

Author

Categories

Tools

Locations

Plate/Store

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

Nutrition Facts	
Serving Size	1 Sandwich
Servings Per Container	1
<hr/>	
Amount Per Serving	
Calories 465	Calories From Fat 229
<hr/>	
	% Daily Value
Total Fat 25g	38%
Saturated Fat 7g	30%
Cholesterol 37mg	12%
Sodium 1306mg	54%
Total Carbohydrates 46g	15%
Dietary Fiber 3g	12%
Protein 14g	
<hr/>	
Vitamin A 11%	Vitamin C 15%
Calcium 1%	Iron 16%
<hr/>	
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

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