

# Sub Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57524

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5"	1 Each	N/A	276142
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/4 Ounce	USDA Brown Box Commodity---Thaw--weight	100187
Turkey Breast Deli	1 3/4 ounces	USDA Brown Box Commodity---Thaw--weight	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If commodity not available use GFS#499789	100036

## Preparation Instructions

Thaw meat ahead of time.

Weigh portions of meat on scales. Place meat (ham and turkey) with 1 slice of cheese on sub bun. Wrap and hold in cooler for service.

### Meal Components

Amount Per Serving

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<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	299.55		
<b>Fat</b>	9.25g		
<b>Saturated Fat</b>	4.13g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	56.76mg		
<b>Sodium</b>	863.77mg		
<b>Carbohydrates</b>	33.15g		
<b>Fiber</b>	2.00g		
<b>Total Sugar</b>	5.52g		
<b>Added Sugar</b>	4.00g		
<b>Protein</b>	23.03g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	2.00mg

## Nutrition - Per 100g

<b>Calories</b>	845.22		
<b>Fat</b>	26.10g		
<b>Saturated Fat</b>	11.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	160.16mg		
<b>Sodium</b>	2437.29mg		
<b>Carbohydrates</b>	93.54g		
<b>Fiber</b>	5.64g		
<b>Total Sugar</b>	15.59g		
<b>Added Sugar</b>	11.29g		
<b>Protein</b>	64.98g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	158.01mg	<b>Iron</b>	5.64mg