

# Deli Shaved Turkey & Cheese Sub Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28448
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5"	1 Each	READY_TO_EAT	276142
Turkey Breast Deli	3 Ounce		100121
Sliced American Cheese	1/2 Ounce		100018

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.250
<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 Sandwich

Amount Per Serving	
<b>Calories</b>	320.66
<b>Fat</b>	10.77g
<b>Saturated Fat</b>	4.89g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.33mg
<b>Sodium</b>	697.55mg
<b>Carbohydrates</b>	31.89g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	4.50g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	24.48g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 56.00mg	<b>Iron</b> 2.00mg

## Nutrition - Per 100g

<b>Calories</b>	323.18
<b>Fat</b>	10.86g
<b>Saturated Fat</b>	4.93g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.84mg
<b>Sodium</b>	703.03mg
<b>Carbohydrates</b>	32.14g
<b>Fiber</b>	2.02g
<b>Total Sugar</b>	4.54g
<b>Added Sugar</b>	4.03g
<b>Protein</b>	24.67g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 56.44mg	<b>Iron</b> 2.02mg