



ROAST BEEF SANDWICHES

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 item(s))
No. Ingredients: 4

Category: Basic Food
Manufacturer: (None)

Ingredients

4.000 item Cobblestone Mill Seeded Sandwich Bun
2.000 T. GREY POUPON Dijon Mustard
0.750 lb. TYSON Roast Beef Deli Meat
1.000 item Onions, Chopped

Nutrition Facts

Serving Size 1.00 item(s) (184g)

Amount Per Serving

Calories 336 **Calories from Fat** 60

% Daily Value

Total Fat 6.6g 10 %

Saturated Fat 2.3g 12 %

Trans Fat 0.0g

Cholesterol 39.3mg 13 %

Sodium 1460.1mg 61 %

Total Carbohydrate 37.9g 13 %

Dietary Fiber 1.5g 6 %

Sugars 7.2g

Protein 25.3g

Vitamin A 0 % Calcium 9 %

Vitamin C 3 % Iron 18 %

Instructions