

Portland Sandwich



Half Ham & Cheddar

Nutrition Facts

Serving Size: 1 Sandwich (133g)

Servings Per Container: 1

Amount Per Serving

Calories 300 **Calories from Fat** 130

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 1090mg **45%**

Total Carbohydrate 32g **11%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 13g

Vitamin A 15% • Vitamin C 2%

Calcium 6% • 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: BREAD (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT & MALTED BARLEY FLOURS, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CRUSHED WHEAT NUGGETS, WHOLE WHEAT FLOUR, WHEAT BRAN, HONEY, YEAST, VITAL WHEAT GLUTEN, 2% OR LESS OF: RYE FLOUR, VEGETABLE OIL (CANOLA &/OR SOY), SALT, HIGH FRUCTOSE CORN SYRUP, MOLASSES, RAISIN JUICE CONCENTRATE, DISTILLED VINEGAR, YEAST NUTRIENT (AMMONIUM SULPHATE), DOUGH CONDITIONERS (MONO-DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CARAMEL COLOR, CALCIUM SULFATE, ENZYMES, NONFAT DRY MILK, SOY FLOUR), HAM (CURED WITH WATER, DEXTROSE, CORN SYRUP, SALT, MODIFIED FOOD STARCH, POTASSIUM LACTATE, SODIUMS (LACTATE, PHOSPHATE, DIACETATE, ERYTHORBATE & NITRITE), MAYONNAISE (SOY OIL, CORN SYRUP, WATER, WHOLE EGG, EGG YOLKS, DISTILLED VINEGAR, 2% OR LESS OF: SALT, SPICE, LEMON JUICE CONCENTRATE), LEAF LETTUCE, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO (COLOR)).

CONTAINS: EGG, SOY, MILK, WHEAT



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HALF HAM & CHEDDAR - 125891

Portland Sandwich Co. Portland, OR 97220