

## Blimpie Favorites made Lighter and under 400 calories

<b>BLIMPIE</b> America's Sub Shop																	
	Weight		Calories	Cals From Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (DV %)	Vitamin C (DV %)	Calcium (DV %)	Iron (DV %)
<b>Sandwiches</b>																	
6" Chicken Teriyaki, no cheese	228	g	370	60	6.0	1.5	0	50	1090	52	2	13	28	0	4	2	15
6" Club, no cheese/sauce	269	g	310	35	4.0	1.0	0	25	1020	49	3	9	18	10	15	4	20
6" Ham, no cheese/sauce	263	g	310	40	4.5	1.0	0	30	980	49	3	10	19	10	15	4	20
6" Roast Beef, no cheese/sauce	292	g	330	45	5.0	1.5	0	45	870	46	3	7	25	10	15	4	25
6" Turkey, no cheese/sauce	292	g	320	35	3.5	0.5	0	30	1220	49	3	8	21	10	15	4	20
6" VegiMax, no cheese/sauce	256	g	390	70	8.0	1.0	0	0	950	55	5	7	23	15	10	4	20
6" Veggie & Provolone, no sauce	285	oz	330	80	9.0	4.0	0	15	940	49	3	8	14	25	50	20	15