

## Michel's Bakery Café - Asparagus, Ham, & Cheddar Croissant Sandwich

### Ingredients:

Nutrition Facts	
Valeur nutritive	
Serving Size (278 g)	
Portion (278 g)	
Servings Per Container	
Portions par contenant	
Amount	% Daily Value*
Teneur	% valeur quotidienne*
<b>Calories / Calories</b> 710	
<b>Fat / Lipides</b> 45 g	<b>69 %</b>
Saturated / saturés 17 g	<b>90 %</b>
+ Trans / trans 1 g	
<b>Cholesterol / Cholestérol</b> 110 mg	
<b>Sodium / Sodium</b> 1750 mg	<b>73 %</b>
<b>Carbohydrate / Glucides</b> 121 g	<b>40 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 9 g	
<b>Protein / Protéines</b> 25 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	15 %
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 par gramme :	
Lipides 9	Glucides 4 Protéines 4

EGG WASHED BUTTER CROISSANT (BUTTER CROISSANT (STRONG BAKERS FLOUR (WHEAT FLOUR, ASCORBIC ACID, AZODICARBONAMIDE, NIACIN, REDUCED IRON, THIAMINE MONONITRATE), BUTTER (UNSALTED, SWEET CREAM), WATER, SUGAR, BAKERS YEAST, MILK (NONFAT/SKIM, POWDERED), STABILASE (WHEAT GLUTEN, ENRICHED WHEAT FLOUR, CANOLA OIL, ENZYMES (ENRICHED WHEAT FLOUR, ALPHA-AMYLASE, XYLANASE), ASCORBIC ACID), SALT, WHEAT GLUTEN), EGG WASH (EGG, WATER), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), ROASTED ASPARAGUS (ASPARAGUS, HERBED OIL (CANOLA OIL, ROSEMARY (DRIED), BASIL (DRIED), OREGANO (DRIED), SALT (IODIZED, TABLE), BLACK PEPPER), LIGHT MAYONNAISE (WATER, CANOLA OIL, MODIFIED CORN STARCH, VINEGAR, SALT, LIQUID EGG WHITE, SUGAR, FLAVOUR, SPICES, XANTHAN GUM, POTASSIUM SORBATE, LEMON JUICE CONCENTRATE, COLOUR, CALCIUM DISODIUM EDTA, CITRIC ACID, SOYBEAN OIL), SHREDDED CHEDDAR CHEESE (PASTEURIZED MILK, BACTERIAL CULTURE, SALT, COLOUR, CALCIUM CHLORIDE, MICROBIAL ENZYME, POWDERED CULLULOSE ADDED AS AN ANTI-CAKING AGENT. MAY CONTAIN MODIFIED MILK INGREDIENTS).

L'OEUF A LAVE DU CROISSANT DE BEURRE (CROISSANT DE BEURRE (LES FORTS BOULANGERS FARINE (LA FARINE DE BLE, ASCORBIQUE ACIDE, AZODICARBONAMIDE, L'ACIDE NICOTINIQUE, LE FER REDUIT, MONONITRATE DE THIAMINE), LE BEURRE (LA CREME NON SALEE et DOUCE), L'EAU, LE SUCRE, LES BOULANGERS FERMENT, LE LAIT (MAIGRE/ECREME, A PULVERISE), 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), LE SEL, LE GLUTEN DE BLE), L'OEUF se LAVE (L'OEUF, L'EAU), A RASE DU JAMBON (GUERI AVEC L'EAU, LE MIEL, LE SEL, LE POTASSIUM PRODUIT DU LAIT, LE SUCRE, LES PHOSPHATES DE SODIUM, DIACETATE DE SODIUM, ERYTHORBATE DE SODIUM, LE NITRITE DE SODIUM), L'ASPERGE ROTIE (L'ASPERGE, LE PETROLE DE HERBED (LE PETROLE DE CANOLA, LE ROMARIN (A SECHE), Basil (A SECHE), L'ORIGAN (A SECHE), LE SEL (IODIZED, LA TABLE), LE POIVRE DE NOIR), ALLUMER MAYONNAISE (L'EAU, LE PETROLE DE CANOLA, FARINE DE MAIS MODIFIEE, LE VINAIGRE, LE SEL, LE BLANC D'OEUF LIQUIDE, LE SUCRE, LE PARFUM, LES EPICES, LA GOMME DE XANTHAN, SORBATE DE POTASSIUM, LE CONCENTRE DE JUS DE CITRON, LA COULEUR, LE CALCIUM DISODIUM EDTA, CITRIQUE ACIDE, LE PETROLE DE GRAINE DE SOJA), CHEDDAR FROMAGE DECHIQUETE (A PASTEURISE LAIT, LA CULTURE BACTERIENNE, LE SEL, LA COULEUR, LE CHLORURE DE CALCIUM, L'ENZYME MICROBIENNE, PULVERISE CULLULOSE A AJOUTE COMME UN AGENT qui ANTI-FORMANT UNE CROUTE. MAI CONTIENT LES INGREDIENTS DE LAIT MODIFIES).

### Allergens:

Contains Egg, Milk, Soy, Wheat.

Contient Oeuf, Lait, Soja, Blé.