<p>120 kcal</p>

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Edam 	26g	318 kcal
Halloumi 	22,8g	337 kcal
Whey (poudre de protéines) 	80g	400 kcal
Spiruline en poudre 	57,5g	400 kcal

