

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

Amount Per Serving	
Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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