

# Nutrition Facts for Ham & Cheddar Sandwich on Wheat Bread

<b>Nutrition Facts</b>		Amount/serving	% DV	Amount/serving	% DV
		<b>Total Fat</b> 25g	<b>32%</b>	<b>Total Carb.</b> 32g	<b>11%</b>
Serving size: 1 Portion		Saturated Fat 13g	<b>64%</b>	Fiber 5g	<b>18%</b>
		<i>Trans</i> Fat 0.5g		Total Sugars 5g	
<b>Calories</b> per serving		<b>490</b>		Incl. 0g Added Sugars	<b>0%</b>
		<b>Sodium</b> 1500mg	<b>60%</b>	<b>Protein</b> 35g	
Vitamin D 6% · Calcium 40% · Iron 15% · Potassium 15%					

## Ingredients

Ham, Wheat Bread, Cheddar Cheese, Spring Mix (lettuce, green leaf, raw; lettuce, iceberg (includes crisphead types), raw.), Tomatoes

## Contains

MILK, WHEAT, CEREALS CONTAINING GLUTEN

## Characteristics

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