

The Tuna (without cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	310	155	310	155	200	165
Calories	620	310	620	310	450	340
Total Fat (g)	11	6	11	6	12	10
Saturated Fat (g)	2	1	2	1	2	1
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	70	35	70	35	35	35
Sodium (mg)	1530	770	1530	770	1140	880
Total Carbohydrate (g)	64	32	64	32	50	31
Dietary Fibre (g)	3	2	4	2	2	3
Sugar (g)	1	1	2	1	0	0
Protein (g)	63	32	64	32	33	32
Vitamin A	2%	2%	2%	2%	0%	0%
Vitamin C	20%	10%	20%	10%	6%	6%
Calcium	4%	4%	4%	4%	2%	2%
Iron	45%	25%	50%	25%	30%	20%

* Nutrition Information is approximate and rounded for clarity.

Nutritional information includes bread/wrap and tuna. 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.