Portland Sandwich

Triangle Roast Beef & Cheddar

Nutrition Facts

Serving Size: 1 Sandwich (224g)
Servings Per Container: 1

Amount Per Serving

Calories 530	Calories from Fat 210
	% Daily Value*
Total Fat 23g	**35**%
Saturated Fat 6g	**30**%
Trans Fat 0g	
Cholesterol 60mg	**20**%
Sodium 1260mg	**53**%
Total Carbohydrate 55g	**18**%
Dietary Fiber 6g	**24**%
Sugars 6g	
Protein 28g	

Vitamin A 4% •	Vitamin C 0%
Calcium 15% •	Iron 25%

* 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

TRIANGLE R BEEF & CHEDDAR - 123163

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), BEEF (WATER, CULTURED SUGAR & VINEGAR, NATURAL FLAVORINGS, SALT, HYDROLYZED CORN PROTEIN, POTASSIUM & SODIUM PHOSPHATES, DEXTROSE, CARAMEL COLOR, DRIED BEEF STOCK, MALTODEXTRIN, PAPRIKA), CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO (COLOR)), 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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