

155 Vegetarian Sandwich

A Gardenburger with Lettuce, Tomato and Fat Free Ranch Dressing on a Multi-Grain Bun

Nutritional Data		
Serving Size	1 Sandwich	(211) g
Amount Per Serving		
Calories	340	Calories From Fat 106
% Daily Value *		
Total Fat	11.8g	18%
Saturated Fat	3.1g	16%
Trans Fat	0g	
Cholesterol	0.1mg	0%
Sodium	930.3mg	39%
Total Carbohydrate	33.9g	11%
Dietary Fiber	7.7g	0%
Sugars	6.9g	
Protein	22.5g	
Vitamin A	42%	Vitamin C 52%
Calcium	17%	Iron 23%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your Calorie needs.		

The nutrient information displayed for this recipe represents the known amount of a particular nutrient in a recipe. The recipes were analyzed using the CBORD database and additional information from food manufacturers. The data are averages only, and should be used as a guide.

The nutrient values are for the edible portion of the recipe. The nutrient information displayed for each item is the result of its exact preparation as stated in the recipe. Any deviation from the recipe such as product substitutions or changes to portion yield will render the information inaccurate. (Recipes are modified on occasion to better meet local preference in taste, or to accommodate a variety of preparation methods.) Although we strive to make the information as accurate as possible, nutrition analysis is not an exact science. Various factors including diet of animal, and food processing methods influence the amounts of nutrients in food. However, we hope this information will be useful to you, and assist you in your desire to achieve good health through healthful eating.