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Chicken Club Sandwich

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

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

Nutrition Facts

Serving Size 1 Sandwich
Servings Per Container 1

Amount Per Serving

Calories 406	Calories From Fat 117
	% Daily Value
Total Fat 13g	19%
Saturated Fat 5g	20%
Cholesterol 100mg	33%
Sodium 664mg	28%
Total Carbohydrates 33g	11%
Dietary Fiber 2g	7%
Protein 30g	

Vitamin A	11%	Vitamin C	15%
Calcium	5%	Iron	17%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Protein
Good Source of Vitamin A
Good Source of Vitamin C
Good Source of Iron
Good Source of Carbohydrates