



# TUNA, ARTICHOKE AND MASCHEGO PANINI

**Nutrition Facts Report**  
Source: Custom

Yield: 4 (1.000 item(s))  
No. Ingredients: 7

Category: Basic Food  
Manufacturer: (None)

## Ingredients

12.000 oz. PROGRESSO Marinated Artichoke Hearts  
12.000 oz. Light Tuna, Canned in Water, Drained  
0.500 c. KRAFT Light Mayonnaise  
0.333 c. Green Olives, Pickled, Canned  
8.000 sl. Nature's Own 100% Whole Wheat Bread  
8.000 oz. KRAFT Singles Pasteurized Process Manchego Cheese Food Slices  
3.000 item Red Tomato

## Nutrition Facts

Serving Size 1.00 item(s) (412g)

Amount Per Serving

**Calories** 667      **Calories from Fat** 351

% Daily Value

**Total Fat** 39.0g 60 %

Saturated Fat 13.5g 68 %

Trans Fat 1.3g

**Cholesterol** 76.0mg 25 %

**Sodium** 2047.0mg 85 %

**Total Carbohydrate** 38.3g 13 %

Dietary Fiber 5.1g 20 %

Sugars 27.7g

**Protein** 43.5g

Vitamin A 22 %      Calcium 30 %

Vitamin C 35 %      Iron 10 %

## Instructions