
The Monterey (Vegetarian)

Lancer Management

Categories

Tools

Locations

Plate

Yield	1	Sandwich	Prep
Portion	4.25	oz	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts

Serving Size 4.3 oz (120g)
Servings Per Container 1

Amount Per Serving

Calories 365 **Calories From Fat** 195

% Daily Value

Total Fat 22g 32%

Saturated Fat 10g 44%

Trans Fat 1g

Cholesterol 38mg 13%

Sodium 663mg 28%

Total Carbohydrates 27g 9%

Dietary Fiber 2g 9%

Protein 15g

Vitamin A 17% **Vitamin C** 27%

Calcium 39% **Iron** 13%

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

Nutrition Descriptors

High in Vitamin C

High in Calcium

High in Protein

Good Source of Vitamin A

Good Source of Iron

Ingredients

Tomato Fresh Slice, white bread, monterey jack cheese, BELL GRN FRESH CHO PEPPER, black olives, Beyond

Contains: Milk, Soy, Wheat