

Portland Sandwich



Half Ham & Cheddar

Nutrition Facts

1 serving per container

Serving size **1 Sandwich (133g)**

Amount Per Serving

Calories 320

% Daily Value*

Total Fat 16g **21%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 1000mg **43%**

Total Carbohydrate 29g **11%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 3g Added Sugars **6%**

Protein 16g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 1.6mg 8%

Potassium 130mg 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: 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)), MAYONNAISE (SOY OIL, CORN SYRUP, WATER, WHOLE EGG, EGG YOLKS, DISTILLED VINEGAR, 2% OR LESS OF: SALT, SPICE, LEMON JUICE CONCENTRATE), LEAF LETTUCE, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO (COLOR)).

CONTAINS: EGG, SOY, MILK, WHEAT

HALF HAM CHEDDAR - 125891



Portland Sandwich Co. Portland, OR 97220