

Portland Sandwich



English Muffin Ham

Nutrition Facts

1 serving per container
Serving size 1 Sandwich (161g)

Amount Per Serving
Calories 290
% Daily Value*

Total Fat 12g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 1100mg	48%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%

Protein 19g	
Vitamin D 1.2mcg	6%
Calcium 140mg	10%
Iron 2.5mg	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: MUFFIN (WATER, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT & MALTED BARLEY FLOURS, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, YEAST, VITAL WHEAT GLUTEN, 2% OR LESS OF: CORNMEAL, SALT, DISTILLED VINEGAR, SOYBEAN OIL, SUGAR, YEAST NUTRIENTS (AMMONIUM SULPHATE), ASCORBIC ACID, CALCIUM SULFATE, ENZYMES, POTASSIUM SORBATE & CALCIUM PROPIONATE (MOLD INHIBITORS)), EGG PATTY (WHOLE EGG, WHEY, NONFAT MILK, SOY &/OR CORN OIL, 2% OR LESS OF: SALT, XANTHAN GUM, CITRIC ACID, PEPPER, NATURAL BUTTER FLAVOR), HAM (CURED WITH WATER, SALT, DEXTROSE, POTASSIUM LACTATE, SODIUM (PHOSPHATE, ERYTHORBATE, DIACETATE & NITRITE), CHEESE (MILK, CREAM, WATER, SODIUM CITRATE, SALT, CHEESE CULTURE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, ENZYMES, SOY LECITHIN, COLOR ADDED).

CONTAINS: EGG, SOY, MILK, WHEAT

ENGLISH MUFFIN HAM - 024620



Portland Sandwich Co. Portland, OR 97220