

**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> 286	Calories From Fat 32
% Daily Value	
<b>Total Fat</b> 4g	5%
Saturated Fat 0g	2%
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 1333mg	56%
<b>Total Carbohydrates</b> 46g	15%
Dietary Fiber 2g	9%
<b>Protein</b> 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 18%
* Percent Daily Values are based on a 2000 calorie diet.	

**Nutrition Descriptors**

Low Saturated Fat  
Low Cholesterol  
Good Source of Iron  
Good Source of Carbohydrates  
Good Source of Protein