
Seagate Bruno

Lancer Management

Categories

Tools

Locations

Plate

Yield	1	Sandwich	Prep
Portion	1	Sandwich	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts

Serving Size 1 Sandwich

Servings Per Container 1

Amount Per Serving

Calories 588 **Calories From Fat** 169

% Daily Value

Total Fat 19g 28%

Saturated Fat 6g 27%

Trans Fat 0g

Cholesterol 68mg 23%

Sodium 1705mg 71%

Total Carbohydrates 69g 23%

Dietary Fiber 2g 10%

Protein 36g

Vitamin A 14% Vitamin C 9%

Calcium 30% Iron 24%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Calcium

High in Iron

High in Carbohydrates

High in Protein

Good Source of Vitamin A

Good Source of Fiber

Ingredients

HOAGIE 6" ROLL, Ham Sliced Natural, Tomato Fresh Slice, Provolone Sliced .75Z Cheese, iceberg lettuce, mayonnaise

Contains: Eggs, Milk