

SPICY FALAFEL

	OZ	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT FAT	TRANS FAT/ SLICE	CHOLESTERAL MG	SODIUM MG	TOTAL CARBS 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	5	140	15	1	3	3	0.0415	0	30	0.4
FALAFEL	2.5	57	2	3	0.405	0	0	50	5.4	0	0	2.26	0	0	1	3
LETTUCE	0.025	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
PEPPER JACK CHEESE	0.5	55	2.25	5	2.5	0	12.5	110	0	0	0	3.5	0	0	105	0
HOT GIARDINIERA	0.05	60	15	6	0	0	0	0	1	0	0	0	0	0	0	0
BOOM SAUCE	1	150	100	16	2.5	0	15	250	0	2	0	2	0	0	0	0
TOTAL	5.175	422	154.25	31.5	6.405	0	32.5	550	21.4	3	3	10.76	0.0415	0	136	3.4
ADD ITEMS																
2ND PATTY	2.5	57	2	3	0.405	0	0	50	5.4	0	0	2.26	0	0	1	3
BACON	0.75	100	72	0.0745	2.925	0	20.27	359.5	0.9	0	1.425	5.595	0.065	0.205	0.04	0
FRIED EGG	1.62	92	45	6.8	1.97	0	184.5	95.2	69.9	0.4	0	0.38	6.27	10	0	2
AVOCADO	1.5	161	134	14.73	2.137	0	0	7	8.57	6.7	0.66	2.01	1	11	1	0