

# Portland Sandwich

## Vegetarian (EG)

### Nutrition Facts

Serving Size: 1 Sandwich (318g)

Servings Per Container: 1

#### Amount Per Serving

**Calories** 530      **Calories from Fat** 130

**% Daily Value\***

**Total Fat** 15g      **23%**

Saturated Fat 3.5g      **18%**

Trans Fat 0g

**Cholesterol** 20mg      **7%**

**Sodium** 640mg      **27%**

**Total Carbohydrate** 81g      **27%**

Dietary Fiber 9g      **36%**

Sugars 17g

**Protein** 24g

Vitamin A 130%      •      Vitamin C 50%

Calcium 30%      •      Iron 35%

\* 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, GRANOLA MIX (WHEAT, OATS, TRITICALE, BARLEY, AMARANTH, RYE, WHEAT GERM, FLAX & SUNFLOWER SEED, CORNMEAL), YEAST, SUGAR, VITAL WHEAT GLUTEN, BROWN SUGAR, 2% OR LESS OF: VEGETABLE OIL (CANOLA &/OR SOY), RAISIN PASTE, CULTURED WHEAT FLOUR, DISTILLED VINEGAR, XANTHAN GUM, SALT, DOUGH CONDITIONER (ASCORBIC ACID), CALCIUM SULFATE, ENZYMES, NONFAT DRY MILK, SOY FLOUR), ROMA TOMATO, LEAF LETTUCE, ORGANIC HERB BLEND (BABY LETTUCE (RED & GREEN ROMAINE, RED & GREEN OAK LEAF, RED LEAF, LOLLO ROSA, TANGO), RED & GREEN CHARD, MIZUNA, BABY SPINACH, ARUGULA, FRISÉE, RADICCHIO, PARSLEY, DILL, CILANTRO), CUCUMBER, SWISS CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), CARROT, ITALIAN DRESSING (WATER, SOY OIL, DISTILLED VINEGAR, SUGAR, 2% OR LESS OF: SALT, XANTHAN GUM, ONION, POLYSORBATE 60, GARLIC, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA (PRESERVATIVES), BELL PEPPER, SPICE), SWEET PEPPER (RED, YELLOW, ORANGE), GREEN ONION.

CONTAINS: EGG, SOY, MILK, WHEAT



VEGETARIAN (EG) - 123477

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