

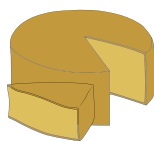
Fromages

Les plus et moins caloriques

Les plus caloriques – Valeurs pour 100g



Parmesan
430 Kcal



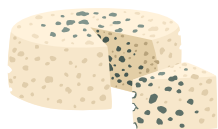
Gruyère
410 Kcal



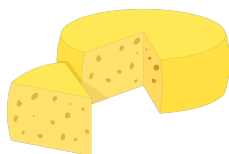
Cheddar
400 Kcal



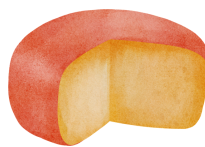
Emmental
380 Kcal



Roquefort
370 Kcal



Munster
370 Kcal



Gouda
360 Kcal



Bleu
350 Kcal



Brie
330 Kcal



Mimolette
320 Kcal



St Nectaire
310 Kcal



Camembert
300 Kcal

Les moins caloriques – Valeurs pour 100g



Fromage blanc 0%
50 Kcal



Yaourt nature
80 Kcal



Fromage blanc 8%
115 Kcal



Cancoillotte
120 Kcal



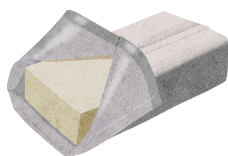
Ricotta
160 Kcal



Chèvre frais
190 Kcal



Brousse
180 Kcal



Fromage frais
200 Kcal



Chaource
250 Kcal



Feta
260 Kcal



Mozzarella
280 Kcal