

# Portland Sandwich



## Triangle Ham Turkey & Cheddar

### Nutrition Facts

1 serving per container  
**Serving size 1 Sandwich (223g)**

**Amount Per Serving**  
**Calories 550**

**% Daily Value\***

<b>Total Fat</b> 25g	<b>32%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 1710mg	<b>74%</b>
<b>Total Carbohydrate</b> 56g	<b>20%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 8g	
Includes 6g Added Sugars	<b>12%</b>

<b>Protein</b> 29g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 2.8mg	15%
Potassium 190mg	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: BREAD (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT & MALTED BARLEY FLOURS, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CRUSHED WHEAT, WHEAT NUGGETS, HONEY, WHOLE WHEAT FLOUR, YEAST, VITAL WHEAT GLUTEN, SOYBEAN OIL, 2% OR LESS OF: SALT, RAISIN JUICE CONCENTRATE, ASCORBIC ACID, CARAMEL COLOR, CULTURED WHEAT FLOUR, ENZYMES), HAM (CURED WITH WATER, SALT, DEXTROSE, POTASSIUM LACTATE, SODIUMS (PHOSPHATE, ERYTHORBATE, DIACETATE & NITRITE)), TURKEY (TURKEY BREAST, WHITE TURKEY, WATER, MODIFIED FOOD STARCH, 2% OR LESS OF: SALT, DEXTROSE, SODIUMS CITRATE & PHOSPHATE, SUGAR, CARRAGEENAN, NATURAL FLAVORING, SODIUM DIACETATE), CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO (COLOR)), MAYONNAISE (SOY OIL, CORN SYRUP, WATER, WHOLE EGG, EGG YOLKS, DISTILLED VINEGAR, 2% OR LESS OF: SALT, SPICE, LEMON JUICE CONCENTRATE).

CONTAINS: EGG, SOY, MILK, WHEAT

TRIANGLE HAM TURK CHED - 123149



Portland Sandwich Co. Portland, OR 97220