

Pinwheel sandwich (3 with creamed corn, ham & carrot on white bread and 3 with salmon & lettuce on wholemeal bread)

1802kJ, 13g fat

Nutrients	Amount per serve
Energy	1801.82kJ
Protein	37.88g
Total fat	13.15g
- saturated fat	3.45g
- polyunsaturated fat	4.32g
- monounsaturated fat	4.27g
Cholesterol	107.60mg
Carbohydrate	36.98mg
Sugars	36.98g
Starch	28.36g
Fibre	5.17g
Thiamin	0.50mg
Riboflavin	0.52mg
Niacin	8.47mg
Vitamin C	67.00mg
Folate	56.90µg
Vitamin A equivalents	574.45µg
Sodium	815.73mg
Potassium	747.82mg
Magnesium	74.86mg
Calcium	377.00mg
Phosphorus	499.24mg
Iron	3.45mg
Zinc	3.18mg