

# Portland Sandwich



## Half Tuna & Cheddar

### Nutrition Facts

Serving Size: 1 Sandwich (137g)  
Servings Per Container: 1

#### Amount Per Serving

**Calories** 320      **Calories from Fat** 150

**% Daily Value\***

**Total Fat** 16g      **25%**

Saturated Fat 3.5g      **18%**

Trans Fat 0g

**Cholesterol** 30mg      **10%**

**Sodium** 530mg      **22%**

**Total Carbohydrate** 30g      **10%**

Dietary Fiber 3g      **12%**

Sugars 7g

**Protein** 14g

Vitamin A 20%      •      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: TUNA SALAD (TUNA FISH, WATER, VEGETABLE BROTH, SALT, MAYONNAISE (SOY OIL, CORN SYRUP, WATER, WHOLE EGG, EGG YOLKS, DISTILLED VINEGAR, 2% OR LESS OF: SALT, SPICE, LEMON JUICE CONCENTRATE), SWEET RELISH (CUCUMBERS, HIGH FRUCTOSE CORN SYRUP, VINEGAR, SALT, MUSTARD & CELERY SEED, XANTHAN GUM, SODIUM BENZOATE (PRESERVATIVE), ALUM, TURMERIC, SPICES, NATURAL FLAVORS, POLYSORBATE 80, YELLOW 5, BLUE 1), CELERY), 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), LEAF LETTUCE, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO (COLOR)).

CONTAINS: EGG, SOY, MILK, WHEAT, SEAFOOD



HALF TUNA & CHEDDAR - 125938

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