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Triple Grill Cheese

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

Calories 882 Calories From Fat 351

	% Daily Value
Total Fat 39g	59%
Saturated Fat 11g	49%
Cholesterol 114mg	38%
Sodium 1574mg	66%
Total Carbohydrates 99g	33%
Dietary Fiber 5g	21%
Protein 34g	

Vitamin A	23%	Vitamin C	16%
Calcium	76%	Iron	194%

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

Nutrition Descriptors

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