



Abe's Ham Sandwich

Nutrition Facts Report
Source: Custom

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

Category: Basic Food
Manufacturer: (None)

Ingredients

3.500 oz. Ham, 11% Fat, Sliced
1.000 oz. Swiss Cheese
1.000 pc. Looseleaf Lettuce
1.000 sl. Red Tomato
2.000 sl. Whole Wheat Bread, Prepared

Nutrition Facts

Serving Size 1.00 serving(s) (264g)

Amount Per Serving

Calories 532 **Calories from Fat** 193

% Daily Value

Total Fat 21.5g 33 %

Saturated Fat 8.7g 43 %

Trans Fat

Cholesterol 82.6mg 28 %

Sodium 1674.3mg 70 %

Total Carbohydrate 54.1g 18 %

Dietary Fiber 7.4g 29 %

Sugars 4.6g

Protein 32.3g

Vitamin A 44 % Calcium 29 %

Vitamin C 18 % Iron 23 %

Instructions