

# Ham & Swiss Sandwich (6/2021)

Nutrition Facts	
Serving size 1 sandwich (127g/4.5oz)	
Amount per serving	
<b>Calories</b>	<b>270</b>
% Daily Value*	
Total Fat 9g	11%
Saturated Fat 3.5g	17%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	13%
Sodium 940mg	41%
Total Carbohydrate 35g	13%
Dietary Fiber <1g	4%
Total Sugars 6g	
Includes 4g Added Sugars	8%
Protein 15g	
Vitamin D 0.4mcg	2%
Calcium 70mg	6%
Iron 2.7mg	15%
Potassium 190mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Ingredients:** **Bun:** Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Sugar, Soybean Oil, Contains 2% or less of: Salt, Whey, Active Dry Yeast, Mono- and Diglycerides, Calcium Sulfate, Gum Arabic, Cellulose Gum, Guar Gum, Enzymes, Ascorbic Acid, **Ham:** Water, honey, salt, sugar, sodium phosphate, potassium acetate, sodium erythorbate, potassium diacetate, sodium nitrite, caramel color added, **Swiss Cheese:** (Cultured milk, salt, enzymes), water, sodium citrate, enzyme-modified cheese (cultured milk, water, cream, sodium citrate, salt, sodium phosphate, enzymes, sorbic acid (preservative)), salt, sodium phosphate, cream, citric acid, sorbic acid (preservative), lecithin, sodium pyrophosphate.

**Contains: Wheat, Milk, Soy**

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% DV = % Daily Value