

Date: 6/30/2015  
Time: 10:20 AM



**Vegetarian Sandwich**  
Yavapai Lodge



**Categories**

**Tools**

**Locations**

**Plating**

**Yield**

**Portion**

**Num Portions**

**Prep**

**Cook**

**Finish**

**Shelf**

## Nutrition Facts

Serving Size 0

Servings Per Container

Amount Per Serving

**Calories** 390 **Calories From Fat** 150

% Daily Value

**Total Fat** 17g 26%

Saturated Fat 2g 9%

Trans Fat 0g

**Cholesterol** 0 mg 0%

**Sodium** 460mg 19%

**Total Carbohydrate** 53g 18%

Dietary Fiber 9g 38%

**Protein** 13g

Vitamin A 35% Vitamin C 20%

Calcium 10% Iron 20%

\* Percent Daily Values are based on a 2000 calorie diet.

## Nutrient Descriptors

Cholesterol Free

Good Source of Calcium

Good Source of Carbohydrates

Good Source of Iron

High in Fiber

High in Protein

High in Vitamin A

High in Vitamin C