

**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	
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Amount Per Serving	
<hr/>	
<b>Calories</b> 607	Calories From Fat 273
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% Daily Value	
<b>Total Fat</b> 30g	45%
Saturated Fat 10g	43%
<b>Cholesterol</b> 117mg	39%
<b>Sodium</b> 1287mg	54%
<b>Total Carbohydrates</b> 48g	16%
Dietary Fiber 3g	12%
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<b>Protein</b> 35g	
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Vitamin A 19%	Vitamin C 19%
Calcium 25%	Iron 22%
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* Percent Daily Values are based on a 2000 calorie diet.	

**Nutrition Descriptors**

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