Date: 12/18/2008

Ham and Swiss Croissant

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 530	Calories From Fat 258
	% Daily Value
Total Fat 29g	43%
Saturated Fat 14g	64%
Cholesterol 115mg	38%
Sodium 1452mg	61%
Total Carbohydrates 41g	14%
Dietary Fiber 2g	9%
Protein 26g	

Vitamin A	15%	Vitamin C	2%
Calcium	24%	Iron	15%

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

Nutrition Descriptors

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