

# Glatt Kosher Subway® Nutrition Facts



Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
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## SANDWICHES

6-inch Jared Sandwiches with 6 grams of Fat or Less		Values include wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives														
Corned Beef	238	320	50	6	1.5	0	40	1140	48	5	5	21	8	60	6	20
Oven Roasted Chicken Breast	238	320	45	4.5	1	0	40	1220	47	5	5	24	8	30	6	15
Subway Club®	231	330	40	5	1.5	0	45	1140	47	5	6	24	8	35	6	20
Sweet Onion Chicken Teriyaki	281	390	45	5	1.5	0	40	1610	61	5	17	25	8	35	6	20
Turkey Breast	224	290	30	3.5	1	0	30	1120	47	5	6	19	8	50	6	15
Veggie Delite®	167	230	25	2.5	0.5	0	0	550	45	5	5	9	8	30	6	15
KIDS PAK 4-inch Sandwiches (Subway® Minis)		Values include wheat bread, lettuce, tomatoes, onions, green peppers, pickles, olives and cheese														
Corned Beef	137	190	25	2	0	0	15	680	31	3	4	11	6	20	6	10
Turkey Breast	147	190	20	2	0.5	0	20	750	31	3	4	13	6	25	6	10

## SALADS

Jared Salads w/ 6 g of fat or Less		Values include lettuce, tomatoes, onions, green peppers, olives, carrots & cucumbers (does not include dressing/croutons)														
Corned Beef	356	120	15	2	0	0	30	680	11	4	5	14	25	50	6	10
Oven Roasted Chicken Breast	371	130	25	2.5	0.5	0	50	390	10	4	4	19	25	50	6	10
Subway Club®	387	180	30	4.5	1.5	0	65	850	12	4	5	25	25	60	6	15
Sweet Onion Chicken Teriyaki	413	200	30	3	1	0	50	770	25	4	16	20	25	60	8	10
Turkey Breast	356	110	15	2	0	0	30	640	11	4	5	14	25	70	6	10
Veggie Delite®	300	50	10	1	0	0	0	65	10	4	4	3	25	50	6	8

