

Flatbread Ingredients

Italian Sausage & Fennel Flatbread: Wheat flour, water, dried durum wheat sourdough, yeast, canola oil, salt, sugar, olive oil, spices, durum semolina, ascorbic acid, enzymes. **Mozzarella, Ricotta, Parmesan Cheeses:** Pasteurized milk, salt, modified milk ingredients, bacterial culture, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid, lactic acid, potassium sorbate, sodium carbonate, sodium hydroxide, natamycin. **Sliced Diagonal Sausage:** Pork, water, sugars, spices, salt, sodium erythorbate. **Roasted Fennel:** Fennel, canola oil. **Sun Dried Tomato Pesto Sauce:** Canola oil, sundried tomatoes, tomato powder, parmesan cheese, garlic, water, basil, lemon juice concentrate, spice. **Bacon Pieces:** Pork, water, salt, sugar, smoke flavour, sodium phosphate, sodium erythorbate, sodium nitrite, smoke. **Spinach.**

Contains wheat, soy, mustard and milk. May contain sesame and/or egg.

Margherita Flatbread with Bocconcini & Balsamic Glaze : Flatbread: wheat flour, water, dried durum wheat sourdough, yeast, sugar, canola oil, salt, olive oil, ascorbic acid, enzymes. **Garlic Sauce:** Water, tomatoes, soy oil, salt, basil, garlic, black pepper, oregano, olive oil, Canola oil, modified palm and palm kernel oils, vegetable mono and glycerides, soya lecithin, parsley, sodium benzoate, citric acid, natural flavor, color, vitamin A palmitate, vitamin D3. **Mozzarella, Monterey Jack, Parmesan Cheeses:** pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid. **Tomatoes.** **Bocconcini:** Pasteurized milk, calcium chloride, microbial enzyme, bacterial culture. **Balsamic Glaze:** balsamic vinegar of Modena, sugar, dehydrated glucose syrup, dextrose, lactose, modified starch, xanthan gum stabilizer.

Contains wheat, soy and milk. May contain mustard, sesame and/or egg.

Pesto Chicken Flatbread: Flatbread: Wheat flour, water, dried durum wheat sourdough, yeast, canola oil, salt, sugar, olive oil, spices, durum semolina, ascorbic acid, enzymes. **Mozzarella, Ricotta, Feta, Parmesan Cheeses:** Pasteurized milk, salt, modified milk ingredients, bacterial culture, calcium chloride, microbial enzyme, lipase, cellulose, sorbic acid, potassium sorbate, lactic acid, sodium carbonate, sodium hydroxide, natamycin. **Diced Chicken Breast.** **Pesto Sauce:** Canola Oil, cheese, basil, parsley, garlic, water, salt, spices, concentrated lemon juice. **Roasted Fennel:** Fennel, canola oil. **Roasted Peppers.**

Contains wheat, milk and soy. May contain mustard, sesame and/or egg.

Flatbread Cooking Directions

Preheat oven to 400°F (200°C) with oven rack in middle position. Remove all packaging and place flatbread on a well-greased baking sheet or directly on oven rack for crispier shell. Bake for 7-10 minutes, or until flatbread is golden brown in color and cheese completely melts. Oven Temperatures Vary - so please use as guide only

Flatbread Nutritionals on next page.

Flatbread Nutritionals

Margherita Flatbread

4. Nutrition Facts		
per serving size		(69g)
Amount	% Daily Value	
Teneur	% valeur quotidienne	
Calories/Calories	150 g	
Fat/Lipides	7 g	11 %
Saturated/saturé	2.5 g	13 %
Trans/trans	0.1 g	
Cholesterol/Cholestérol	10 mg	
Sodium/Sodium	260 mg	11 %
Carbohydrate/Glucides	16 g	5 %
Fiber/Fibres	1 g	4 %
Sugars/Sucres	2 g	
Protein/Protéines	6 g	
Vitamin A/Vitamine A		10 %
Vitamin C/Vitamine C		6 %
Calcium/Calcium		10 %
Iron/Fer		8 %

Pesto Chicken Flatbread

4. Nutrition Facts		
per ¼ Flatbread (64 g)/ par ¼ Galette (64 g)		
Amount	% Daily Value	
Teneur	% valeur quotidienne	
Calories/Calories	140	
Fat/Lipides	7 g	11 %
Saturated/saturés	2.5 g	13 %
Trans/trans	0.1 g	
Cholesterol/Cholestérol	20 mg	
Sodium/Sodium	280 mg	12 %
Carbohydrate/Glucides	11 g	4 %
Fiber/Fibres	1 g	4 %
Sugars/Sucres	1 g	
Protein/Protéines	9 g	
Vitamin A/Vitamine A		4 %
Vitamin C/Vitamine C		4 %
Calcium/Calcium		10 %
Iron/Fer		8 %

Italian Style Sausage and Fennel

4. Nutrition Facts		
Per ¼ Flatbread (61 g) / par ¼ Galette (61 g)		
Amount	% Daily Value	
Teneur	% valeur quotidienne	
Calories/Calories	160	
Fat/Lipides	9 g	14 %
Saturated/saturés	2.5 g	13 %
Trans/trans	0 g	
Cholesterol/Cholestérol	15 mg	
Sodium/Sodium	310 mg	13 %
Carbohydrate/Glucides	12 g	4 %
Fiber/Fibres	1 g	4 %
Sugars/Sucres	1 g	
Protein/Protéines	7 g	
Vitamin A/Vitamine A		8 %
Vitamin C/Vitamine C		4 %
Calcium/Calcium		8 %
Iron/Fer		8 %