



HAM, ASPARAGUS & SWISS MUFFININI

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 item(s))
No. Ingredients: 4

Category: Basic Food
Manufacturer: (None)

Ingredients

8.000 item Asparagus
4.000 item Nature's Own 100% Whole Wheat English Muffin
8.000 sl. Swiss Cheese
0.250 lb. OSCAR MAYER Smoked Ham

Nutrition Facts

Serving Size 1.00 item(s) (173g)

Amount Per Serving

Calories 366 **Calories from Fat** 162

% Daily Value

Total Fat 18.0g 28 %

Saturated Fat 10.4g 52 %

Trans Fat 0.0g

Cholesterol 65.0mg 22 %

Sodium 630.2mg 26 %

Total Carbohydrate 28.3g 9 %

Dietary Fiber 3.7g 15 %

Sugars 4.3g

Protein 26.3g

Vitamin A 24 % Calcium 55 %

Vitamin C 13 % Iron 14 %

Instructions