

Seagte Very Veggie

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 563 Calories From Fat 200

% Daily Value

Total Fat	22g	33%
Saturated Fat	6g	27%
Trans Fat	0g	

Cholesterol	26mg	9%
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Sodium	828mg	35%
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Total Carbohydrates	72g	24%
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Dietary Fiber	4g	16%
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Protein 21g

Vitamin A	23%	Vitamin C	22%
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Calcium	32%	Iron	20%
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* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Vitamin A
High in Vitamin C
High in Calcium
High in Iron
High in Carbohydrates
High in Protein
Good Source of Fiber

Ingredients

HOAGIE 6" ROLL, Tomato Fresh Slice, cucumber, Provolone Sliced .75Z Cheese, iceberg lettuce, mayonnaise, red onion, alfalfa sprouts, fresh basil, pine nuts, olive oil, garlic

Contains: Eggs, Milk, Tree nuts