

The Turkey (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)	245	115	245	115	160	125
Calories	500	250	500	250	390	270
Total Fat (g)	11	5	11	5	12	9
Saturated Fat (g)	7	3.5	7	3.5	4	3.5
Trans Fat (g)	0.2	0.1	0.2	0.1	0.1	0.1
Cholesterol (mg)	70	35	70	35	35	35
Sodium (mg)	1910	880	1910	880	1260	1000
Total Carbohydrate (g)	63	31	63	31	49	30
Dietary Fibre (g)	5	2	6	3	3	4
Sugar (g)	2	1	3	1	0	0
Protein (g)	37	17	38	18	19	17
Vitamin A	10%	6%	10%	6%	4%	4%
Vitamin C	10%	6%	10%	6%	0%	0%
Calcium	20%	10%	20%	10%	10%	10%
15%Iron	35%	20%	40%	20%	20%	15%

* Nutrition Information is approximate and rounded for clarity.

Nutritional information includes bread/wrap, turkey 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.