

# Nutrition Facts for Mixed Vegetables Sandwich on Ciabatta

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Serving size: 1 Portion	<b>Total Fat</b> 5g	<b>7%</b>	<b>Total Carb.</b> 61g
Saturated Fat 0.5g		<b>3%</b>	Fiber 6g	<b>22%</b>
<i>Trans Fat</i> 0g			Total Sugars 7g	
<b>Cholesterol</b> 0mg		<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Calories</b> per serving	<b>320</b>		<b>Protein</b> 13g	
	Vitamin D 0% · Calcium 6% · Iron 15% · Potassium 15%			

## Ingredients

Ciabatta (flour (wheat flour, malted barley flour), water, contains less than 2% of each of the following: sea salt and dried yeast.), Arugula, Eggplant, Tomatoes Sun-Dried, Hummus (oil, olive, salad or cooking; seeds, sesame butter, tahini, from roasted and toasted kernels (most common type); beverages, water, tap, drinking; salt, table, iodized; garlic, raw; chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt; lemon juice, raw.), Lemon Juice, Olives Kalamata (olives, ripe, canned (small-extra large).)

## Characteristics

Vegan · Gluten Free · Dairy Free · Corn Free · Tree Nut Free · Peanut Free