

Monte Cristo Flat Bread

Smoked Turkey and Ham with Swiss and Honey Grain Mustard on Crisp Flat Bread

Nutritional Data		
Serving Size 1 Sandwich		(234) g
Amount Per Serving		
Calories 445	Calories From Fat 128	
		% Daily Value *
Total Fat	14.2g	22%
Saturated Fat	6.1g	31%
Trans Fat	0g	
Cholesterol	65.9mg	22%
Sodium	2506.3mg	104%
Total Carbohydrate	47.7g	16%
Dietary Fiber	2.2g	0%
Sugars	10g	
Protein	32g	
Vitamin A 20%	Vitamin C 10%	
Calcium 26%	Iron 17%	
* 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.