

# Nutrition Facts

**Serving size**

**1 open-face sandwich**

**Amount Per Serving**

**Calories**

**130**

**% Daily Value\***

<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.7g	
Monounsaturated Fat 0.8g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 12g	<b>24%</b>
Vitamin D 1mcg	<b>4%</b>
Calcium 167mg	<b>15%</b>
Iron 1.2mg	<b>6%</b>
Potassium 164mg	<b>4%</b>

\*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.