

Ham & Turkey Sub



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49405

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED	2 Slice		690041
TURKEY BRST SLCD WHT 1/2Z	2 Slice		244190
LETTUCE ROMAINE RIBBONS	3/4 Cup		451730
CHEESE AMER SHRD R/F	1/4 Cup	N/A	861950
TOMATO ROMA	1 Cup		184810
BUN SUB SLCD WGRAIN 5"	1 Each	READY_TO_EAT	276142

Preparation Instructions

Place 2 oz turkey and 2 oz ham on the bun
Add 1 slice cheese
Top with lettuce and tomato.
add mayonnaise and/or mustard

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.375
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 Sub

Amount Per Serving	
Calories	374.01
Fat	12.53g
Saturated Fat	4.47g
Trans Fat	0.00g
Cholesterol	58.53mg
Sodium	979.09mg
Carbohydrates	41.06g
Fiber	4.95g
Total Sugar	11.79g
Added Sugar	5.04g
Protein	26.76g
Vitamin A 1499.40mcg RAE	Vitamin C 24.66mg
Calcium 280.00mg	Iron 2.99mg

Nutrition - Per 100g

Calories	291.87
Fat	9.78g
Saturated Fat	3.49g
Trans Fat	0.00g
Cholesterol	45.68mg
Sodium	764.08mg
Carbohydrates	32.04g
Fiber	3.86g
Total Sugar	9.20g
Added Sugar	3.93g
Protein	20.88g
Vitamin A 1170.13mcg RAE	Vitamin C 19.24mg
Calcium 218.51mg	Iron 2.33mg