

Nutrition Facts

Serving size

1 sandwich

Amount Per Serving

Calories

180

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.8g **4%**

Trans Fat 0g

Polyunsaturated Fat 1.3g

Monounsaturated Fat 1.6g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 30g **11%**

Dietary Fiber 4g **14%**

Total Sugars 9g

Includes 2g Added Sugars **4%**

Protein 6g **12%**

Vitamin D 0mcg **0%**

Calcium 64mg **4%**

Iron 1.1mg **6%**

Potassium 333mg **8%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.