

Nutrition Facts for Mixed Vegetables Sandwich on a Baguette

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Serving size: 1 Portion	Total Fat 4.5g	6%	Total Carb. 64g
Saturated Fat 0.5g		3%	Fiber 6g	22%
<i>Trans Fat</i> 0g			Total Sugars 7g	
Cholesterol 0mg		0%	Incl. 0g Added Sugars	0%
Calories per serving	340		Protein 13g	
	Vitamin D 0% · Calcium 8% · Iron 35% · Potassium 20%			

Ingredients

Baguette (enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, contains less than 2% of dough conditioner (enriched wheat flour, ascorbic acid, enzymes), malt (malted barley, wheat flour, dextrose), preservatives (cultured wheat starch, wheat flour, citric acid), salt, vinegar, 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