

Portland Sandwich



English Muffin Ham

Nutrition Facts

Serving Size: 1 Sandwich (160g)

Servings Per Container: 1

Amount Per Serving

Calories 290 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 150mg **50%**

Sodium 1300mg **54%**

Total Carbohydrate 31g **10%**

Dietary Fiber <1g **4%**

Sugars 5g

Protein 14g

Vitamin A 6% • Vitamin C 0%

Calcium 15% • Iron 10%

* 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: MUFFIN (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT & MALTED BARLEY FLOURS, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CORNMEAL, HIGH FRUCTOSE CORN SYRUP, 2% OR LESS OF: SALT, DISTILLED VINEGAR, VEGETABLE OIL (CANOLA OR SOY), YEAST NUTRIENT (AMMONIUM SULPHATE), DOUGH CONDITIONERS (PROTEASE, ASCORBIC ACID, MONO-DIGLYCERIDES), CALCIUM PROPIONATE & POTASSIUM SORBATE (MOLD INHIBITORS), CALCIUM SULFATE, ENZYMES, NONFAT DRY MILK), EGG PATTY (WHOLE EGG, WHEY, NONFAT MILK, SOY &/OR CORN OIL, 2% OR LESS OF: SALT, XANTHAN GUM, CITRIC ACID, PEPPER, NATURAL BUTTER FLAVOR), HAM (CURED WITH WATER, DEXTROSE, CORN SYRUP, SALT, MODIFIED FOOD STARCH, POTASSIUM LACTATE, SODIUMS (LACTATE, PHOSPHATE, DIACETATE, ERYTHORBATE & NITRITE), CHEESE (CULTURED & SKIM MILKS, WATER, CREAM, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, ARTIFICIAL COLOR, ACETIC ACID, ENZYMES, SOY LECITHIN).

CONTAINS: EGG, SOY, MILK, WHEAT



ENGLISH MUFFIN HAM - 024620

Portland Sandwich Co. Portland, OR 97220