

### 3Caf-Michel's BLT

Number of Servings: 1 (198.45 g per serving)

Weight: 198.45 g

#### Nutrition Facts

#### Valeur nutritive

Serving Size (198 g)

Portion (198 g)

Servings Per Container

Portions par contenant

Amount	% Daily Value*
Teneur	% valeur quotidienne*

**Calories / Calories 510**

**Fat / Lipides 17 g 26 %**

Saturated / saturés 5 g	27 %
+ Trans / trans 0.4 g	

**Cholesterol / Cholestérol 35 mg**

**Sodium / Sodium 1330 mg 55 %**

**Carbohydrate / Glucides 189 g 63 %**

Fibre / Fibres 2 g 8 %

Sugars / Sucres 3 g

**Protein / Protéines 17 g**

Vitamin A / Vitamine A 0 %

Vitamin C / Vitamine C 30 %

Calcium / Calcium 2 %

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:

### 3Caf-Michel's BLT

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MINI BAGUETTE (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]), TOMATO, BACON (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE), LETTUCE.

LA MINI-BAGUETTE (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 RACCOURCIT HYDROGENATED HUILES VEGETALES (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]), LA TOMATE, LE BACON (A GUERI AVEC L'EAU, LE SEL, LE SUCRE, LES PHOSPHATES DE SODIUM, ERYTHORBATE DE SODIUM, LE NITRITE DE SODIUM), LA LAITUE.

**Allergens:**

Contains Soy, Wheat.

Contient Soja, Blé.