

Portland Sandwich



Gluten Free Ham & Cheddar

Nutrition Facts

1 serving per container

Serving size 1 Sandwich (194g)

Amount Per Serving

Calories 340

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 1400mg **61%**

Total Carbohydrate 35g **13%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

Protein 22g

Vitamin D 0mcg **0%**

Calcium 180mg **15%**

Iron 3.1mg **15%**

Potassium 230mg **4%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: HAM (CURED WITH WATER, SALT, DEXTROSE, POTASSIUM LACTATE, SODIUMS (PHOSPHATE, ERYTHORBATE, DIACETATE & NITRITE)), BREAD (WATER, BROWN RICE FLOUR, TAPIOCA STARCH, WHOLE GRAIN SORGHUM FLOUR, TAPIOCA SYRUP, XANTHAN GUM, MILLET SEEDS, 2% OR LESS OF: DRIED WHOLE EGGS, MILLET FLOUR, AMARANTH SEEDS, TEFF SEEDS, RED QUINOA SEEDS, HIGH OLEIC SAFFLOWER OIL, MOLASSES, SALT, VINEGAR, YEAST, ENZYMES), LEAF LETTUCE, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO (COLOR)).

CONTAINS: EGG, MILK

GF HAM CHEDDAR - 123521



Portland Sandwich Co. Portland, OR 97220