

# Nutrition Facts for Ham & Cheddar Sandwich on a Kaiser Roll

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Serving size: 1 Portion	<b>Total Fat</b> 28g	<b>34%</b>	<b>Total Carb.</b> 57g
Saturated Fat 12g		<b>61%</b>	Fiber 2g	<b>10%</b>
<i>Trans</i> Fat 0.5g			Total Sugars 2g	
<b>Cholesterol</b> 95mg		<b>31%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 1770mg		<b>71%</b>	<b>Protein</b> 36g	
<b>Calories</b> per serving	<b>610</b>	Vitamin D 6% · Calcium 40% · Iron 20% · Potassium 10%		

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

## Contains

MILK

## Characteristics

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