Date: 12/18/2008

Grilled Reuben Sandwich

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	ea	**Cook**
Portion	1	servings	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1 servings
Servings Per Container 1

Amount Per Serving

Calories 679	Calories From Fat 354
	% Daily Value
Total Fat 39g	59%
Saturated Fat 6g	27%
Cholesterol 86mg	29%
Sodium 418mg	17%
Total Carbohydrates 6g	2%
Dietary Fiber 1g	4%
Protein 24g	
Vitamin A 9%	Vitamin C 41%
Calcium 43%	Iron 27%

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

Nutrition Descriptors

High in Vitamin C
High in Calcium
High in Iron
High in Protein