

# Turkey Sandwich

1 bun stone ground knot bun  
3 oz.'s turkey, white  
.5 oz.'s Lettuce, shredded  
Serving size: Entire recipe  
(8 oz.'s).

1 slice tomato  
.5 oz.'s mustard  
1 oz.'s mayonnaise

Amount Per Serving	
Calories	480
Calories From Fat (31%)	147.92
	% Daily Value
Total Fat 16.64g	26%
Saturated Fat 3.53g	18%
Cholesterol 54.15mg	18%
Sodium 1815.22mg	76%
Potassium 374.47mg	11%
Total Carbohydrates 64.08g	21%
Fiber 3.16g	13%
Sugar 12.01g	
Protein 19.62g	39%