

# Subway Menu Nutrition Guide

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Subway Menu Nutrition Guide Look up nutritional information and calorie counts for all our Subway® sandwiches, salads, and sides to help you make smart choices. Sandwich Calories & Nutritional Information Menu | SUBWAY ... Subway Fresh Fit® refers to subs prepared to standard recipe on 9-grain wheat bread with lettuce, tomatoes, onions, green peppers and cucumbers. Nutrition information for all other subs are based on chef recommended recipes. Click an item to calculate yours and see the recipe. Nutrition Information | SUBWAY.com - United States (English) The SUBWAY® menu offers a wide range of sub sandwiches, salads and breakfast

ideas for every taste. View the abundant options on the SUBWAY® menu and discover better-for-you meals! Our Menu - Sub Sandwiches, Salads & More | SUBWAY

... Nutrition Facts. 330-660 calories.

Carved Turkey & Bacon w/ Cheese.

Nutrition Facts. 570-1140 calories.

Chicken & Bacon Ranch Melt.

Nutrition Facts. 570-1140 calories.

Chicken Mango Curry

Sandwich. Subway Nutrition Facts -

FastFoodNutrition.org Serving Size

(g) Calories Total Fat (g) Sat. Fat (g)

Trans Fat (g)\* Chol. (mg) Sodium

(mg) Carbohydrate(g) Dietary Fiber

(g) Sugars (g) Protein(g) Vitamin A

% DV Vitamin C % DV Calcium %

DV Iron % DV U.S. NUTRITION

INFORMATION January 2020 -

Subway Sandwich nutrition values

include 9-Grain Wheat bread,

lettuce, tomatoes, onions, green peppers and cucumbers. Values do not include cheese unless noted.

Salads contain meat/poultry, standard vegetables and do not include salad-dressing or croutons.

Addition of other condiments and fixings will alter nutrition

values. Nutrition Information |

[SUBWAY.com - Canada](#)

(English) Each sandwich on the

Subway® menu was carefully crafted for maximum flavor.

Discover all of our tasty subs and melts, piled with all your favorite meats, cheeses, sauces, and

vegetables. Menu - All Sandwiches |

[SUBWAY.com - United States](#)

(English) Check out the variety of options available on the SUBWAY®

salad menu! Browse the delicious salads available with your favorite

ingredients, and view nutrition information to help you make smart choices. Menu - Salads | SUBWAY.com - United States (English) View the abundant options on the Subway® menu and discover better-for-you meals! . Full Menu. Under \$5 Menu. 6" Cold Cut Combo; 6" Meatball Marinara ... PRODUCT INGREDIENTS GUIDE. Menu & Nutrition FAQs. SUBWAY® Catering. Full Menu | SUBWAY.com - Canada (English) Calories for popular fast food restaurants: find the restaurant's complete nutrition facts including calories, fat, sugars, protein, carbs and more. ... Grill Menu Raising Cane's Menu Ruby Tuesday Menu Sheetz Menu Smoothie King Menu Sonic Menu Starbucks Menu Steak 'n Shake Menu Subway Menu Taco Bell Menu

Taco Bueno Menu Texas Roadhouse Menu ... Popular Restaurants' Nutrition Facts and Calories - Menus ... A Nutrition Guide to the Subway Menu for Healthy Eating Patrons dining at Subway restaurants enjoy myriad choices for breakfast, lunch, and dinner. The international sandwich shop offers cold and hot selections featuring fresh-cut meats, crisp veggies, assorted cheeses, various sauces, and dressings to create personalized orders. Subway Nutrition Facts & Calorie Information: Carbs ... 290 calories. Subway 6" Sub - Oven Roasted Chicken Standard sub recipe. 1 sandwich (233g) Nutrition Facts. 320 calories. Subway 6" Sub - Veggie Delite Standard sub recipe. 1 sandwich (162g) Nutrition Facts. 230 calories. Subway

Nutrition Facts. Calories, carbs, fat, sodium ... Sandwich nutrition values include 9-Grain Wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers. 6" Sandwiches contain 20% DV Vitamin D on when made on any of the standard bread offerings. Values do not include cheese unless noted. Salads contain meat/poultry, standard vegetables and do not include salad-dressing or croutons. SUBWAY Nutrition Subway®: Leaders in nutrition from the beginning The Subway® brand has earned a worldwide reputation for offering a nutritious alternative to traditional fast foods. All Subway® sandwiches and salads are made to order, right in front of you, to your specifications, using the ingredients you select from a

wide variety of meats, vegetables, fresh [...] Nutrition -  
SUBWAY Subway offers a better variety of healthy meal options than many other fast food restaurants. In general, Subway's meals are low in sugar and a decent source of fiber and protein, however, many are... Subway Nutrition: Which Options Are Actually Healthy? Subway, Oakmont: See 3 unbiased reviews of Subway, rated 4.5 of 5 on Tripadvisor and ranked #16 of 25 restaurants in Oakmont. SUBWAY, Oakmont - Menu, Prices & Restaurant Reviews ... Order food online at Subway, Cranberry Township with Tripadvisor: See 4 unbiased reviews of Subway, ranked #85 on Tripadvisor among 113 restaurants in Cranberry Township. SUBWAY,

Cranberry Township - 20510 Rte 19 - Menu, Prices ... Subway, McKees Rocks: See 2 unbiased reviews of Subway, rated 3 of 5 on Tripadvisor and ranked #33 of 58 restaurants in McKees Rocks.

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