

Subway Menu Nutrition Guide

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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®: 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® Subs, wraps and salads are made to order, right in front of you, to your specification, using the ingredients you select from a wide variety of meats, vegetables, baked breads, flavourful condiments and final ...

[Allergen and Nutritional Information | SUBWAY.com — United](#) ...

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 \(English\)](#)

Subway Menu Nutrition Subway Sandwiches. Italian B.M.T. Salads. Wraps. Breads. Breakfast Egg White Omelet Sandwich. Breakfast Omelet Sandwiches. Chips and Sides. Didn't find what you're looking for? Try checking our list of discontinued Subway items. Which Subway...

[Subway Nutrition Facts — FastFoodNutrition.org](#)

Subs — Depending on the ingredients selected or types of subs ordered, diners may ingest anywhere from 160 calories to 500 calories for six-inch sandwiches. Customers should also take into consideration the carbohydrate profiles of Subway sandwiches. As six-inch subs, the sandwiches still boast around 50 grams of carbs.

[Subway Nutrition Facts & Calorie Information: Carbs](#) ...

The Subway menu nutrition for its breakfast sandwiches vary in calorie content from 380 to 680 calories: Bacon, Egg & Cheese on flatbread (460 calories, 21 grams of fat, 43 grams of carbohydrates, 25 grams of protein) Black Forest Ham, Egg & Cheese on flatbread (410 calories, 16 grams of fat, 44 grams of carbohydrates, 23 grams of protein)

[Subway Menu With Calories | Our Everyday Life](#)

Nutrition Facts. 40 calories. Subway 6" Sub — Ultimate Veggie w/ Avocado Standard sub recipe. 1 sandwich (227g) Nutrition Facts. 330 calories. Subway 12" Sub — Veggie Delite Standard sub recipe. 1 sandwich (328g) Nutrition Facts.

[Subway Nutrition Facts: Calories, carbs, fat, sodium](#) ...

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 baked breads and flavorful condiments and Sauces. In many countries, the Subway® brand offers a menu that highlights a selection of products that you can incorporate into your diet and exercise ...

[Nutrition — SUBWAY](#)

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[Subway Menu Nutrition Guide](#)

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!

[Menu | SUBWAY.com — United Kingdom \(English\)](#)

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.

[Nutrition Information | SUBWAY.com — Canada \(English\)](#)

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](#) ...

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](#)

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[Full Menu | SUBWAY.com — Canada \(English\)](#)

Subway Menu Nutrition Guide subway menu nutrition guide U.S. NUTRITION INFORMATION January 2020 - Subway 6" Subway Club® 240 290 4 1 0 40 780 41 5 6 25 35 20 2 20 6" Sweet Onion Chicken Teriyaki 265 330 4 1 0 50 750 52 5 14 25 40 20 4 20 nutrition information (one footlong=two 6" servings) US NUTRITION INFORMATION January 2020 2,000 calories

[\[Books\] Subway Menu Nutrition Guide](#)

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[Subway Menu Nutrition Guide — thebrewstercarriagehouse.com](#)

Subway reminds you to "eat fresh," but their popular tagline doesn't exactly tell the entire nutritional story. Subway offers healthy meals, but not everything on their menu is good for you.

[Subway Nutrition: Which Options Are Actually Healthy?](#)

Menu Choose here your favorite style of Subs. Looking for indulgence, go for Classic or Toasted Subs or do you want a more healthy alternative, choose Subs under 6 gr of fat or less.

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