

Nutrition Facts for Grilled Chicken & Bacon Sandwich on a Kaiser Roll

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Serving size: 1 Portion	Total Fat 49g	62%	Total Carb. 56g
Saturated Fat 16g		80%	Fiber 2g	9%
<i>Trans Fat</i> 0g			Total Sugars 1g	
Cholesterol 135mg		45%	Incl. 0g Added Sugars	0%
Sodium 1230mg		49%	Protein 43g	
Calories per serving	840	Vitamin D 2% · Calcium 30% · Iron 30% · Potassium 15%		

Ingredients

Kaiser Roll (enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid], water, yeast, sugar, vegetable oil (soybean), salt, calcium propionate (preservative), monoglycerides, grain vinegar, datem, citric acid, wheat gluten, potassium iodate, soy lecithin.), Chicken Breast Boneless Skinless, Bacon, Arugula, Pepper Jack Cheese, Mayonnaise, Sour Cream, Whole Buttermilk, Lemons, Parsley, Scallions, Tarragon Dry

Contains

MILK, EGGS

Characteristics

Gluten Free · Corn Free · Tree Nut Free · Peanut Free · Contains Pork