

**FOR BEST RESULTS THAW SANDWICH IN REFRIGERATOR BEFORE HEATING. HEAT THOROUGHLY TO 165°F BEFORE EATING. CONSUME REFRIGERATED SANDWICH WITHIN 10 DAYS FROM THAWING.**

### Microwave Cooking Instructions\*

#### THAWED

- Vent packaging
- Place on microwave safe plate
- Microwave on HIGH for 55-65 seconds
- Rest 2 minutes. Enjoy!

### Microwave Cooking Instructions\*

#### FROZEN

- Vent packaging
- Place on microwave safe plate
- Microwave on HIGH for 70-75 seconds
- Rest 2 minutes. Enjoy!

\*Cooking instructions are based on using a 1100 watt microwave oven. Additional time may be required for lower wattage ovens.

## Nutrition Facts

4 servings per container

**Serving size 1 Sandwich (68g)**

Amount per serving

**Calories 160**

% Daily Value\*

<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 9g	
Vitamin D 0.1mcg	0%
Calcium 90mg	6%
Iron 1mg	6%
Potassium 190mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** HAWAIIAN ROLL (ENRICHED WHEAT FLOUR {WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID}, MALTED BARLEY FLOUR), WATER, HIGH FRUCTOSE CORN SYRUP, PALM OIL, EGGS [WHOLE EGGS, NISIN PREPARATION {AS A PRESERVATIVE}], SUGAR, POTATO STARCH, NONFAT DRY MILK, DOUGH CONDITIONER [ENRICHED WHEAT FLOUR {FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID}, DATEM, CANOLA OIL, DEXTROSE, ASCORBIC ACID, L-CYSTEINE, ENZYME], VITAL WHEAT GLUTEN, YEAST [YEAST, SORBITAN MONOSTEARATE], NATURAL BUTTER FLAVOR [WHEY SOLIDS, ENZYME MODIFIED BUTTER, MALTODEXTRIN, SALT, DEHYDRATED BUTTER, GUAR GUM, ANNATTO, TURMERIC (FOR COLOR)], SALT, NATURAL FLAVOR, CALCIUM PROPIONATE [A MOLD INHIBITOR], XANTHAN GUM, GROUND TURMERIC (FOR COLOR), **COOKED HAM** (CURED WITH: WATER, SALT, LESS THAN 2% POTASSIUM LACTATE, SUGAR, DEXTROSE, SODIUM PHOSPHATES, NATURAL SMOKE FLAVOR, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), **SWISS CHEESE** (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES). **CONTAINS: EGG, MILK, WHEAT.**