

Portland Sandwich



French Ham & Cheddar

Nutrition Facts

Serving Size: 1 Sandwich (225g)

Servings Per Container: 1

Amount Per Serving

Calories 470 **Calories from Fat** 190

% Daily Value*

Total Fat 21g **32%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 1740mg **73%**

Total Carbohydrate 49g **16%**

Dietary Fiber 2g **8%**

Sugars 10g

Protein 23g

Vitamin A 30% • Vitamin C 8%

Calcium 25% • 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: HAM (CURED WITH WATER, DEXTROSE, CORN SYRUP, SALT, MODIFIED FOOD STARCH, POTASSIUM LACTATE, SODIUMS (LACTATE, PHOSPHATE, DIACETATE, ERYTHORBATE & NITRITE), ROLL (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT & MALTED BARLEY FLOURS, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, 2% OR LESS OF: SALT, VITAL WHEAT GLUTEN, CORN MEAL, VEGETABLE OIL (CANOLA &/OR SOY), YEAST NUTRIENT (AMMONIUM SULPHATE), DOUGH CONDITIONERS (ASCORBIC ACID, SODIUM STEAROYL LACTYLATE, AZODICARBONAMIDE, MONODIGLYCERIDES), CALCIUM SULFATE, ENZYMES, CALCIUM PROPIONATE (MOLD INHIBITOR)), ROMA TOMATO, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO (COLOR)), LEAF LETTUCE, MAYONNAISE (SOY OIL, CORN SYRUP, WATER, WHOLE EGG, EGG YOLKS, DISTILLED VINEGAR, 2% OR LESS OF: SALT, SPICE, LEMON JUICE CONCENTRATE).

CONTAINS: EGG, SOY, MILK, WHEAT



FRENCH HAM & CHEDDAR - 124665

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