Sandwich - Ham & Cheese

Nutrition Facts

Serving Size 1/2 sandwich (163g)

Amount Per Serving

Calories 380 Calories from Fat 150

	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 1420mg	**59%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 20g	

Vitamin A 4% • Vitamin C 4%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4