

MEDITERRANEAN KABOB

	OZ	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT FAT	TRANS FAT/ SLICE	CHOLESTERAL MG	SODIUM MG	TOTAL CARBS 1 SLICE G	DIETARY FIBER G	SUGARS G	PROTEIN G	VITAMIN A %	VITAMIN C %	CALCIUM MG	IRON MG
3" BRIOCHE BUN	1.1	100	35	1.5	1	0	0	140	15	1	3	3	0	0	30	0.4
BEEF KABOB	2.3	310	210	22	10	0	80	550	4	0	0	27	0	0	0	1
LETTUCE	0.025	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOMATO	0.1	3.3	0	0	0	0	0	0	1.26	0	0.021	0	0	1.05	0	0
PICKLES	0.0	1.25	0	0	0	0	0	65	0.25	0	0	0	0	0	0	0
ONIONS	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
GARLIC SAUCE	0.03	100	99	11	1.5	0	10	75	0	0	0	0	0	0	0	0
TOTAL	3.5	514.6	344	34.5	12.5	0	90	830	20.5	1	3	30	0	1.1	30	1.4