

## Mediterranean Chicken Gourmet Sandwich

Number of Servings: 1 (233.88 g per serving)

Weight: 233.88 g

Nutrition Facts		Valeur nutritive	
Serving Size (234 g) Portion (234 g) Servings Per Container Portions par contenant			
Amount		% Daily Value*	
Teneur		% valeur quotidienne*	
<b>Calories / Calories 440</b>			
<b>Fat / Lipides 6 g</b>		<b>9 %</b>	
Saturated / saturés 2.5 g		<b>14 %</b>	
+ Trans / trans 0.4 g			
<b>Cholesterol / Cholestérol 110 mg</b>			
<b>Sodium / Sodium 1300 mg</b>		<b>54 %</b>	
<b>Carbohydrate / Glucides 189 g</b>		<b>63 %</b>	
Fibre / Fibres 2 g		<b>8 %</b>	
Sugars / Sucres 2 g			
<b>Protein / Protéines 25 g</b>			
Vitamin A / Vitamine A		2 %	
Vitamin C / Vitamine C		20 %	
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:

FLATBREAD (STRONG BAKERS FLOUR (WHEAT FLOUR, ASCORBIC ACID, AZODICARBONAMIDE, NIACIN, REDUCED IRON, THIAMINE MONONITRATE), WATER, BAKERS YEAST, SALT, STABILASE (WHEAT GLUTEN, ENRICHED WHEAT FLOUR, CANOLA OIL, ENZYMES (ENRICHED WHEAT FLOUR, ALPHA-AMYLASE, XYLANASE), ASCORBIC ACID), SUGAR (FINE), VEGETABLE SHORTENING (HYDROGENATED VEGETABLE OILS (SOYBEAN, MODIFIED PALM OIL), BHA, BHT), EASY SOURDOUGH [WHEAT FLOUR, SALT, FUMARIC ACID, VEGETABLE OIL, SODIUM DIACETATE, LACTIC ACID, HYDROGENATED SOYBEAN OIL, SILICON DIOXIDE, ASCORBIC ACID, CORN STARCH, AMYLASE]), CHICKEN BREAST (BONELESS SKINLESS CHICKEN BREASTS, WATER, SALT, FLAVOUR, CORN SYRUP SOLIDS, SODIUM PHOSPHATES), LEAF LETTUCE, TOMATO, CUCUMBERS, FETA CHEESE, TZATZIKI SAUCE (SAUCE BASE (WATER, PARTIALLY HYDROGENATED PALM KERNEL OIL, BUTTERMILK POWDER, CORN SYRUP, SOUR CREAM STABILIZER [MODIFIED FOOD STARCH, SODIUM PHOSPHATE, SODIUM CITRATE, GUAR GUM, CARRAGEENAN AND LOCUST BEAN GUM], SODIUM CASEINATE, VEGETABLE MONO- AND DI- GLYCERIDES, GELATIN, SALT, POTASSIUM SORBATE, SODIUM CITRATE, NATURAL FLAVORING AND CULTURE), CUCUMBERS, WATER, CONTAINS LESS THAN 2% OR LESS OF: SOYBEAN OIL, SALT, GARLIC POWDER, VINEGAR, LEMON JUICE CONCENTRATE, XANTHAM GUM AND STABILIZER (SUGAR, CORN STARCH, AGAR, CREAM OF TARTAR AND SALT)

LA GALETTE (LES FORTS BOULANGERS FARINE (LA FARINE DE BLE, ASCORBIQUE ACIDE, AZODICARBONAMIDE, L'ACIDE NICOTINIQUE, LE FER REDUIT, MONONITRATE DE THIAMINE), L'EAU, LES BOULANGERS FERMENT, LE SEL, STABILASE (LE GLUTEN DE BLE, A ENRICHI BLE FARINE, LE PETROLE DE CANOLA, LES ENZYMES (A ENRICHI BLE FARINE, L'ALPHA-AMYLASE, XYLANASE), L'ACIDE ASCORBIQUE), LE SUCRE (BIEN), LE LEGUME RACCOURCISSANT (LES HUILES VEGETALES DE HYDROGENATED (LA GRAINE DE SOJA, LE PETROLE DE PAUME MODIFIE), BHA, BHT), 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]), LE POULET LE SEIN (LES BLANCS DE POULET SANS PEAU SANS OS, L'EAU, LE SEL, LE PARFUM, LES SOLIDES DE SIROP DE MAIS, LES PHOSPHATES DE SODIUM), LA LAITUE DE FEUILLE, LA TOMATE, LES CONCOMBRES, LE FROMAGE DE FETA, LA SAUCE DE TZATZIKI (LA BASE DE SAUCE (L'EAU, PARTIELLEMENT LE PETROLE DE NOYAU DE PAUME DE HYDROGENATED, LA POUDRE DE BABEURRE, LE SIROP DE MAIS, LE STABILISATEUR DE CREME AIGRE [A MODIFIE L'AMIDON DE NOURRITURE, LE PHOSPHATE DE SODIUM, LE CITRATE DE SODIUM, LA GOMME DE GUAR, CARRAGEENAN ET LA GOMME DE HARICOT DE LOCUSTE], CASEINATE DE SODIUM, LE LEGUME MONO- ET DI- GLYCERIDES, LA GELATINE, LE SEL, SORBATE DE POTASSIUM, LE CITRATE DE SODIUM, LE PARFUM ET LA CULTURE NATURELLES), LES CONCOMBRES, L'EAU, MOINS CONTIENNENT QUE 2% OU MOINS DE : LE PETROLE DE GRAINE DE SOJA, LE SEL, LA POUDRE D'AIL, LE VINAIGRE, LE CONCENTRE DE JUS DE CITRON, LA GOMME DE XANTHAM ET STABILISATEUR (LE SUCRE, LA FARINE DE MAIS, AGAR, LA CREME DE TARTRE ET LE SEL)

### Allergens:

Contains Milk, Peanut, Shellfish, Wheat.

Contient Lait, Arachide, Mollusques et crustacés, Blé.