

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	
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Calories 508	Calories From Fat 178
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% Daily Value	
Total Fat 20g	30%
Saturated Fat 7g	29%
Cholesterol 68mg	23%
Sodium 1766mg	74%
Total Carbohydrates 52g	17%
Dietary Fiber 3g	12%
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Protein 30g	
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Vitamin A 18%	Vitamin C 13%
Calcium 24%	Iron 23%
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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