

Retail Brands Nutritional Analysis
Subconnection

Master Database

Nutrient Amounts

Menu item

12" Subs

Recipe #	Serving size	Weight (gms)	Calories	Fat (gms)	Saturated fat (gms)	Trans fat (gms)*	Cholesterol (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV	
American	30026	1 sub	548	1050	47	20	0	145	109	5	18	48	2770	30	20	50	35
BBQ Crispy Chicken	38089	1 sub	621	1190	44	17	0	110	147	6	32	53	3,670	35	25	60	50
BLT	38110	1 sub	482	1050	47	21	0	120	106	5	15	51	3220	30	20	50	40
Capicola	38818	1 sub	548	1010	41	19	0	140	107	5	15	53	3550	45	20	50	45
Chicken Salad	38123	1 sub	576	1100	46	18	0	160	107	6	16	65	3020	35	20	45	10
Ham & Cheese	38001	1 sub	527	950	34	16	0	140	109	5	17	53	2100	30	20	50	35
Italian	38802	1 sub	627	1280	62	28	0	200	103	5	11	73	3740	40	20	70	40
Meatball	38003	1 sub	649	1500	82	40	0	205	115	16	17	75	3570	25	15	80	60
Roast Beef	38004	1 sub	548	970	16	0	0	120	107	5	17	59	3610	30	20	50	50
Salami	38131	1 sub	519	1120	54	25	0	145	105	5	15	48	3490	30	20	50	35
Seafood Salad	38135	1 sub	583	1060	46	17	0	100	122	6	22	42	3440	35	20	60	40
Three Cheese	38139	1 sub	576	1310	66	39	0	180	110	5	17	70	2960	60	20	160	40
Tuna Salad	38005	1 sub	643	1510	95	24	0	140	108	6	17	60	3380	35	25	50	35
Vegetarian (includes balsamic dressing)	38071	1 sub	685	990	43	16	0	70	117	7	20	36	2820	90	220	60	40

6" Subs

American	30011	1 sub	274	530	23	10	0	70	55	3	9	25	1380	15	10	25	20
BBQ Crispy Chicken	38090	1 sub	310	600	22	9	0	55	73	3	16	26	1830	15	15	25	20
BLT	38112	1 sub	241	530	24	10	0	60	53	3	8	26	1610	15	10	25	20
Capicola	38819	1 sub	274	500	20	10	0	70	53	3	8	27	1770	20	10	25	20
Chicken Salad	38124	1 sub	288	550	23	9	0	80	53	3	8	33	1510	15	10	30	20
Ham & Cheese	38008	1 sub	263	480	17	8	0	70	54	3	9	27	1050	15	10	25	20
Italian	38009	1 sub	314	640	31	14	0	100	52	3	5	37	1870	20	10	35	20
Meatball	38010	1 sub	325	750	41	20	0	100	58	8	8	37	1780	15	8	40	30
Roast Beef	38011	1 sub	274	490	17	8	0	65	54	3	9	30	1800	15	10	25	25
Salami	38132	1 sub	260	560	27	12	0	70	53	3	8	24	1740	15	10	25	20
Seafood Salad	38136	1 sub	292	530	23	9	0	50	61	3	11	21	1721	15	10	25	20
Three Cheese	38140	1 sub	288	650	33	19	0	90	55	3	8	35	1480	25	10	80	20
Tuna Salad	38012	1 sub	322	760	48	12	0	75	54	3	8	30	1690	20	10	25	20
Vegetarian (includes balsamic dressing)	38070	1 sub	343	490	22	8	0	35	58	4	10	18	1410	45	110	30	20

Beverages

Coca-cola	20 oz.	600	240	0	0	0	0	70	0	70	0	80	0	0	0	0
	20 oz.	600	250	0	0	0	0	70	0	70	0	60	0	0	0	0

Chips

Lay's Big Grab Potato Chips	1 bag	78	410	28	3	0	0	41	3	0	6	490	0	25	0	0
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Notes

Analysis is based on a standard recipe which may include condiments and side dishes
 Subs do not include additional dressings or mayonnaise unless indicated
 Based on white bread sub roll, with American cheese per recipe unless specified

Variability occurs periodically due to adjustments in serving sizes, product availability from food suppliers and recipe formulation. We have attempted to provide as complete a nutrition analysis as possible. The analysis is comprised of data from our suppliers, the US Dept. of Agriculture. Information is not meant to be a substitute for laboratory analysis.

Labeling regulations allow for rounding of amounts

Updated 2/09