

**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>

<h2>Nutrition Facts</h2>	
Serving Size 1 Sandwich	
Servings Per Container 1	
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Amount Per Serving	
<hr/>	
<b>Calories</b> 564	Calories From Fat 187
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% Daily Value	
<b>Total Fat</b> 21g	31%
Saturated Fat 7g	30%
<b>Cholesterol</b> 74mg	25%
<b>Sodium</b> 1433mg	60%
<b>Total Carbohydrates</b> 53g	18%
Dietary Fiber 4g	16%
<b>Protein</b> 41g	
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Vitamin A 20%	Vitamin C 19%
Calcium 26%	Iron 24%
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* Percent Daily Values are based on a 2000 calorie diet.	

**Nutrition Descriptors**

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