



# Abe's Roast Beef Sandwich

**Nutrition Facts Report**  
Source: Custom

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

Category: Basic Food  
Manufacturer: (None)

## Ingredients

2.000 sl. Whole Wheat Bread, Prepared  
1.000 sl. Swiss Cheese  
1.000 pc. Looseleaf Lettuce  
1.000 sl. Red Tomato  
3.000 oz. Beef Top Round, Choice, Separable Lean, 1/4" Fat, Pan Fried

## Nutrition Facts

Serving Size 1.00 serving(s) (249g)

Amount Per Serving

**Calories** 562      **Calories from Fat** 181

% Daily Value

**Total Fat** 20.1g      31 %

Saturated Fat 7.8g      39 %

Trans Fat

**Cholesterol** 108.3mg      36 %

**Sodium** 440.2mg      18 %

**Total Carbohydrate** 50.2g      17 %

Dietary Fiber 6.1g      24 %

Sugars 4.6g

**Protein** 45.6g

Vitamin A 44 %      Calcium 27 %

Vitamin C 11 %      Iron 32 %

## Instructions