

3Caf-Michel's Black Forest Ham & Cheese Sandwich

Number of Servings: 1 (317.51 g per serving)

Weight: 317.51 g

Nutrition Facts	
Valeur nutritive	
Serving Size (318 g)	
Portion (318 g)	
Servings Per Container	
Portions par contenant	
Amount	% Daily Value*
Teneur	% valeur quotidienne*
Calories / Calories 570	
Fat / Lipides 15 g	23 %
Saturated / saturés 7 g	37 %
+ Trans / trans 0.4 g	
Cholesterol / Cholestérol 70 mg	
Sodium / Sodium 2000 mg	83 %
Carbohydrate / Glucides 189 g	63 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 3 g	
Protein / Protéines 30 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	30 %
Calcium / Calcium	25 %
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

Ingredients:

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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]), BLACK FOREST HAM (CURED WITH WATER, SALT, MODIFIED CORNSTARCH, DEXTROSE, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE), TOMATO, CHEDDAR CHEESE (MILK, CHEESE CULTURES, ENZYMES (USING VEGETABLE RENNET), SALT), CUCUMBERS, LETTUCE, ALFALFA SPROUTS.

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]), LE JAMBON NOIR DE FORET (A GUERI AVEC L'EAU, LE SEL, FARINE DE MAIS MODIFIEE, LE DEXTROSE, LES PHOSPHATES DE SODIUM, ERYTHORBATE DE SODIUM, LE NITRITE DE SODIUM), LA TOMATE, LE FROMAGE DE CHEDDAR (LE LAIT, LES CULTURES DE FROMAGE, LES ENZYMES (UTILISANT LEGUME RENNET), SALER), LES CONCOMBRES, LA LAITUE, LES POUSSSES DE LUZERNE.

Allergens:

Contains Milk, Soy, Wheat.

Contient Lait, Soja, Blé.