

# The Trinkle

## Nutrition Information

Serving Size: Serving (355 grams)

Amount Per Serving

Calories: 691

Calories From Fat: 229

% Daily Value\*

### Total

Fat:		25GM	39%
	Saturated Fat:	9GM	45%
Cholesterol:		115MG	39%
Sodium		2360MG	98%
Potassium		150MG	4%
Total			
Carbohydrate:		73GM	24%
	Dietary Fiber:	3GM	12%
	Sugars:	3GM	
Protein:		43GM	

Vitamin A: 20%

Vitamin C: 15%

Calcium: 25%

Iron: 10%

Ingredients: Ciabatta Roll 6" 4.5oz, Roasted Boneless Chicken Breast 4oz, Cooked Bacon, Fresh Tomatoes, Sliced Cheddar Cheese, Mayonnaise, Chipotle Flavor Concentrate, Green Leaf Lettuce

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

		Calories	2000	2500
Total Fat		Less Than	65g	81g
	Sat. Fat	Less Than	20g	25g
Cholesterol		Less Than	300mg	375mg
Sodium		Less Than	2400mg	3000mg
Total Carbohydrate			300g	375g
	Dietary Fiber		25g	31g

Calories Per Gram:

Fat 9

Carbohydrate 4

Protein 4

# The Trinkle (No Bacon, No Sauce)

## Nutrition Information

Serving Size: Serving (319 grams)

Amount Per Serving

Calories: 531

Calories From Fat: 119

% Daily Value\*

### Total

Fat:		13GM	20%
	Saturated Fat:	6GM	30%
Cholesterol:		95MG	31%
Sodium		1760MG	73%
Potassium		35MG	1%
Total			
Carbohydrate:		67GM	22%
	Dietary Fiber:	3GM	11%
	Sugars:	2GM	
Protein:		37GM	

Vitamin A: 20%

Vitamin C: 15%

Calcium: 25%

Iron: 10%

Ingredients: Ciabatta Roll 6" 4.5oz, Roasted Boneless Chicken Breast 4oz, Fresh Tomatoes, Sliced Cheddar Cheese, Green Leaf Lettuce

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

		Calories	2000	2500
Total Fat		Less Than	65g	81g
	Sat. Fat	Less Than	20g	25g
Cholesterol		Less Than	300mg	375mg
Sodium		Less Than	2400mg	3000mg
Total Carbohydrate			300g	375g
	Dietary Fiber		25g	31g

Calories Per Gram:

Fat 9

Carbohydrate 4

Protein 4

# The UMW

## Nutrition Information

Serving Size: Serving (400 grams)

Amount Per Serving

Calories: 799

Calories From Fat: 269

% Daily Value\*

### Total

Fat:		30GM	46%
	Saturated Fat:	9GM	44%
Cholesterol:		125MG	42%
Sodium		2990MG	125%
Potassium		510MG	15%
Total			
Carbohydrate:		78GM	26%
	Dietary Fiber:	5GM	20%
	Sugars:	16GM	
Protein:		49GM	

Vitamin A: 20%

Vitamin C: 15%

Calcium: 40%

Iron: 25%

Ingredients: Wheatberry Bread, Sliced Smoked Turkey Breast, Cooked Bacon, Fresh Tomatoes, Sliced Cheddar Cheese, Mayonnaise, Green Leaf Lettuce

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

		Calories	2000	2500
Total Fat		Less Than	65g	81g
	Sat. Fat	Less Than	20g	25g
Cholesterol		Less Than	300mg	375mg
Sodium		Less Than	2400mg	3000mg
Total Carbohydrate			300g	375g
	Dietary Fiber		25g	31g

Calories Per Gram:

Fat 9

Carbohydrate 4

Protein 4

# The UMW (No Bacon, No Sauce)

## Nutrition Information

Serving Size: Serving (370 grams)

Amount Per Serving

Calories: 658

Calories From Fat: 167

% Daily Value\*

### Total

Fat:	19GM	29%
Saturated Fat:	6GM	30%
Cholesterol:	105MG	35%
Sodium	2520MG	105%
Potassium	420MG	12%
Total		
Carbohydrate:	75GM	25%
Dietary Fiber:	5GM	20%
Sugars:	15GM	
Protein:	43GM	

Vitamin A: 20%

Vitamin C: 15%

Calcium: 40%

Iron: 20%

Ingredients: Wheatberry Bread, Sliced Smoked Turkey Breast, Cooked Bacon, Fresh Tomatoes, Sliced Cheddar Cheese, Mayonnaise, Green Leaf Lettuce

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat. Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories Per Gram:

Fat 9

Carbohydrate 4

Protein 4