

Date: 1/22/2024
Time: 1:27 PM



entree, kids ham sandwich
NAMA



Author
Categories
Tools
Locations
Plate/Store

Yield
Portion
Num Portions

Prep
Cook
Finish
Shelf

Nutrition Facts	
Serving Size 0.00	
Servings Per Container about 1	
Amount Per Serving	
Calories 520	Calories From Fat 148
% Daily Value	
Total Fat 16g	25%
Saturated Fat 8g	36%
Trans Fat 0g	
Cholesterol 46mg	15%
Sodium 1350mg	56%
Total Carbohydrates 75g	25%
Dietary Fiber 4g	17%
Sugars 29g	
Protein 20g	
Vitamin A 4%	Vitamin C 7%
Calcium 26%	Iron 14%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

High in Calcium
High in Carbohydrates
High in Protein
Good Source of Potassium
Good Source of Iron
Good Source of Fiber