

Product Name: FRESH- Tuna and Cucumber on Multigrain

Nutritional Information



Nutrition Facts

2 servings per container
Serving size 1/2 Sandwich (103g)

Amount Per Serving
Calories 230

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	13%
Sodium 250mg	11%
Total Carbohydrate 24g	9%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 0.4mcg	2%
Calcium 26mg	2%
Iron 1.44mg	8%
Potassium 94mg	2%
Vitamin A	0%
Vitamin C	0%

*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.

INGREDIENTS: HEARTY MULTIGRAIN BREAD: Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Iron (Ferrous Sulfate, Reduced Iron), Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Soybean Oil, Vinegar, Flaxseeds, Wheat Flour, Wheat Gluten, Sugar, Salt, Yeast, Sunflower Seeds, Rye Flour, Corn Grits, Rye Meal, Cracked Buckwheat, Sesame Seeds, Barley Flakes, Ammonium Chloride, Rolled Oats, Wheat bran, Mono- & Diglycerides, Soy Bran, Millet, Rye Malt, Buckwheat Groats, Calcium Propionate(to Retard Mold Growth), Caramel Color, Calcium Sulfate, Rice Flour, Triticale, Malted Barley Flour, Spices, Organic Corn Grits, L-Cysteine, Topped with Rolled Oats, TUNA SALAD: Tuna (Fish Yellowfin and/or Tongolfish, Water, Salt), Mayonnaise (Canola Oil, Egg Yolk, Water, Distilled Vinegar, Sugar, Contains less than 2% of Salt, Lemon Juice Concentrate and Natural Flavor), Celery, Breading (Unbleached Wheat Flour, Natural Cane Sugar, Yeast, Sea Salt), Dehydrated Vinegar, Sorbic Acid, Sea Salt, Black Pepper, Garlic Salt, Xanthan Gum and Citric Acid, CUCUMBER: Raw, Sliced, DILL WEED: Dill

Allergens: EGG, SOY, TUNA, WHEAT

Processed in a facility that includes products containing Wheat, Milk, Eggs, Fish, Soy, Tree Nuts, Peanuts.