

# Nutrition Facts

Per (389 g)

**Calories 700**

**% Daily Value\***

**Fat** 36 g 48 %  
Saturated 7 g 34 %  
+ Trans 0.1 g

**Carbohydrate** 69 g  
Fibre 13 g 48 %  
Sugars 7 g 7 %

**Protein** 26 g

**Cholesterol** 35 mg

**Sodium** 1200 mg 52 %

Potassium 1450 mg 31 %

Calcium 150 mg 11 %

Iron 5 mg 28 %

\*5% or less is **a little**, 15% or more is **a lot**

**Ingredients:** Lettuce, cos or romaine, Bread, multigrain, toasted, Tomato, red, ripe, raw, year round average, Avocado, raw, california, Snacks, potato chips, plain, salted, Pork, cured, bacon, cooked, microwaved, Salad dressing, mayonnaise, reduced fat

**Contains:** Wheat, Egg, Gluten