Date: 12/18/2008

Sabino's Croissant - Smoked Ham & Swiss

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

		% Daily Value
Calories	520 Calories From Fat 253	
Total Fat	28g	42%
Saturated Fat	10g	46%
Cholesterol	114mg	38%
Sodium	1358mg	57%
Total Carbohydrates	41g	14%
Dietary Fiber	2g	10%
Protein	26g	

Vitamin A	17%	Vitamin C	3%
Calcium	24%	Iron	14%

* 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
Good Source of Fiber