

# 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%

Sodium 828mg 35%

Total Carbohydrates 72g 24%

Dietary Fiber 4g 16%

Protein 21g

Vitamin A 23% Vitamin C 22%

Calcium 32% Iron 20%

\* 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