

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

<b>Yield</b>	1	Sandwich	<b>Prep</b>
<b>Portion</b>	1	Sandwich	<b>Cook</b>
<b>Num Portions</b>	1		<b>Finish</b>
			<b>Shelf</b>

<b>Nutrition Facts</b>	
Serving Size	1 Sandwich
Servings Per Container	1
Amount Per Serving	
<b>Calories</b> 550	Calories From Fat 196
% Daily Value	
<b>Total Fat</b> 22g	33%
Saturated Fat 8g	36%
<b>Cholesterol</b> 62mg	21%
<b>Sodium</b> 2120mg	88%
<b>Total Carbohydrates</b> 54g	18%
Dietary Fiber 4g	20%
<b>Protein</b> 18g	
Vitamin A 21%	Vitamin C 23%
Calcium 24%	Iron 21%
* Percent Daily Values are based on a 2000 calorie diet.	

**Nutrition Descriptors**

- High in Vitamin A
- High in Vitamin C
- High in Calcium
- High in Iron
- High in Fiber
- High in Protein
- Good Source of Carbohydrates