Portland Sandwich

French Ham Turkey & Cheddar

Nutrition Facts

Serving Size: 1 Sandwich (225g)
Servings Per Container: 1

Amount Per Serving

Calories 470	Calories from Fat 200
	% Daily Value*
Total Fat 22g	**34**%
Saturated Fat 6g	**30**%
Trans Fat 0g	
Cholesterol 50mg	**17**%
Sodium 1550mg	**65**%
Total Carbohydrate 45g	**15**%
Dietary Fiber 2g	**8**%
Sugars 8g	
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

FRENCH HAM TURK & CHED - 124658

INGREDIENTS: 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, MONO-DIGLYCERIDES), CALCIUM SULFATE, ENZYMES, CALCIUM PROPIONATE (MOLD INHIBITOR)), 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), 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

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