

# Portland Sandwich



## Ched Bagel Sand Ham Turkey

<b>Nutrition Facts</b>	
Serving Size: 1 Sandwich (201g)	
Servings Per Container: 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 390	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 1420mg	<b>59%</b>
<b>Total Carbohydrate</b> 64g	<b>21%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 8g	
<b>Protein</b> 20g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: BAGEL (ENRICHED HI-GLUTEN WHOLE GRAIN FLOUR (WHEAT & MALTED BARLEY FLOURS, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), DOUGH CONDITIONER (ASCORBIC ACID), ENZYME, WATER, BROWN SUGAR (SUGAR, INVERT SUGAR & CANE MOLASSES), SALT, YEAST, SORBITAN MONOSTEARATE, DRY MALT-LOW DIASTATIC (MALTED BARLEY, DEXTROSE), CHEDDAR CHEESE (PASTEURIZED MILK CHEESE CULTURE, SALT, CALCIUM CHLORIDE, ENZYMES, ANNATTO), MAY CONTAIN: POWDERED CELLULOSE, POTATO & CORN STARCHES &/OR CALCIUM SULFATE), HAM, TURKEY (CURED WITH WATER, TURKEY BREAST, WHITE TURKEY, DEXTROSE, CORN SYRUP, WATER, SALT, MODIFIED FOOD STARCH, POTASSIUM LACTATE, SODIUMS (LACTATE, PHOSPHATE, DIACETATE, ERYTHORBATE & NITRITE), 2% OR LESS OF: SODIUM CITRATE, SUGAR, CARRAGEENAN, NATURAL FLAVORING).

CONTAINS: MILK, WHEAT



CHED BAGEL SAND HAM TURK - 133315

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