Date: 12/18/2008

Sabino's Croissant - Tuna 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 500 Calories From Fat 229

	% Daily Value
Total Fat 25g	38%
Saturated Fat 11g	48%
Cholesterol 95mg	32%
Sodium 1142mg	48%
Total Carbohydrates 42g	14%
Dietary Fiber 3g	12%
Protein 25g	

Vitamin A	14%	Vitamin C	6%
Calcium	6%	Iron	14%

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

Nutrition Descriptors

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