

3Caf - Turkey Brie & Spinach Panini/ Panini à la Dinde Rôtie et aux Epinards

Number of Servings: 1 (467.77 g per serving)

Weight: 467.77 g

Nutrition Facts	
Valeur nutritive	
Serving Size (468 g)	
Portion (468 g)	
Servings Per Container	
Portions par contenant	
Amount	% Daily Value*
Teneur	% valeur quotidienne*
Calories / Calories 830	
Fat / Lipides 42 g	65 %
Saturated / saturés 21 g	105 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 185 mg	
Sodium / Sodium 3150 mg	131 %
Carbohydrate / Glucides 48 g	16 %
Fibre / Fibres 8 g	32 %
Sugars / Sucres 10 g	
Protein / Protéines 70 g	
Vitamin A / Vitamine A	35 %
Vitamin C / Vitamine C	50 %
Calcium / Calcium	30 %
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 per gramme :	
Lipides 9	Glucides 4 Protéines 4

Ingredients:

3Caf - Turkey Brie & Spinach Panini

Number of Servings: 1 (467.77 g per serving)

Weight: 467.77 g

TURKEY (TURKEY BREAST, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), BRIE CHEESE (MILK, SALT, CHEESE CULTURE, ENZYMES), MULTIGRAIN BAGUETTE ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, GRAIN BLEND (RYE MEAL, OAT FLAKES, WHEAT FLAKES, MILLET, SESAME SEED, FLAXSEED), HONEY, WHEAT BRAN, SALT, YEAST, MALT BLEND (MALTED BARLEY, WHEAT FLOUR, DEXTROSE), ASCORBIC ACID, SOY LECITHIN), ROASTED RED PEPPERS (RED PEPPERS, PIMENTO, WATER, SALT, CITRIC ACID), SPINACH, ROASTED RED PEPPER BASIL SAUCE (WATER, SOYBEAN OIL, VINEGAR, ROASTED RED PEPPER PUREE [RED BELL PEPPERS, SALT, VINEGAR, FLAVOR, XANTHAN GUM], LIQUID EGG YOLK, SALT, SUGAR, MODIFIED CORN STARCH, DEHYDRATED GARLIC & ONION, NATURAL FLAVOR, MUSTARD FLOUR, XANTHAN GUM, SPICES, PHOSPHORIC ACID, PROPYLENE GLYCOL ALGINATE, LEMON JUICE CONCENTRATE, SORBIC ACID, HOT SAUCE [RED PEPPERS, VINEGAR, SALT], DISODIUM GUANYLATE, DISODIUM INOSINATE, CALCIUM DISODIUM EDTA).

DINDE (POITRINE, BLANC DE DINDE, BOUILLON DE DINDE, DEXTROSE, AMIDON MODIFIÉ, POTASSIUM LAITIER, VINAIGRE, SEL, JUS DE CITRON, CARRAGEENAN, PHOSPHATES DE SODIUM, DIACETATE DE SODIUM, FROMAGE DE BRIE (LAIT, SEL, CULTURE DE FROMAGE, ENZYMES), BAGUETTE MULTIGRAIN A FARINE ENRICHIE (FARINE DE BLE, FARINE D'ORGE MALTE, ACIDE NICOTINIQUE, FER, MONONITRATE DE THIAMINE, RIBOFLAVINE, ACIDE FOLIQUE), EAU, MELANGE DE GRAINS (SEIGLE, FLOCONS D'AVOINE, FLOCONS DE BLE, MILLET, GRAINE DE SESAME, GRAINE DE LIN), MIEL, SON DE BLE, SEL, FERMENT, MELANGE DE MALT (ORGE MALTE, FARINE DE BLE, DEXTROSE), ACIDE ASCORBIQUE, LECITHINE DE SOJA), POIVRONS ROUGE ROTIS (POIVRONS ROUGE, PIMENT,EAU, SEL, ACIDE CITRIQUE), EPINARDS, SAUCE ROTIE DE POIVRONS ROUGES A LA BASILIC (EAU, HUILE DE SOJA, VINAIGRE, PUREE DE POIVRONS ROUGE ROTIS [POIVRONS ROUGES, SEL, VINAIGRE, PARFUM, GOMME DE XANTHAN], JAUNE D'OEUF LIQUIDE, SEL, SUCRE, FARINE DE MAIS MODIFIEE, AIL DESHYDRATE & OIGNON, PARFUM NATUREL DE FARINE DE MOUTARDE, GOMME DE XANTHAN, EPICES, ACIDE PHOSPHORIQUE, ALGINATE DE GLYCOL DE PROPYLENE, CONCENTRE DE JUS DE CITRON, ACIDE SORBIC, SAUCE PIQUANTE [POIVRE ROUGES, VINAIGRE, SEL], DISODIUM GUANYLATE, DISODIUM INOSINATE, CALCIUM DISODIUM EDTA).

Allergens:

Contains Egg, Milk, Soy, Wheat.

May also contain Sesame.

Contient des oeufs, du lait, du soja, du Blé.

Peut également contenir du Sesame.