

# Frandale Ham & Cheese On White

<b>Nutrition Facts</b>		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Serving Size 1 sub (220g)		Calories 2,000 2,500	
Servings per Container 1			
<b>Amount per Serving</b>			
<b>Calories 450</b>		<b>Calories from Fat 120</b>	
		<b>% Daily Value*</b>	
<b>Total Fat</b> 14g			<b>21%</b>
Saturated Fat 4g			<b>20%</b>
Trans Fat 0g			
<b>Cholesterol</b> 45mg			<b>14%</b>
<b>Sodium</b> 1920mg			<b>80%</b>
<b>Total Carbohydrate</b> 53g			<b>18%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 1g			
<b>Protein</b> 28g			
Vitamin A 0%		• Vitamin C 0%	
Calcium 2%		• Iron 20%	

	Less than	65g	80g
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram  
Fat 9 • Carbohydrates 4 • Protein 4

**INGREDIENTS:** Frandale Country Inn Ham (Cured with water, salt, sugar, sodium phosphates, sodium erythorbate, sodium nitrate, flavor), Wheat Flour, White, Bread, Enriched, Water, Frandales American Cheese (American Cheese (milk, cheese cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citate, color added, salt sorbic acid added as a preservative, and soy lecithin (non sticking agent), Frandale Swiss Cheese (Swiss Cheese (milk, cheese cultures, salt, calcium chloride, enzymes), water, cream, sodium citate, color added, enzyme modified cheese, salt, sorbic acid added as a preservative, and soy lecithin (non sticking agent), Leavening Agents, Yeast, Baker's, Compressed, Bak Krisp (Salt, Vegetable Shortening (Partially Hydrogenated Soybean, Cottonseed, and/or Canola oils), Dextrose, Sugar, Corn starch, Mono Diglycerides, Soy Flour, contains 2% or less of ascorbic Acid, Potassium Bromate, L. Cysteine, Enzyme.), Seeds, Sesame Seeds, Whole, Dried, Wheat Gluten, Vital, Improv 200 (dough conditioner), Dynamax (Water, Mono- and Diglycerides, Ethoxylated Mono and Diglycerides, Polysorbate 60 with sodium Propionate and Phosphoric acid (added as a preservative), Calcium Proponate

**CONTAINS:** Milk, Soybeans, Wheat