

## MB-Garlicky Three Cheese & Tomato Panini

Number of Servings: 1 (286.14 g per serving)

Weight: 286.14 g

### Nutrition Facts

#### Valeur nutritive

Serving Size (286 g)

Portion (286 g)

Servings Per Container

Portions par contenant

| Amount | % Daily Value*        |
|--------|-----------------------|
| Teneur | % valeur quotidienne* |

**Calories / Calories 840**

**Fat / Lipides 39 g 60 %**

|                          |      |
|--------------------------|------|
| Saturated / saturés 18 g | 90 % |
| + Trans / trans 0 g      |      |

**Cholesterol / Cholestérol 105 mg**

**Sodium / Sodium 1610 mg 67 %**

**Carbohydrate / Glucides 77 g 26 %**

|                    |      |
|--------------------|------|
| Fibre / Fibres 3 g | 12 % |
|--------------------|------|

|                     |  |
|---------------------|--|
| Sugars / Sucres 5 g |  |
|---------------------|--|

**Protein / Protéines 41 g**

Vitamin A / Vitamine A 0 %

Vitamin C / Vitamine C 10 %

Calcium / Calcium 90 %

Iron / Fer 35 %

\*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:

## MB-Garlicky Three Cheese & Tomato Panini

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SOURDOUGH BREAD, FRESH TOMATO, CHEDDAR CHEESE (MILK, CHEESE CULTURES, ENZYMES (USING VEGETABLE RENNET), SALT), ASIAGO CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURE, ENZYMES [CONTAINING ANIMAL RENNET], POWDERED CELLULOSE [TO PREVENT CAKING]), SWISS CHEESE (MILK, CHEESE CULTURES, ENZYMES (USING VEGETABLE RENNET), SALT), GARLIC REAL 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).

LE PAIN DE SOURDOUGH, LA TOMATE FRAICHE, LE FROMAGE DE CHEDDAR (LE LAIT, LES CULTURES DE FROMAGE, LES ENZYMES (UTILISANT LEGUME RENNET), SALER), LE FROMAGE D'ASIAGO (A PASTEURISE LAIT, LE SEL, LA CULTURE DE FROMAGE, LES ENZYMES [CONTENANT RENNET D'ANIMAL], A PULVERISE CELLULOSE [EMPECHER FORMER UNE CROUTE]), FROMAGE suisse (LE LAIT, LES CULTURES DE FROMAGE, LES ENZYMES (UTILISANT LEGUME RENNET), SALER), L'AIL VRAI AIOLI (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 QUALITE), LA GOMME DE XANTHAN, LE PARFUM NATUREL).

### Allergens:

CONTAINS EGG, MILK, SOY, WHEAT.

CONTIENT OEUF, LAIT, SOJA, BLE.