

Michel's Savoury Chicken Sandwich

Number of Servings: 1 (303.34 g per serving)

Weight: 303.34 g

Nutrition Facts

Valeur nutritive

Serving Size (303 g)

Portion (303 g)

Servings Per Container

Portions par contenant

Amount	% Daily Value*
Teneur	% valeur quotidienne*

Calories / Calories 730

Fat / Lipides 34 g 52 %

Saturated / saturés 13 g	68 %
+ Trans / trans 0.5 g	

Cholesterol / Cholestérol 105 mg

Sodium / Sodium 1390 mg 58 %

Carbohydrate / Glucides 156 g 52 %

Fibre / Fibres 2 g	8 %
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Sugars / Sucres 10 g	
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Protein / Protéines 34 g

Vitamin A / Vitamine A 2 %

Vitamin C / Vitamine C 20 %

Calcium / Calcium 45 %

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:	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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FOCACCIA ((STRONG BAKERS FLOUR (WHEAT FLOUR, ASCORBIC ACID, AZODICARBONAMIDE, NIACIN, REDUCED IRON, THIAMINE MONONITRATE), WATER, BAKERS YEAST, FINE SUGAR, VEGETABLE SHORTENING (HYDROGENATED VEGETABLE OILS (SOYBEAN, MODIFIED PALM OIL), BHA, BHT), STABILASE (WHEAT GLUTEN, ENRICHED WHEAT FLOUR, CANOLA OIL, ENZYMES (ENRICHED WHEAT FLOUR, ALPHA-AMYLASE, XYLANASE), ASCORBIC ACID), SALT)), HERBED CHICKEN (CHICKEN BREASTS (BONELESS SKINLESS CHICKEN BREASTS, WATER, SALT, SODIUM PHOSPHATES), LEMON JUICE, LEMON ZEST, OLIVE OIL, SOY SAUCE, MINCED GARLIC, OREGANO (GROUND), BASIL (DRIED, GROUND), THYME (DRIED, GROUND), MINT (DRIED).), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [VEGETABLE COLOR]), CRANBERRY SAUCE (CRANBERRIES, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, WATER), SAUTEED ONIONS (FRESH RED ONIONS, VEGETABLE OIL, CANOLA & SOYBEAN, SALT, PEPPER), 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), SPRING MIX (SPINACH AND SPRING MIX, GRAPE TOMATOES, BALSAMIC VINEGAR).

LE FOCACCIA ((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, BIEN SUCRE, LE LEGUME RACCOURCISSANT (LES HUILES VEGETALES DE HYDROGENATED (LA GRAINE DE SOJA, MODIFIE LE PETROLE DE PAUME), BHA, BHT), 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), LE SEL)), LE POULET DE HERBED (LES BLANCS DE POULET (LES BLANCS DE POULET SANS PEAU SANS OS, L'EAU, LE SEL, LES PHOSPHATES DE SODIUM), LE JUS DE CITRON, L'ENTHOUSIASME DE CITRON, L'HUILE D'OLIVES, LA SAUCE SOJA, AIL HACHE, L'ORIGAN (LE SOL), Basil (A SECHE, LE SOL), LE THYM (A SECHE, LE SOL), LE FROMAGE DE CHEDDAR DE (DRIED).), DE MONNAIE (A PASTEURISE LAIT, LA CULTURE DE FROMAGE, LE SEL, LES ENZYMES, ANNATTO [LA COULEUR DE LEGUME]), LA SAUCE D'AIRESSELLE (LES AIRESSELLES, L'HAUT SIROP DE MAIS DE FRUCTOSE, LE SIROP DE MAIS, L'EAU), LES OIGNONS DE SAUTEED (LES OIGNONS ROUGES FRAIS, L'HUILE VEGETALE, CANOLA & LA GRAINE DE SOJA, LE SEL, LE POIVRE), 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, LA GRAINE DE SOJA HUILER), BONDIR LE MELANGE (LE MELANGE D'EPINARDS ET PRINTEMPS, LES TOMATES DE RAISIN, LE VINAIGRE BALSAMIQUE).

Allergens:

Contains Milk, Shellfish, Soy, Wheat.

Contient Lait, Mollusques et crustacés, Soja, Blé.