

Outtakes

QUICK CUISINE

Nutrition Information

	Item	Portion Size	Calories	Carbohydrate (g)	Fat (g)	Cholesterol (mg)	Protein (g)	Fiber (g)	Sodium (mg)
Fruit	Apple	1 each	100	25	0	0	0.5	4.5	2
	Banana	1 each	90	25	0	0	1	3	1
	Orange	1 each	60	15	0	0	1	3	0
Salads	Tossed Salad	1 cup	20	5	0	0	1	1.5	15
	Cottage Cheese	1/2 cup	80	3	1	4.5	14	0	460
	Hard Cooked Egg	1 each	140	1	9	375	11	0	110
Sandwiches	Italian Sub	1 each	700	65	31.5	95	40	4.5	2660
	Egg Salad	1 each	400	25	27	305	15	3.5	480
	Chicken Salad	1 each	275	25	8	60	26	4	415
	Tuna Salad	1 each	280	25	11	60	22	3.5	525
	Ham	1 each	340	35	11	54	23	2	1510
	Roast Beef	1 each	375	40	12	52	27	2	1140
	Roasted Vegetable	1 each	670	44	42	60	30	4	1285
	Turkey & Cheddar	1 each	350	35	13.5	63	24.5	7	1095
	Turkey	1 each	220	25	6	40	17	4	945