

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 RAE	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 RAE	Vitamin C 0.00mg
Calcium 158.01mg	Iron 5.64mg