

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\*

|                          |     |
|--------------------------|-----|
| Total Fat 6g             | 8%  |
| Saturated Fat 3g         | 15% |
| Trans Fat 0g             |     |
| Cholesterol 25mg         | 8%  |
| Sodium 420mg             | 18% |
| Total Carbohydrate 18g   | 7%  |
| Dietary Fiber 0g         | 0%  |
| Total Sugars 5g          |     |
| Includes 4g Added Sugars | 8%  |
| Protein 8g               |     |
| Vitamin D 0.1mcg         | 0%  |
| Calcium 70mg             | 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), PASTEURIZED PROCESS SWISS AMERICAN CHEESE [CULTURED MILK AND SKIM MILK, CREAM, SODIUM PHOSPHATE, SALT AND ENZYMES]. CONTAINS: EGG, MILK, WHEAT.