

# Portland Sandwich



## Triangle Ham Turkey & Cheddar

### Nutrition Facts

1 serving per container

**Serving size 1 Sandwich (223g)**

**Amount Per Serving**

**Calories 550**

**% Daily Value\***

**Total Fat 25g 32%**

Saturated Fat 7g **35%**

Trans Fat 0g

**Cholesterol 60mg 20%**

**Sodium 1710mg 74%**

**Total Carbohydrate 56g 20%**

Dietary Fiber 6g **21%**

Total Sugars 8g

Includes 6g Added Sugars **12%**

**Protein 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, CAMEL 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