



Abe's Corned Beef Sandwich

Nutrition Facts Report
Source: Custom

Yield: 1 (1.000 serving(s))
No. Ingredients: 5

Category: Basic Food
Manufacturer: (None)

Ingredients

1.000 oz. Swiss Cheese
1.000 pc. Looseleaf Lettuce
1.000 sl. Red Tomato
2.000 sl. Whole Wheat Bread, Prepared
3.500 oz. Corned Beef, Brisket, Cooked

Nutrition Facts

Serving Size 1.00 serving(s) (264g)

Amount Per Serving

Calories 620 **Calories from Fat** 286

% Daily Value

Total Fat 31.8g 49 %

Saturated Fat 12.1g 60 %

Trans Fat

Cholesterol 123.3mg 41 %

Sodium 1505.7mg 63 %

Total Carbohydrate 50.7g 17 %

Dietary Fiber 6.1g 24 %

Sugars 4.6g

Protein 33.9g

Vitamin A 44 % Calcium 27 %

Vitamin C 11 % Iron 28 %

Instructions