

Author

Categories

Tools

Locations

Plate/Store

Yield	1	Sandwich	Prep
Portion	1	Sandwich	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size	1 Sandwich
Servings Per Container	1
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Amount Per Serving	
Calories 309	Calories From Fat 62
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% Daily Value	
Total Fat 7g	10%
Saturated Fat 2g	7%
Cholesterol 33mg	11%
Sodium 1167mg	49%
Total Carbohydrates 44g	15%
Dietary Fiber 2g	9%
Protein 19g	
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Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 36%
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* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

High in Iron
High in Protein
Good Source of Carbohydrates