

## The Dagwood (without cheese)



Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
<b>Serving size (g)</b>	225	120	225	120	165	130
<b>Calories</b>	540	290	540	290	430	320
<b>Total Fat (g)</b>	20	12	20	12	18	16
<b>Saturated Fat (g)</b>	8	4	8	4	5	5
<b>Trans Fat (g)</b>	0.2	0.2	0.2	0.2	0.1	0.1
<b>Cholesterol (mg)</b>	75	45	75	45	45	45
<b>Sodium (mg)</b>	2040	1110	2040	1110	1480	1220
<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>	30	16	31	17	18	17
<b>Vitamin A</b>	2%	2%	2%	2%	0%	0%
<b>Vitamin C</b>	10%	6%	10%	6%	0%	0%
<b>Calcium</b>	6%	2%	6%	2%	2%	2%
<b>Iron</b>	40%	20%	45%	20%	25%	15%

\* Nutrition Information is approximate and rounded for clarity.

Nutritional information includes bread/wrap, ham, mortadella, pepperoni and salami. 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](#)