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Cuban Pork 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 621	Calories From Fat 289
	% Daily Value
Total Fat 32g	48%
Saturated Fat 7g	30%
Cholesterol 82mg	27%
Sodium 1287mg	54%
Total Carbohydrates 45g	15%
Dietary Fiber 2g	10%
Protein 34g	

Vitamin A	4%	Vitamin C	0%
Calcium	28%	Iron	19%

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

Nutrition Descriptors

High in Calcium
High in Protein
Good Source of Potassium
Good Source of Iron
Good Source of Carbohydrates
Good Source of Fiber