

Portabello Provolone Melt

Ingredients

Brown Mushrooms, Buns, hamburger, Chile Peppers, green, whole, fire rstd, cnd, Cheese, provolone, med, Salad Dressing, vinaigrette, balsamic, Tarragon.

Nutrients per serving

Nutrition Facts	
Serving Size 1 Sandwich (179g)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 880mg	37%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 13g	
Vitamin A 6%	• Vitamin C 20%
Calcium 25%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	