

Grilled Vegetable Gourmet Sandwich

Number of Servings: 1 (340.19 g per serving)

Weight: 340.19 g

| Nutrition Facts | | Valeur nutritive | |
|---|-----------------------|------------------|----------|
| Serving Size (340 g) | | | |
| Portion (340 g) | | | |
| Servings Per Container | | | |
| Portions par contenant | | | |
| Amount | % Daily Value* | | |
| Teneur | % valeur quotidienne* | | |
| Calories / Calories 400 | | | |
| Fat / Lipides 9 g | 14 % | | |
| Saturated / saturés 1.5 g | 10 % | | |
| + Trans / trans 0.5 g | | | |
| Cholesterol / Cholestérol 0 mg | | | |
| Sodium / Sodium 690 mg | 29 % | | |
| Carbohydrate / Glucides 164 g | 55 % | | |
| Fibre / Fibres 4 g | 16 % | | |
| Sugars / Sucres 8 g | | | |
| Protein / Protéines 8 g | | | |
| Vitamin A / Vitamine A | 10 % | | |
| Vitamin C / Vitamine C | 140 % | | |
| Calcium / Calcium | 4 % | | |
| Iron / Fer | 30 % | | |
| *Based on a 2,000 calorie diet. | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65 g | 80 g |
| Saturated + Trans | Less than | 20 g | 25 g |
| Cholesterol | Less than | 300 mg | 300 mg |
| Sodium | Less than | 2,400 mg | 2,400 mg |
| Total Carbohydrate | | 300 g | 375 g |
| Dietary Fibre | | 25 g | 30 g |
| Calories per gram: | | | |
| Fat 9 | Carbohydrate 4 | Protein 4 | |
| *En fonction d'un régime alimentaire de 2 000 Calories. | | | |
| | Calories: | 2 000 | 2 500 |
| Lipides | moins de | 65 g | 80 g |
| saturés + trans | moins de | 20 g | 25 g |
| Cholestérol | moins de | 300 mg | 300 mg |
| Sodium | moins de | 2 400 mg | 2 400 mg |
| Glucides | | 300 g | 375 g |
| Fibres alimentaires | | 25 g | 30 g |
| Calories per gramme : | | | |
| Lipides 9 | Glucides 4 | Protéines 4 | |

Ingredients:

GRILLED VEGETABLES (YELLOW ZUCCHINI, GREEN ZUCCHINI, EGGPLANT, GREEN PEPPERS, RED PEPPERS, CAPRI OIL DRESSING (VEGETABLE OIL, WATER, VINEGAR, SUGAR, SALT, SPICES AND HERBS, MONOSODIUM GLUTAMATE, PROPYLENE GLYCOL ALGINATE, XANTHAM GUM, CITRIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE, DEHYDRATED GARLIC), BALSAMIC VINEGAR), SOUR DOUGH SANDWICH ROLLS (STRONG BAKERS FLOUR (WHEAT FLOUR, ASCORBIC ACID, AZODICARBONAMIDE, NIACIN, REDUCED IRON, THIAMINE MONONITRATE), WATER, EASY SOURDOUGH (WHEAT FLOUR, SALT, FUMARIC ACID, VEGETABLE OIL, SODIUM DIACETATE, LACTIC ACID, HYDROGENATED SOYBEAN OIL, SILICON DIOXIDE, ASCORBIC ACID, CORN STARCH, AMYLASE), BAKERS YEAST, SUGAR (FINE), VEGETABLE SHORTENING (HYDROGENATED VEGETABLE OILS (SOYBEAN, MODIFIED PALM OIL), BHA, BHT), STABILASE (WHEAT GLUTEN, ENRICHED WHEAT FLOUR, CANOLA OIL, ENZYMES (ENRICHED WHEAT FLOUR, ALPHA-AMYLASE, XYLANASE), ASCORBIC ACID)).

LEGUMES GRILLES (COURGETTE JAUNE, COURGETTE VERTE, L'AUBERGINE, LES POIVRES VERTS, LES POIVRES ROUGES, CAPRI HUILE HABILLER (L'HUILE VEGETALE, L'EAU, LE VINAIGRE, LE SUCRE, LE SEL, LES EPICES ET LES HERBES, GLUTAMATE MONOSODIQUE, ALGINATE DE GLYCOL DE PROPYLENE, LA GOMME DE XANTHAM, CITRIQUE ACIDE, LE BENZOATE DE SODIUM, SORBATE DE POTASSIUM, A DESHYDRATE AIL), LE VINAIGRE BALSAMIQUE.), AIGRIR LES ROULEAUX DE SANDWICH DE PATE (LES FORTS BOULANGERS FARINE (LA FARINE DE BLE, ASCORBIQUE ACIDE, AZODICARBONAMIDE, L'ACIDE NICOTINIQUE, LE FER REDUIT, MONONITRATE DE THIAMINE), L'EAU, SOURDOUGH FACILE (LA FARINE DE BLE, LE SEL, L'ACIDE DE FUMARIC, L'HUILE VEGETALE, DIACETATE DE SODIUM, LACTIQUE ACIDE, LE PETROLE DE GRAINE DE SOJA DE HYDROGENATED, LE DIOXYDE DE SILICIUM, ASCORBIQUE ACIDE, LA FARINE DE MAIS, L'AMYLASE), LES BOULANGERS FERMENT, LE SUCRE (BIEN), LE LEGUME RACCOURCISSANT (LES HUILES VEGETALES DE HYDROGENATED (LA GRAINE DE SOJA, LE PETROLE DE PAUME MODIFIE), BHA, BHT), STABILASE (LE GLUTEN DE BLE, BLE FARINE ENRICHI, LE PETROLE DE CANOLA, LES ENZYMES (A ENRICHI BLE FARINE, L'ALPHA-AMYLASE, XYLANASE), L'ACIDE ASCORBIQUE)).

Allergens:

Contains Soy, Wheat.

Contient Soja, Blé.