

Deli Sub, Ham

Nutrition Facts

Serving Size: Each

ALLERGENS

Soy, Wheat

Amount Per Serving

Calories: 230

Calories from Fat: 50

Total Fat:	5.5g
Saturated Fat:	1.0g
Trans Fat:	0.00
Cholesterol:	25mg
Sodium:	670mg
Total Carbohydrate:	30.0g
Dietary Fiber:	3.0g
Protein:	15.0g

Vitamin A: 20RE

Vitamin C: .0mg

Calcium: 60.0mg

Iron: 1.8mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

Bun, Hoagie 5" WG, #3737 (mfg label): WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN SYRUP, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, HONEY, INVERT SUGAR, MOLASSES, CALCIUM PROPIONATE (PRESERVATIVE), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, CALCIUM PEROXIDE, AZODICARBONAMIDE), YEAST NUTRIENT (CALCIUM SULFATE), WHEAT STARCH, SOY LECITHIN. CONTAINS: WHEAT, SOY [903105]

Turkey Ham, Jenni-O Pre-Sliced 2568-21 (mfg label): TURKEY THIGH MEAT WITH A PORTION OF GROUND TURKEY THIGH TRIM ADDED, SUGAR, VINEGAR, CONTAINS 2% OR LESS SALT, NATURAL FLAVOR (CELERY JUICE POWDER), BAKING SODA, NATURAL SMOKE FLAVOR. [903460]

