

Menu Item:

## Breakfast Panini - Toast

<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>
550	190	21g	9g	0g
<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbohydrates</b>	<b>Dietary Fiber</b>	<b>Sugars</b>
290mg	1030mg	64g	4g	8g
<b>Protein</b>	<b>Vitamin A</b>	<b>Vitamin C</b>	<b>Calcium</b>	<b>Iron</b>
24g	10%	4%	20%	20%