

Author

Categories

Tools

Locations

Plate/Store

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

<h2>Nutrition Facts</h2>	
Serving Size 1 Sandwich	
Servings Per Container 1	
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Amount Per Serving	
<hr/>	
Calories 302 Calories From Fat 50	
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% Daily Value	
Total Fat 6g	8%
Saturated Fat 1g	5%
Cholesterol 34mg	11%
Sodium 1235mg	51%
Total Carbohydrates 44g	15%
Dietary Fiber 2g	9%
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Protein 19g	
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Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 20%
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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