Date: 12/18/2008

Sabino's Croissant - Egg Salad

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 560 Calories From Fat 310

	% Daily Value
Total Fat 34g	52%
Saturated Fat 13g	60%
Cholesterol 486mg	162%
Sodium 940mg	39%
Total Carbohydrates 43g	14%
Dietary Fiber 2g	10%
Protein 19g	

Vitamin A	22%	Vitamin C	7%
Calcium	9%	Iron	119%

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

Nutrition Descriptors

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