

3Caf-Michel's Chicken Salad Sandwich

Number of Servings: 1 (289.17 g per serving)

Weight: 289.17 g

Nutrition Facts	
Valeur nutritive	
Serving Size (289 g)	
Portion (289 g)	
Servings Per Container	
Portions par contenant	
Amount	% Daily Value*
Teneur	% valeur quotidienne*
Calories / Calories 490	
Fat / Lipides 10 g	15 %
Saturated / saturés 1 g	8 %
+ Trans / trans 0.5 g	
Cholesterol / Cholestérol 30 mg	
Sodium / Sodium 1420 mg	59 %
Carbohydrate / Glucides 191 g	64 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 3 g	
Protein / Protéines 22 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	40 %
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 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]), CHICKEN SALAD (CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING (SALT, ROAST CHICKEN FLAVOR {CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID}), SALT, RICE STARCH, LEMON PHOSPHATE (SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE), FLAVORING (VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN), LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), LITE 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), CELERY, RED BELL PEPPER, SALT, PEPPER.), TOMATO, CUCUMBER, 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]), DEGONFLER SALADE (LE BLANC DE POULET (LE BLANC DE POULET, L'EAU, L'HUILE VEGETALE, ASSAISONNANT (LE SEL, LE PARFUM DE POULET DE ROTI {CONTIENT L'EXTRAIT DE FERMENT D'AUTOLYZED, SAUCE SOJA DECOLORE [L'EAU, LES GRAINES DE SOJA, LE BLE, ET LE SEL], ET DEXTRIN DE TAPIOCA, LE SUCRE, L'ACIDE CITRIQUE}), LE SEL, L'AMIDON DE RIZ, LE PHOSPHATE DE CITRON (LE PHOSPHATE DE SODIUM ET LE CONCENTRE DE JUS DE CITRON), PARFUMANT (L'HUILE VEGETALE, LES EXTRAITS DE ROMARIN, MONO ET DIGLYCERIDES ET LA LECITHINE), LA POUDRE DE JUS DE CITRON [LES SOLIDES DE SIROP DE MAIS, LES SOLIDES DE JUS DE CITRON]), LA MAYONNAISE LEGERE (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), LE CELERI, LE POIVRON ROUGE, LE SEL, PEPPER.), LA TOMATE, LE CONCOMBRE, LA LAITUE, LES POUSES DE LUZERNE.

Allergens:

Contains Egg, Soy, Wheat.

Contient Oeuf, Soja, Blé.