

# Portland Sandwich



## Thick Chicken Salad

### Nutrition Facts

Serving Size: 1 Sandwich (241g)

Servings Per Container: 1

#### Amount Per Serving

**Calories** 570      **Calories from Fat** 260

**% Daily Value\***

**Total Fat** 28g      **43%**

Saturated Fat 4.5g      **23%**

Trans Fat 0g

**Cholesterol** 50mg      **17%**

**Sodium** 1010mg      **42%**

**Total Carbohydrate** 61g      **20%**

Dietary Fiber 7g      **28%**

Sugars 13g

#### Protein 23g

Vitamin A 30%      •      Vitamin C 4%

Calcium 2%      •      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: CHICKEN SALAD (CHICKEN, WATER, SALT, SODIUM PHOSPHATES, MAYONNAISE (SOY OIL, CORN SYRUP, WATER, WHOLE EGG, EGG YOLKS, DISTILLED VINEGAR, 2% OR LESS OF: SALT, SPICE, LEMON JUICE CONCENTRATE), CELERY, HONEY, DIJON MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, CHARDONNAY WINE, CITRIC & TARTARIC ACID, SPICED TURMERIC), RED ONION), 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.

CONTAINS: EGG, SOY, MILK, WHEAT



THICK CHICKEN SALAD - 125792

Portland Sandwich Co. Portland, OR 97220