

## The Dagwood (with cheese)



Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	255	135	255	135	180	145
<b>Calories</b>	650	350	650	350	490	370
<b>Total Fat (g)</b>	29	16	29	16	23	20
<b>Saturated Fat (g)</b>	14	7	14	7	8	8
<b>Trans Fat (g)</b>	0.4	0.2	0.4	0.2	0.2	0.2
<b>Cholesterol (mg)</b>	100	55	100	55	55	55
<b>Sodium (mg)</b>	2250	1210	2250	1210	1590	1330
<b>Total Carbohydrate (g)</b>	64	32	64	32	50	31
<b>Dietary Fibre (g)</b>	4	3	5	3	3	4
<b>Sugar (g)</b>	2	1	3	2	1	1
<b>Protein (g)</b>	37	20	38	20	21	20
<b>Vitamin A</b>	10%	6%	10%	6%	4%	4%
<b>Vitamin C</b>	10%	6%	10%	6%	0%	0%
<b>Calcium</b>	20%	10%	20%	10%	10%	10%
<b>Iron</b>	40%	20%	45%	20%	25%	20%

\* Nutrition Information is approximate and rounded for clarity.

Nutritional information includes bread/wrap, ham, mortadella, pepperoni, salami and cheese. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

The % Daily Value is based on a 2000 calorie diet. Nutrition calculations follow government regulations regarding the rounding off of data.

Please consult our Nutritional Guide for information on toppings.



[Download the complete Dagwoods nutritional guide here](#)