

# Portland Sandwich



## French Ham Turkey & Cheddar

### Nutrition Facts

1 serving per container

**Serving size 1 Sandwich (226g)**

**Amount Per Serving**

**Calories 470**

**% Daily Value\***

**Total Fat 23g 29%**

Saturated Fat 7g **35%**

Trans Fat 0g

**Cholesterol 60mg 20%**

**Sodium 1450mg 63%**

**Total Carbohydrate 42g 15%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 3g Added Sugars **6%**

**Protein 22g**

Vitamin D 0mcg 0%

Calcium 180mg 15%

Iron 2.6mg 15%

Potassium 120mg 2%

\*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: ROLL (ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT & MALTED BARLEY FLOURS, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, YEAST, 2% OR LESS OF: SALT, VITAL WHEAT GLUTEN, CORN MEAL, SOYBEAN OIL, YEAST NUTRIENT (AMMONIUM SULPHATE), DOUGH CONDITIONERS (ASCORBIC ACID, SODIUM STEAROYL LACTYLATE), CULTURED WHEAT FLOUR, CALCIUM SULFATE, ENZYMES, CALCIUM PROPIONATE (MOLD INHIBITOR)), HAM (CURED WITH WATER, SALT, DEXTROSE, POTASSIUM LACTATE, SODIUMS (PHOSPHATE, ERYTHORBATE, DIACETATE & NITRITE)), TURKEY (TURKEY BREAST, WHITE TURKEY, MODIFIED FOOD STARCH, 2% OR LESS OF: SALT, DEXTROSE, SODIUMS CITRATE & PHOSPHATE, SUGAR, CARRAGEENAN, NATURAL FLAVORING, SODIUM DIACETATE), ROMA TOMATO, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO (COLOR)), LEAF LETTUCE, 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

FRENCH HAM TURK CHED - 124658



Portland Sandwich Co. Portland, OR 97220