

Avocado & Grilled Chicken Cobb Flatbread

Nutrition Facts		Valeur nutritive	
Serving Size (433 g)			
Portion (433 g)			
Servings Per Container			
Portions par contenant			
Amount	% Daily Value*		
Teneur	% valeur quotidienne*		
Calories / Calories 810			
Fat / Lipides 34 g	52 %		
Saturated / saturés 7 g	40 %		
+ Trans / trans 1 g			
Cholesterol / Cholestérol 130 mg			
Sodium / Sodium 1950 mg	81 %		
Carbohydrate / Glucides 244 g	81 %		
Fibre / Fibres 6 g	24 %		
Sugars / Sucres 7 g			
Protein / Protéines 31 g			
Vitamin A / Vitamine A	2 %		
Vitamin C / Vitamine C	50 %		
Calcium / Calcium	4 %		
Iron / Fer	40 %		
*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:

MICHEL'S FLATBREAD (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).), FRESH TOMATO, GRILLED CHICKEN BREAST, FRESH AVOCADO, BLUE CHEESE SALAD DRESSING, BACON.

LA GALETTE DE MICHEL (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 RACCOURCISSANT (LES HUILES VEGETALES DE HYDROGENATED (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 FRAICHE, BLANC DE POULET GRILLE, L'AVOCAT FRAIS, FROMAGE SAUCE BLEUE, LE BACON.

Allergens:

Contains Soy, Wheat.

Contient Soja, Blé.