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Sabino's Stacker Very Veggie

Lancer Management

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

Amount Per Serving

		% Daily Value
Calories	573 Calories From Fat 300	
Total Fat	33g	50%
Saturated Fat	8g	36%
Cholesterol	26mg	9%
Sodium	889mg	37%
Total Carbohydrates	55g	18%
Dietary Fiber	4g	19%
Protein	15g	

Vitamin A	27%	Vitamin C	27%
Calcium	26%	Iron	20%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

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