

Black & Blue Steak Sandwich

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield	1	Sandwich	Prep
Portion	1	Sandwich	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size	1 Sandwich
Servings Per Container	1
Amount Per Serving	
Calories 475	Calories From Fat 262
% Daily Value	
Total Fat 29g	44%
Saturated Fat 11g	48%
Cholesterol 79mg	26%
Sodium 610mg	25%
Total Carbohydrates 25g	8%
Dietary Fiber 1g	6%
Protein 27g	
Vitamin A 10%	Vitamin C 5%
Calcium 13%	Iron 19%
* Percent Daily Values are based on a 2000 calorie diet.	

The following items are not included in the label data

Ingredient

cajun spices

Reason

No nutrition information