



HOT BROWN SANDWICHES

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 item(s))
No. Ingredients: 10

Category: Basic Food
Manufacturer: (None)

Ingredients

0.250 c. Butter
0.333 c. All Purpose Wheat Flour, White, Bleached, Enriched
2.750 c. Milk, Lowfat , 1%
1.000 c. Parmesan Cheese, Grated
0.500 t. Table Salt
0.125 t. Ground Black Pepper
4.000 item Nature's Own Honey Wheat English Muffin
0.750 lb. HEALTHY CHOICE Deli Thin Sliced Oven Roasted Turkey Breast
8.000 sl. Pork Bacon or Pork Side, Cooked
2.000 oz. Pimentos, Canned

Nutrition Facts

Serving Size 1.00 item(s) (385g)

Amount Per Serving

Calories 614 **Calories from Fat** 267

% Daily Value

Total Fat 29.7g 46 %

Saturated Fat 14.9g 74 %

Trans Fat 0.0g

Cholesterol 115.0mg 38 %

Sodium 2089.9mg 87 %

Total Carbohydrate 47.4g 16 %

Dietary Fiber 1.6g 6 %

Sugars 13.0g

Protein 39.5g

Vitamin A 23 % Calcium 43 %

Vitamin C 20 % Iron 7 %

Instructions