



Author

Categories Deli Made Sandwiches

Tools

Locations STUDENT CENTER CAFE

Plate/Store

Yield	8.38	oz	Prep
Portion	8.38	oz	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size	8.4 oz (238g)
Servings Per Container	1
Amount Per Serving	
Calories 412	Calories From Fat 111
% Daily Value	
Total Fat 12g	19%
Saturated Fat 2g	9%
Cholesterol 40mg	13%
Sodium 1666mg	69%
Total Carbohydrates 46g	15%
Dietary Fiber 3g	15%
Protein 25g	
Vitamin A 6%	Vitamin C 13%
Calcium 1%	Iron 42%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

High in Potassium
High in Iron
High in Protein
Good Source of Vitamin C
Good Source of Carbohydrates
Good Source of Fiber

Ingredients

HAM BUFF O/TYME HORMEL, SOURDOUGH, TOMATO LOOSE MED, LETTUCE GREEN LEAF, RED ONIONS, MAYONAISE HVY YOLK, MUSTARD