

### 3Caf - Pear & Brie Panini/ Panini au Fromage de Brie et à la Poire

Number of Servings: 1 (289.75 g per serving)

Weight: 289.75 g

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size (290 g)	
Portion (290 g)	
Servings Per Container	
Portions par contenant	
Amount	% Daily Value*
Teneur	% valeur quotidienne*
<b>Calories / Calories 760</b>	
<b>Fat / Lipides 48 g</b>	<b>74 %</b>
Saturated / saturés 22 g	<b>110 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 115 mg</b>	
<b>Sodium / Sodium 1340 mg</b>	<b>56 %</b>
<b>Carbohydrate / Glucides 51 g</b>	<b>17 %</b>
Fibre / Fibres 3 g	<b>12 %</b>
Sugars / Sucres 5 g	
<b>Protein / Protéines 31 g</b>	
Vitamin A / Vitamine A	35 %
Vitamin C / Vitamine C	25 %
Calcium / Calcium	20 %
Iron / Fer	25 %
*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:

## 3Caf - Pear & Brie Panini

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BRIE CHEESE (MILK, SALT, CHEESE CULTURE, ENZYMES), SOURDOUGH BREAD (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, YEAST, DOUGH CONDITIONER (WHEAT FLOUR, ASCORBIC ACID, ENZYMES), DRY MALT POWDER (MALTED BARLEY, WHEAT FLOUR, DEXTROSE)), PEARS, FRESH RED ONIONS, MARGARINE (CANOLA AND SUNFLOWER OILS, WATER, MODIFIED PALM AND PALM KERNEL OILS, SALT, WHEY PROTEIN CONCENTRATE, SOY LECITHIN, VEGETABLE MONOGLYCERIDES, POTASSIUM SORBATE, VEGETABLE COLOR, ARTIFICIAL FLAVOR, CITRIC ACID, VITAMIN A PALMITATE, VITAMIN D3, ALPHA-TOCOPHEROL ACETATE (VITAMIN E)), SPINACH, LEMON JUICE, 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, TUMERIC, SPICES], SALT, MUSTARD SEED & FLOUR, XANTHAN GUM, POLYSORBATE 60 & 80, PHOSPHORIC ACID, SORBIC ACID, SPICES, FLAVOR, DISOCIUM GUANYLATE, DISODIUM INOSINATE, CALCIUM DISODIUM EDTA).

FROMAGE DE BRIE (LAIT, SEL, CULTURE DE FROMAGE, ENZYMES), PAIN SOURDOUGH (FARINE ENRICHIE ( FARINE DE BLE, FARINE D'ORGE MALTE, ACIDE NICOTINIQUE, FER, MONONITRATE DE THIAMINE, RIBOFLAVINE, ACIDE FOLIQUE), EAU, SEL, LEVURE, CONDITIONEUR DE PATE ( FARINE DE BLE, ACIDE ASCORBIQUE, ENZYMES), POUDRE DE MALT (ORGE DE MALTE, FARINE DE BLE, DEXTROSE)), POIRES, OIGNONS ROUGES, MARGARINE HUILES DE CANOLA ET TOURNESOL, EAU, PALMISTE MODIFIE, SEL, CONCENTRE DE PROTEINE DE PETIT-LAIT, LECITHINE DE SOJA, MONOGLYCERIDES DE LEGUME, SORBATE DE POTASSIUM, COULEUR DE LEGUME, PARFUM ARTIFICIEL, ACIDE CITRIQUE, PALMITATE DE VITAMINE A, VITAMINE D3, ACETATE D'ALPHA-TOCOPHEROL ( VITAMINE E)), EPINARDS, JUS DE CITRON, SAUCE DE DIJON DE RAIFORT ( HUILE DE GRAINE DE SOJA, EAU, PREPARATION DE RAIFORT [RAIFORT DE SOL, EAU, VINAIGRE, SEL, HUILE DE GRAINE DE SOJA], SUCRE, VINAIGRE, JAUNE D'OEUF LIQUIDE, MOUTARDE DE DIJON [EAU, VINAIGRE, GRAINE DE MOUTARDE, SEL, VIN BLANC, ACIDE CITRIQUE, ACIDE TARTRIQUE, ACIDE TUMERIQUE, EPICES, SEL, GRAINES DE MOUTARDE & FARINE, GOMME DE XANTHAN, POLYSORBATE 60 & 80, ACIDE DE PHOSPHORIC, ACIDE DE SORBIC, EPICES, PARFUM, DISOCIUM GUANYLATE, DISODIUM INOSINATE, CALCIUM DISODIUM EDTA)..

### Allergens:

Contains Egg, Milk, Soy, Wheat.

Contient des Oeufs, du Lait, du Soja, du Blé.