

# Ham & Cheese Sub



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4562

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5"	1 Each	READY_TO_EAT	276142
TURKEY HAM SLCD	3 Slice		556121
CHEESE AMER 160CT SLCD	2 Slice		150260

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.961
<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 salad

Amount Per Serving	
<b>Calories</b>	368.04
<b>Fat</b>	16.40g
<b>Saturated Fat</b>	6.97g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	83.82mg
<b>Sodium</b>	1110.59mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	24.73g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 219.00mg	<b>Iron</b> 2.71mg

## Nutrition - Per 100g

<b>Calories</b>	432.73
<b>Fat</b>	19.29g
<b>Saturated Fat</b>	8.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	98.56mg
<b>Sodium</b>	1305.81mg
<b>Carbohydrates</b>	36.45g
<b>Fiber</b>	2.35g
<b>Total Sugar</b>	5.88g
<b>Added Sugar</b>	4.70g
<b>Protein</b>	29.07g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 257.50mg	<b>Iron</b> 3.18mg