

Date: 1/22/2024
Time: 12:47 PM



sandwich, nelson chicken salad no chips no pickle sub fruit
NAMA



Author
Categories
Tools
Locations
Plate/Store

Yield	1	ea	Prep
Portion	1	ea	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size 1.00 ea	
Servings Per Container 1	
Amount Per Serving	
Calories 817	Calories From Fat 342
% Daily Value	
Total Fat 38g	57%
Saturated Fat 13g	58%
Trans Fat 0g	
Cholesterol 173mg	58%
Sodium 865mg	36%
Total Carbohydrates 77g	26%
Dietary Fiber 4g	19%
Sugars 15g	
Protein 45g	
Vitamin A 48%	Vitamin C 38%
Calcium 9%	Iron 16%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Vitamin A
High in Vitamin C
High in Potassium
High in Carbohydrates
High in Protein
Good Source of Iron
Good Source of Fiber