

Seagate True Turkey

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 596 Calories From Fat 162

% Daily Value

Total Fat	18g	27%
Saturated Fat	6g	28%
Trans Fat	0g	

Cholesterol 69mg 23%

Sodium 1417mg 59%

Total Carbohydrates 70g 23%

Dietary Fiber 3g 11%

Protein 37g

Vitamin A 16% Vitamin C 13%

Calcium 31% Iron 21%

* 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 Vitamin C

Good Source of Fiber

Ingredients

HOAGIE 6" ROLL, Turkey Breast Sliced Natural Hormel, Tomato Fresh Slice, Provolone Sliced .75Z Cheese, cucumber, iceberg lettuce, mayonnaise, alfalfa sprouts

Contains: Eggs, Milk