

**Categories**

**Tools**

**Locations**

**Plating**

**Yield**

**Portion**

**Num Portions**

**Prep**

**Cook**

**Finish**

**Shelf**

<b>Nutrition Facts</b>	
Serving Size 0	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 400 <b>Calories From Fat</b> 160	
% Daily Value	
<b>Total Fat</b> 18g	27%
Saturated Fat 2.5g	11%
Trans Fat 0g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 240mg	10%
<b>Total Carbohydrate</b> 42g	14%
Dietary Fiber 11g	46%
<b>Protein</b> 14g	
Vitamin A 45%	Vitamin C 45%
Calcium 6%	Iron 20%
* Percent Daily Values are based on a 2000 calorie diet.	

The following items are not included in the label data

**Ingredient**

bread, submarine rolls

**Reason**

No nutrition quantity specified