

| ALIMENTS | QUANTITE | POINTS 100 gr ou unité | POINTS 10 gr ou unité | CALORIES | PROTEINES | GLUCIDES | LIPIDES |
|--|-----------|---------------------------|--------------------------|----------|-----------|----------|---------|
| Sauce 'salsa dip' old el paso | 100 g | 0.6 | 0.1 | 34 | 1.5 | 7 | 0.5 |
| Sauce à cuisiner fajita original "old el paso" | 100 g | 0.7 | 0.1 | 39 | 1.6 | 8.4 | 0.5 |
| Sauce à l'échalote à la crème fraiche knorr | 100 ml | 3.1 | 0.3 | 140 | 1.4 | 15 | 7.1 |
| Sauce à la bolognaise picard | 100 g | 5.2 | 0.5 | 199 | 3.8 | 7.2 | 17.2 |
| Sauce à la crème weight watchers | 100 g | 1.1 | 0.1 | 47 | 1.2 | 3.9 | 2.9 |
| Sauce à salade thomy french light | 100 g | 3.1 | 0.3 | 122 | 1 | 5 | 10 |
| Sauce aigre douce | 1 portion | 2.2 | 0.2 | 120 | 1 | 24 | 2 |
| Sauce aïoli devos lemmens | 100 g | 21.7 | 2.2 | 752 | 1.2 | 1.6 | 82.3 |
| Sauce amora au fromage blanc et fines herbes | 100 g | 6.2 | 0.6 | 231 | 2.1 | 7.3 | 21.3 |
| Sauce amora au poivre | 100 g | 1.5 | 0.1 | 62 | 1.3 | 5.4 | 3.8 |
| Sauce au fromage pour nacho | 100 g | 4.9 | 0.5 | 189 | 7.17 | 4 | 16.07 |
| Sauce au jus déshydratée | 100 ml | 3.8 | 0.4 | 188 | 5.52 | 28.49 | 5.78 |
| Sauce aux 4 fromages panzani | 100 g | 3.1 | 0.3 | 119 | 3 | 4.1 | 10.1 |
| Sauce aux morilles surgelée tipiak | 100 g | 2.8 | 0.3 | 110 | 1.3 | 5.9 | 9 |
| Sauce aux tomates cuisinées (monoprix) | 100 g | 1.0 | 0.1 | 54 | 2 | 9.3 | 1 |
| Sauce barbecue | 100 g | 2.4 | 0.2 | 129.9 | 1.2 | 27 | 1.9 |
| Sauce barbecue amora | 100 g | 2.2 | 0.2 | 130 | 0.8 | 28 | 0.7 |
| Sauce barilla à la tomate et au basilic | 100 g | 1.2 | 0.1 | 54 | 1.5 | 6.9 | 2.3 |
| Sauce barilla à la tomate et aux olives | 100 g | 2.1 | 0.2 | 92 | 1.5 | 10.3 | 5 |
| Sauce barilla au pesto à la genoveses | 100 g | 15.2 | 1.5 | 536 | 5 | 3 | 56 |
| Sauce barilla au pesto rosso | 100 g | 8.8 | 0.9 | 330 | 4 | 12 | 29.5 |
| Sauce barilla pesto alla calabrese | 100 g | 9.4 | 0.9 | 368 | 2.8 | 22.9 | 29 |
| Sauce basilic pour carpaccio (aux 100 g - servi en dosette de 15 cl) | 100 g | 14.8 | 1.5 | 488 | 0.8 | 0.8 | 60.2 |
| Sauce bearnaise dia | 100 g | 16.0 | 1.6 | 561 | 0.9 | 5.3 | 59.6 |
| Sauce bechamel | 100 g | 2.6 | 0.3 | 113 | 4.2 | 9 | 6.7 |
| Sauce béchamel à la crème déshydraté (cora) | 100 g | 7.8 | 0.8 | 395 | 11.2 | 62.8 | 11 |
| Sauce bechamel à la noix de muscade knorr | 100 g | 5.2 | 0.5 | 80 | 3.5 | 9 | 35 |
| Sauce bechamel au lait entier (casino) | 100 g | 2.4 | 0.2 | 101 | 2.9 | 8.3 | 6.2 |
| Sauce bechamel elle&vire | 100 g | 3.3 | 0.3 | 130 | 2.9 | 6.7 | 10.2 |
| Sauce béchamel knorr à la noix de muscade | 100 g | 1.7 | 0.2 | 80 | 3.5 | 9 | 3.5 |
| Sauce beurre blanc surgelée tipiak | 100 g | 3.8 | 0.4 | 145 | 2.1 | 6 | 12.5 |
| Sauce beurre citron picard | 100 g | 5.8 | 0.6 | 209 | 1 | 3.2 | 21.1 |
| Sauce beurre citron surgelée tipiak 6 parts | 1 part | 2.0 | 0.2 | 76 | 0.3 | 3.1 | 7 |
| Sauce bolognaise casino | 100 g | 2.0 | 0.2 | 91 | 4.9 | 7.8 | 4.5 |
| Sauce bolognaise panzani | 100 g | 1.6 | 0.2 | 79 | 4.6 | 9.4 | 2.6 |
| Sauce bolognese heinz | 100 g | 1.2 | 0.1 | 59 | 3.7 | 6.5 | 2 |
| Sauce buitoni aux olives | 100 g | 2.4 | 0.2 | 95 | 1.6 | 6.5 | 6.9 |
| Sauce buitoni boscaiola | 100 g | 2.4 | 0.2 | 96 | 1.9 | 6.5 | 6.9 |
| Sauce buitoni sauce napoletana aux tomates cuisinées et aux oignons | 100 g | 2.3 | 0.2 | 94 | 1.8 | 7.7 | 6.2 |
| Sauce burger amora | 100 g | 6.3 | 0.6 | 240 | 1.1 | 12 | 21 |
| Sauce carbonara (panzani) | 100 g | 3.2 | 0.3 | 124 | 2.3 | 5.4 | 10.3 |
| Sauce champignons u | 100 g | 1.0 | 0.1 | 47 | 1.6 | 4.9 | 2.3 |
| Sauce crudicroc de bénédicta | 100 g | 5.4 | 0.5 | 195 | 0.8 | 5.5 | 18.9 |
| Sauce crudité ondilege 14 % mg | 100 g | 4.3 | 0.4 | 164 | 0.4 | 8.4 | 14.3 |
| Sauce crudités amora extra légère | 100 g | 4.8 | 0.5 | 190 | 1.2 | 11 | 15 |
| Sauce crudités aux fines herbes carrefour light | 100 g | 1.2 | 0.1 | 55 | 3.2 | 4 | 2.9 |
| Sauce crudités nature allmg leader price | 100 g | 4.9 | 0.5 | 184 | 0.5 | 8 | 16.7 |
| Sauce crudités nature bénédicta | 100 g | 4.0 | 0.4 | 146 | 1 | 5.2 | 14 |
| Sauce crudités nature extra légère champion | 100 g | 5.0 | 0.5 | 185 | 2.7 | 5.7 | 16.8 |
| Sauce crudités rustica nature allégée | 100 ml | 5.1 | 0.5 | 190 | 0.5 | 8 | 17 |
| Sauce crudités(leader price) | 100 g | 9.7 | 1.0 | 340 | 0.5 | 3.7 | 36 |
| Sauce curry au légumerustica | 100 g | 1.6 | 0.2 | 75 | 1 | 9.5 | 3.5 |
| Sauce curry au yogourt bulgare 3,5 % mg | 100 g | 1.7 | 0.2 | 77.25 | 4.77 | 5.82 | 3.62 |
| Sauce curry bio monoprix | 100 g | 2.9 | 0.3 | 121 | 2.1 | 11.1 | 7.6 |
| Sauce curry doux professionnel knorr | 100 g | 3.4 | 0.3 | 160 | 0.7 | 22 | 7 |
| Sauce de steaks de soja aux petits légumes | 100 g | 4.5 | 0.5 | 165 | 4.7 | 0 | 16 |
| Sauce delhaize aux figues | 100 g | 1.3 | 0.1 | 73 | 1.25 | 16 | 0.5 |
| Sauce fajita auchan | 100 g | 0.5 | 0.1 | 29 | 0.8 | 6 | 0.2 |
| Sauce fine maggi - ma sauce fine champignon aux fines lamelles c | 100 g | 4.3 | 0.4 | 159 | 1.6 | 5.4 | 14.5 |
| Sauce hamburger amora | 100 g | 6.3 | 0.6 | 240 | 1.1 | 12 | 21 |
| Sauce hollandaise en poudre nestlé chef | 100 g | 9.5 | 0.9 | 436 | 8.5 | 56.1 | 19.7 |
| Sauce knorr à salade provençale | 100 g | 5.9 | 0.6 | 340 | 1 | 37 | 2 |
| Sauce lesieur crudité nature légère | 100 g | 4.8 | 0.5 | 182 | 0.5 | 8.6 | 16.2 |
| Sauce maggi au beurre blanc | 100 g | 4.5 | 0.5 | 164 | 0.2 | 4.7 | 16 |
| Sauce nuggets amora | 100 g | 10.0 | 1.0 | 360 | 1.4 | 8 | 36 |
| Sauce olives basalic panzani | 100 g | 1.3 | 0.1 | 63 | 0.6 | 9.6 | 2.5 |
| Sauce original salsa pour fatitas | 100 g | 0.8 | 0.1 | 42.4 | 1.6 | 9 | 0.5 |
| Sauce oseille surgelée tipiak 6 parts | 1 part | 2.2 | 0.2 | 78 | 0.8 | 1.5 | 7.7 |
| Sauce panzani champignons des bois | 100 g | 1.2 | 0.1 | 64 | 1.6 | 10.8 | 1.6 |
| Sauce panzani objectif 5 légumes (3x95grs) | 100 g | 0.9 | 0.1 | 42 | 1.4 | 5.8 | 1.5 |
| Sauce panzani objectif 5 légumes le violet (3x95grs) | 1 portion | 1.1 | 0.1 | 50 | 1.5 | 5 | 2.7 |
| Sauce panzani spaghetoaux sauce cèpes et bolets | 100 g | 1.6 | 0.2 | 76 | 1.8 | 9.5 | 3.4 |
| Sauce pita devos lemmens | 100 g | 16.6 | 1.7 | 584 | 0.9 | 6.3 | 61.7 |
| Sauce pizzaïola olives origan buitoni | 100 g | 1.8 | 0.2 | 79 | 1.5 | 8 | 4.6 |
| Sauce poivres carrefour | 100 g | 3.0 | 0.3 | 112 | 2.3 | 3.1 | 10 |
| Sauce pomodoro de combino lidl | 100 g | 1.3 | 0.1 | 60 | 1.4 | 5.4 | 2.9 |
| Sauce potatoes amora | 100 g | 7.3 | 0.7 | 270 | 0.5 | 10 | 25 |
| Sauce poulet moutardé miam's amora | 100 g | 7.7 | 0.8 | 288 | 1.6 | 12.3 | 25.8 |