

PROFILS NUTRITIONNEL DE PRODUITS

Tuesday, January 28, 2020

Produit	USG	Portion	Protéines (g)	Phénylalanine (mg)	Valine (mg)	Leucine (mg)	Isoleucine (mg)	Méthionine (mg)	Tyrosine (mg)	Threonine (mg)	Calories	Calories des lipides	Lipides (g)	Saturés (g)	Cholestérol (mg)	Sodium (mg)	Potassium (mg)	Glucides (g)	Fibres (g)	Sucres (g)	Vitamine A (%)	Vitamine C (%)	Calcium (%)	Fer (%)	Phosphore (%)
Alfredo Sauce Mix	10812	1 Tbs (8g)	0.3	13	18	27	17	4	6	17	25	0	0	0	0	490	18	5	0	0	0	0	0	0	0
American Cheese Singles	20311	1 slice (19g)	0.4	20	26	37	20	9	17	17	35	20	2	1	0	210	4	1	0	0	0	0	0	0	2
Apple Breakfast Bars	10614	1 bar (63g)	0.4	22	22	39	18	4	7	18	184	63	7	3.5	10	340	35	30	0.5	8			2	2	8
Artisan Bread	10101	1/3 roll (52g)	0.3	6	7	8	6	3	4	6	100	20	1.5	0	0	310	30	23	2.6	1		0	4	2	8
Baby Boule Artisan Bread	10116	1/4 boule (56g)	0.3	6	7	8	6	3	4	6	130	20	2	0	0	300	29	28	2	1	0	0	2	0	10
Bagel Bars - French Toast	10625	1 bagel (53g)	0.5	23	23	33	17	6	12	17	140	45	5	1.5	0	290	45	26	1.3	6	0	0	4	2	8
Bagels - Cinnamon Raisin	10618	1 bagel (53g)	0.4	23	23	34	21	5	13	18	130	15	1.5	0	0	200	36	26	1.5	3	0	0	6	2	10
Bagels - Onion	10620	1 bagel (53g)	0.4	24	23	34	21	6	13	17	130	15	1.5	0	0	200	74	27	1.6	2	0	0	6	20	10
Bagels - Plain	10622	1 bagel (53g)	0.4	21	21	32	16	5	11	16	130	15	1.5	0	0	200	50	27	1.4	1	0	0	6	2	10
Baking Mix	10301	1 cup (100g)	0.4	2	5	4	2	1	0	2	410	90	10	2	0	80	70	79	0	11	0	0	0	9	3
Blueberry Breakfast Bars	10617	1 bar (71g)	0.4	21	21	35	17	4	7	18	200	75	8	4	10	300	30	33	2	9		0	2	2	8
Blueberry Scones	10610	1 scone (58g)	0.2	8	10	14	7	3	4	8	210	90	10	4.5	15	270	30	32	0	6		0	2	2	15
Brooklyn Dog Buns	10616	1 bun (89g)	0.4	9	9	17	8	5	2	9	210	60	5	0.5	0	560	60	43	4	3.58	0	0	5	4	15
Brooklyn Dogs	10918	1 dog (56g)	0.5	27	28	49	21	9	15	24	70	2	0	0	0	210	160	18	6	2		4	0	4	2
Burger Patty Mix	10305	1/4 cup dry (28 g)	0.6	20	34	31	22	6	8	20	90	4	0.3	0	0	415	70	21	2	1		0	4	0	6
Butterscotch Chip Cookies	10507	1 cookie (35g)	0.1	4	5	7	4	1	2	4	150	60	7	3.5	5	170	11	24	2	9			0	0	4
Camburger Buns	10124	1 bun (80g)	0.3	6	9	11	6	3	4	6	200	25	2.5	0	0	480	41	44	3	2	0	0	4	4	15
Camburgers	10901	1 burger (71g)	1.3	50	85	85	57	14	21	57	90	25	3	0	0	610	220	16	1	4	2	0	0	2	6
Candy Bars - Strawberry	10712	1 bar (20g)	0.3	0	0	0	0	0	0	0	123		9	8	0	0	0	11.4	0	11.4	0	0	0	0	0
Candy Bars - Vanilla	10711	1 bar (20g)	0.15	0	0	0	0	0	0	0	123		9	8	0	0	0	11.4	0	11.4	0	0	0	0	0
Cheddar Shreds	10314	1/3 cup (30g)	0.7	37	42	66	36	13	28	35	80	45	6	3	0	310	25	2	0	1	0	0	0	0	4
Cheddar Wizard	10308	2 Tbs (28g)	0.75	39	48	75	42	18	23	38	70	50	6	2.5	0	280	10	4	0	1	0	0	0	0	2
Cheese Filled Meatballs	10917	2 veggie balls (72g)	1.2	34	41	52	28	9	14	32	130	40	4.5	1.5	0	300	170	20	2.34	4	10	0	2	6	4
Cheese Pizza	10903	1 pizza (139g)	1	44	45	67	38	9	21	39	300	70	8	2	0	920	140	56	5	5	4	4	4	8	20
Cheese Ravioli	10413	4 ravioli (54g)	0.4	17	17	31	14	7	8	15	60	25	3.5	2	0	180	20	11	3	1	0	0	0	0	2
Chewy Fudge Brownie Mix	10722	28g of mix (makes 1 brownie)	0.3	11	14	13	8	5	8	8	110	17	2	0.5	0	195	61	24	0.4	12	0	0	0	6	2
Chicken Consommé	10811	1 tsp (3g)	0.2	5	6	11	5	0.2	4	5	5	0	0	0	0	690	7	1	0	1	0	0	0	0	0
Chicken Patty Mix	10304	1/4 cup dry (35 g)	0.53	18	18	25	14	4	7	3	115	6	0.5	0	0	180	155	28	2	1		0	2	6	2
Chocolate Cha Cha's	10701	4 pieces (24 g)	0.3	20	23	31	17	8	14	17	140	80	9	6	0	0	18	14	0	14	0	0	0	0	0
Chocolate Chip Cookie Mix	10720	19 g mix (Makes 1 cookie)	0.1	4	5	5	3	1	3	4	80	15	2	0.5	0	153	13	16	0.3	9		0	0	0	0
Cinnamon Raisin Swirl Bread	10111	1 slice (50g)	0.2	14	10	15	5	5	5	5	140	15	1.5	0	0	320	60	27	2	4	0	0	2	6	8
Corny Dogs	10915	1 dog (50g)	0.3	13	15	26	11	5	9	13	150	60	6	2.5	5	180	60	24	2	3	2	0	0	6	2
Crackers	10330	9 crackers (14 g)	0.3	10	10	17	10	3	7	10	65	18	2	0.7	5	65	32	12	0.3	0.2	0	0	0	0	0
Creamy Hot Cereal - Cinnamon	10638	1/4 cup (28 g)	0.27	5	7	8	5	2	3	5	124	0	2	0.2	0	4	49	25	1	1	0	0	0	0	0
Creamy Hot Cereal - Vanilla	10639	1/4 cup (28 g)	0.27	7	8	10	7	3	4	6	124	0	2.1	0.2	0	4	49	14	1	1	0	0	0	0	0
Drops - Fruit Punch	99704	1/2 tsp (2 ml)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20	0	0	0	0		0	0	0
Drops - Lemonade	99703	1/2 tsp (2 ml)	0	0	0	0	0	0	0	0	0	0	0	0	0	20	0	0	0	0	0		0	0	0
Drops - Orange Tangerine	99705	1/2 tsp (2 ml)	0	0	0	0	0	0	0	0	0	0	0	0	0	25	0	0	0	0	0		0	0	0
Eggz™	10313	2 Tbs (16 g)	0.2	6	7	8	7	1	3	4	70	20	2.5	0.5	0	200	31	12	0	1.5	0	0	0	0	6
Focaccia Sticks - Italian Style	10123	1 stick (51g)	0.3	13	16	21	12	3	8	13	120	18	2	0	0	310	28	26	1	1	0	0	4	4	10
Gingerbread Mix	10723	43 g of mix (1 square)	0.11	3	15	4	12	1	2	2	170	42.5	2.6	0.6	0	260	20	36	0	17.5	0	0	2	6	0
GO! Pockets™ - Burrito	10931	1 pocket (130g)	0.9	26	48	42	26	5	16	26	230	40	4.5	2	0	410	226	48	3	4	4	0	6	6	10
GO! Pockets™ - Cheesy Broccoli	10930	1 pocket (130g)	2.3	87	128	162	96	30	43	92	300	70	8	2	0	600	256	53	3	2	4	6	8	6	15
GO! Pockets™ - Samosa	10932	1 pocket (130g)	1	42	63	68	42	5	21	37	240	40	5	1.5	0	250	228	46	3.5	4	2	6	4	6	8
Homestyle Bread	10110	1 slice (50g)	0.1	5	8	7	5	1	3	5	130	15	2	0	0	320	24	27	1	1	0	0	2	4	10
Instant Noodle Soup - Beef	10821	1.5 oz dry (43 g)	1	23	26	36	20	5	16	18	140	0	0.2	0	0	1540	150	34	0.5	3	8	0	2	6	2
Instant Noodle Soup - Chicken	10820	1.5 oz dry (43 g)	1	26	29	40	22	6	18	20	150	0	0	0	0	1280	160	35	0.5	5	20	10	2	6	2
Lynn's Enchiladas	10922	1 tray (255g)	2	82	85	107	62	21	36	66	400	45	6	2	0	1145	125	85	2.5	5		24	6	6	8
Malt-O-Meal® Coco Roos®	27001	1 bowl (25 g)	0.8	43	46	77	31	10	17	29	100	10	1	0	0	90	40	22	0	12	0	0	10	15	
Malt-O-Meal® Frosted Flakes	27002	1 bowl (28 g)	1	56	48	157	36	17	22	34	110	0	0	0	0	130	25	25	0	10	8	0	0	20	2



CAMBROOKE™

866 456 9776 fax 978 443 1318 cambrooke.com

info@cambrooke.com



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Marinara Minis	10813	1 tub (65g)	1	26	20	39	33	7	26	33	35	15	2	1	0	310	205	3	1	2	6	10	2	2	2
Medley Meals - Barbecue Bake	10920	1 tray (320g)	1.9	60	96	84	48	10	40	63	470	25	3	0	0	1660	704	109	4	42	0	15	4	8	8
Medley Meals - Thai	10921	1 tray (320g)	2.9	115	158	194	115	36	65	108	340	70	7	3	0	600	512	63	2	6	10	15	4	15	10
Medley Meals - Vegetable Masala	10919	1 tray (320g)	1.6	50	61	78	42	13	27	44	300	35	4	1.5	5	860	367	63	3	4	10	8	4	6	6
Mini Pockets™ - PB&J	10913	2 pockets (86g)	0.7	27	29	43	25	13	24	23	210	63	7	2	0	360	49	39	2	11	0	0	4	0	10
Mini Pockets™ - Pizza	10909	2 pockets (84g)	0.7	35	31	49	26	32	19	25	180	50	5	1.5	0	500	100	32	2	2	2	0	4	6	10
Mix-Quick	10302	1 cup (100 g)	0.2	6	8	7	4	2	3	5	400	80	9	2	0	1111	40	80	1.4	6	0	0	4	10	35
Mozzarella Shreds	10315	1/4 cup (28 g)	0.7	33	45	66	37	14	28	34	80	45	5	2.5	0	280	24	6	0	1	0	0	0	0	4
Pasta Duets - Mac & Cheese	10406	2.3 oz dry (66g)	0.7	34	37	68	38	14	13	32	230	5	1.5	0.3	0	580	50	54	0	1	0	0	2	2	2
Pasta Duets-Crmy Garlic & Broc Rice	10410	2.3 oz dry (66g)	0.6	29	33	48	24	12	17	24	230	5	0.5	0	0	550	22	55	0	0	2	15	0	2	2
Pasta Duets-Instant Stivaletti Alfredo	10431	2.3 oz dry (66g)	0.6	24	25	48	26	8	9	26	220	0	0	0	0	580	39	55	0	0	0	2	6	2	
Pasta Solo - Elbows	10401	2oz dry (57g)	0.1	8	3	17	7	3	2	6	190	0	0	0	0	5	18	49	0	0	0	0	0	2	2
Pea-Not Butter	10306	2 Tbs (28g)	0.65	31	40	57	33	14	34	26	100	80	9	3.5	0	160	8	5	0	2	0	0	0	0	2
Peanut Butter Chocolate Chip Cookies	10506	1 cookie (35g)	0.2	6	5	11	3	2	3	3	160	70	8	3.5	5	170	22	24	1	9	0	0	0	0	4
Pierogi	10412	4 pierogi (58g)	0.4	25	28	38	22	8	13	21	120	10	1	0.5	0	380	62	26	1	0	0	0	0	2	2
Pita Pockets	10621	1/2 pita (45g)	0.3	5	5	10	4	3	3	5	120	10	1	0	0	270	20	25	1	1	0	0	2	0	6
Pizza Blanca	10904	1 pizza (150g)	1.1	51	50	75	41	9	24	44	270	90	9	3.5	0	600	106	46	2.5	3	0	4	4	2	15
Pizza Primavera	10908	1 pizza (165g)	2.2	80	81	108	65	25	46	67	290	70	7	2.5	0	910	234	53	3.5	4	8	6	2	0	20
Portabella Spinach Ravioli	10411	4 raviolis (56g)	0.6	21	25	29	18	7	16	16	120	20	2	1	0	300	42	24	1	0	10	0	2	2	2
Raspberry Gems	10702	1 cookie (36g)	0.3	12	19	24	13	5	5	12	133	39	4.5	2.5	9	50	16	8	0	12	0	0	0	0	2
Readi-Dough	10345	1 sheet (120 g)	0.4	14	14	27	12	12	12	13	300	4	1	0	0	756	60	67	3.5	3	0	0	6	2	20
Sausage Patty Mix	10311	1/4 cup dry (28 g)	0.8	21	27	34	20	9	17	23	100	6	0.5	0	0	258	97	24	3	1	0	4	6	4	
Savory Cracker Thins	10335	2 cracker thins (14 g)	0.3	14	15	24	14	6	10	14	65	18	2	0.7	5	65	34	12	0.3	0.2	0	0	0	0	0
Shake 'N' Cheese	10309	1 tsp (3g)	0.2	8	11	16	10	3	4	8	12	5	0.5	0	0	200	10	1.7	0	0.35	0	0	0	0	0
Short Grain Rice	10407	1/3 cup (50g)	0.3	11	12	20	8	6	6	7	180	0	0	0	0	0	1	43	0	0	0	0	0	2	0
Sugar Cookie Mix	10721	19 g mix (Makes 1 cookie)	0	1	1	2	1	1	1	1	75	15	1.2	0.2	0	161	2	16	0	8	0	0	0	0	0
Swiss Cheese Singles	20312	1 slice (19g)	0.4	20	26	37	20	9	17	17	35	20	2.5	1	0	210	4	1	0	0	0	0	0	0	2
The Bigger Bagel - Apple Cinnamon	10631	1 bagel (84g)	0.6	34	34	49	25	8	17	25	198	25	3	0	0	310	100	43	2	4	0	0	8	4	15
The Bigger Bagel - Garlic	10632	1 bagel (81g)	0.6	34	34	49	25	8	17	25	190	25	3	0	0	310	81	42	2	2	0	0	8	4	15
The Bigger Bagel - Plain	10630	1 bagel (81g)	0.5	32	32	48	24	8	16	24	190	25	3	0	0	310	79	42	2	2	0	0	8	4	15
Toasted Pierogies	10429	3 pierogies (60g)	0.4	22	24	32	19	7	11	18	180	70	7	1	0	300	50	29	6	0.5	0	0	0	0	2
Toaster Topz - Banana Chip	10612	1 toaster topz (52g)	0.1	6	7	9	5	1	2	5	160	41	4.5	1	0	290	9	33	0	8	0	0	2	0	8
Tortilla Chips - Sea Salt	10317	1 bag (28g)	0.2	3	3	3	3	3	8	2	145	72	8	1.4	0	316.4	9.88	18	0.4	0.36	0	0	2	0	10
Tortilla Chips - Sweet Chili	10318	1 bag (28g)	0.2	4	5	6	3	3	9	3	143	68	8	1.4	0	308	19	19	0.4	1	0	0	4	0	10
Tortilla Wraps	10312	1 tortilla (53g)	0.2	4	20	8	4	0	4	4	180	40	4.5	2.5	0	470	25	34	0	1	2	0	6	0	6
Tuscan Pizza Crusts	10115	1/4 crust (52g)	0.3	5	5	10	4	3	3	5	130	15	1.5	0	0	330	26	29	1.5	1	0	0	2	0	10
Tweekz	10902	3 pieces (96g)	1.2	48	50	60	39	10	20	42	190	90	10	1	0	670	186	28	1.3	2	0	0	2	2	8
Veggie Dumplings	10421	1 dumpling (64g)	0.7	13	30	27	13	5	10	16	90	23	2.5	0.4	0	220	65	18	2	1	0	0	2	2	2
Veggie Meatballs	10911	2 veggie balls (64g)	1	30	27	46	20	20	20	29	60	30	2.5	0	0	140	150	11	2.5	1	4	0	2	2	4
Wel-Made Baking Mix	10320	1 cup (110g)	0.34	6	5	6	3	4	4	3	420	36	4	1	0	55	40	95	0.2	3.7	0	0	10	4	
Yuca Tater Home Fries	10830	2.7 oz (76 g)	0.8	23	23	30	23	8	23	30	90	15	1.5	0	0	520	220	19	1	1	0	2	2	8	2