

3Caf-Michel's Croque Monsieur Gourmet Sandwich

Number of Servings: 1 (231.6 g per serving)

Weight: 231.6 g

Nutrition Facts	
Valeur nutritive	
Serving Size (232 g)	
Portion (232 g)	
Servings Per Container	
Portions par contenant	
Amount	% Daily Value*
Teneur	% valeur quotidienne*
Calories / Calories 540	
Fat / Lipides 16 g	25 %
Saturated / saturés 7 g	38 %
+ Trans / trans 0.5 g	
Cholesterol / Cholestérol 60 mg	
Sodium / Sodium 2140 mg	89 %
Carbohydrate / Glucides 189 g 63 %	
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 28 g	
Vitamin A / Vitamine A	0 %
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

Ingredients:

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BLACK FOREST HAM (CURED WITH WATER, SALT, MODIFIED CORNSTARCH, DEXTROSE, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE), STRONG BAKERS FLOUR (WHEAT FLOUR, ASCORBIC ACID, AZODICARBONAMIDE, NIACIN, REDUCED IRON, THIAMINE MONONITRATE), GRUYERE CHEESE (MILK SOLIDS, WATER, BACTERIAL CULTURE, RENNET, SALT, SODIUM PHOSPHATE, NATURAL SMOKE FLAVOUR), WATER, BAKERS YEAST, HORSERADISH DIJON SAUCE (SOYBEAN OIL, WATER, PREPARED HORSERADISH [GROUND HORSERADISH, WATER, VINEGAR, SALT, SOYBEAN OIL], SUGAR, VINEGAR, LIQUID EGG YOLK, DIJON MUSTARD [WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, TURMERIC, SPICES], SALT, MUSTARD SEED & FLOUR, XANTHAN GUM, POLYSORBATE 60 & 80, PHOSPHORIC ACID, SORBIC ACID, SPICES, FLAVOR, DISOCIUM GUANYLATE, DISODIUM INOSINATE, CALCIUM DISODIUM EDTA), GARLIC AIOLI (VEGETABLE OIL, (SOYBEAN, OLIVE, EXTRA VIRGIN OLIVE), WATER, GARLIC, MALTODEXTRIN, EGG YOLKS, VINEGAR, MODIFIED CORN STARCH, SALT, SUGAR, LEMON JUICE CONCENTRATE, GARLIC POWDER, CITRIC ACID, WITH POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), XANTHAN GUM, NATURAL FLAVOR), SALT, STABILASE (WHEAT GLUTEN, ENRICHED WHEAT FLOUR, CANOLA OIL, ENZYMES (ENRICHED WHEAT FLOUR, ALPHA-AMYLASE, XYLANASE), ASCORBIC ACID), FINE SUGAR, 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).

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), LES FORT BOULANGERS FARINE (LA FARINE DE BLE, ASCORBIQUE ACIDE, AZODICARBONAMIDE, L'ACIDE NICOTINIQUE, LE FER REDUIT, MONONITRATE DE THIAMINE), LE FROMAGE DE GRUYERE (LES SOLIDES DE LAIT, L'EAU, LA CULTURE BACTERIENNE, RENNET, LE SEL, LE PHOSPHATE DE SODIUM, LE PARFUM DE FUMEE NATUREL), L'EAU, LES BOULANGERS FERMENT, LA SAUCE DE DIJON DE RAIFORT (LE PETROLE DE GRAINE DE SOJA, L'EAU, PREPARE RAIFORT [RAIFORT DE SOL, L'EAU, LE VINAIGRE, LE SEL, LE PETROLE DE GRAINE DE SOJA], LE SUCRE, LE VINAIGRE, JAUNE D'OEUF LIQUIDE, LA MOUTARDE DE DIJON [L'EAU, LE VINAIGRE, LA MOUTARDE LA SEMENCE, LE SEL, LE VIN BLANC, CITRIQUE ACIDE, TARTRIQUE ACIDE, TURMERIC, LES EPICES], LE SEL, LA GRAINE DE MOUTARDE & LA FARINE, LA GOMME DE XANTHAN, POLYSORBATE 60 & 80, L'ACIDE DE PHOSPHORIC, L'ACIDE DE SORBIC, LES EPICES, LE PARFUM, DISOCIUM GUANYLATE, DISODIUM INOSINATE, LE CALCIUM DISODIUM EDTA), AIOLI D'AIL (L'HUILE VEGETALE, (LA GRAINE DE SOJA, L'OLIVE, OLIVE ENCORE PLUS VIERGE), L'EAU, L'AIL, MALTODEXTRIN, JAUNES D'OEUF, LE VINAIGRE, FARINE DE MAIS MODIFIEE, LE SEL, LE SUCRE, LE CONCENTRE DE JUS DE CITRON, LA POUDRE D'AIL, L'ACIDE CITRIQUE, AVEC SORBATE DE POTASSIUM ET LE CALCIUM DISODIUM EDTA (A PROTEGE LA QUALITE), LA GOMME DE XANTHAN, LE PARFUM NATUREL), LE SEL, 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), BIEN SUCRE, LE LEGUME RACCOURCIT HYDROGENATED HUILES VEGETALES (LA GRAINE DE SOJA, MODIFIE LE PETROLE DE PAUME), 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).

Allergens:

Contains Egg, Milk, Soy, Wheat.

Contient Oeuf, Lait, Soja, Bl?.