



SUBWAY® PUERTO RICO NUTRITION INFORMATION

July 2022

	Serving Size (g)	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Cholesterol (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
<i>Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.</i>																
6" Subs																
Black Forest Ham (on Multigrain)	231	270	4	1	0	25	940	42	4	6	3	18	30	15	2	15
Chicken, Bacon & Ranch Melt	296	520	27	10	0	100	1160	40	2	5	3	36	40	25	20	15
Italian BMT	234	370	16	6	0	50	1320	40	2	4	2	19	30	30	4	15
Italianissimo (Spicy Italian)	227	430	24	9	0	60	1430	40	2	4	2	19	30	35	4	20
Meatball Marinara	203	400	17	7	1	40	1050	48	3	7	4	20	10	25	6	20
Oven Roasted Chicken (on Multigrain)	246	290	5	1	0	45	750	41	4	6	2	21	30	15	4	15
Rotisserie-Style Chicken	260	320	7	2	0	65	930	40	5	5	2	26	30	15	4	15
Steak & Cheese	250	330	10	5	0	65	1160	40	2	5	3	26	35	25	8	20
Sweet Onion Chicken Teriyaki (on Multigrain)	278	340	4	1	0	50	930	52	4	14	10	24	30	20	4	15
Tuna	243	430	25	5	0	40	810	38	2	4	2	20	30	25	2	15
Turkey Breast (on Multigrain)	231	260	4	1	0	20	840	41	4	6	2	17	30	15	2	10
Turkey Breast & Black Forest Ham	235	270	4	1	0	25	920	42	4	6	3	18	30	15	2	15
Veggie Delite (on Multigrain)	175	210	3	0	0	0	460	39	4	5	2	8	30	15	2	10
Veggie Patty (on Multigrain)	260	380	11	1	0	0	770	56	12	7	2	14	30	15	2	10
Salads																
Black Forest Ham	364	120	3	1	0	25	1050	13	4	6	1	12	35	45	4	10
Chicken, Bacon & Ranch Melt	437	400	26	10	0	100	1220	13	4	7	1	31	50	50	20	15
Italian BMT	374	240	15	6	0	50	1380	13	4	6	1	15	35	60	6	10
Italianissimo (Spicy Italian)	367	310	23	8	0	60	1490	13	4	5	0	14	35	60	6	15
Meatball Marinara	447	300	17	6	1	40	1260	24	7	10	2	16	50	60	10	20
Oven roasted Chicken Salad	379	140	4	1	0	45	860	12	4	6	1	15	40	45	6	10
Rotisserie Style Chicken Salad	393	170	6	2	0	65	1030	11	4	5	0	20	35	45	4	10
Steak & Cheese	391	210	9	4	0	65	1220	13	4	6	1	21	40	45	10	15
Sweet Onion Chicken Teriyaki	411	190	3	1	0	50	1040	23	4	14	9	19	40	50	6	10
Tuna Salad	383	310	24	4	0	40	870	11	4	5	0	15	40	45	4	10
Turkey Breast	364	110	2	1	0	20	940	12	4	6	1	12	35	45	4	8
Turkey Breast & Black Forest Ham	368	120	3	1	0	25	1030	13	4	6	1	13	35	45	4	10
Veggie Delite	308	60	1	0	0	0	560	10	4	5	0	3	35	45	4	8
Veggie Patty	393	230	10	1	0	0	880	27	12	7	0	9	35	45	4	8
Sauteé Subs																
Chicken Florentine	307	620	23	10	1	120	1400	66	2	25	0	44	35	20	30	20
Mongolian Beef	254	450	14	4	0	85	1550	53	2	13	10	33	2	15	2	20
Tripileta	356	800	46	19	1	175	2040	46	3	6	0	56	35	15	35	25
Pasta Dishes Values do not include Mini Toast																
Bacon Marinara	456	740	31	8	0	50	1100	87	7	17	6	29	35	60	10	30
Cheesy Alfredo	432	1070	66	28	2	140	1350	77	4	6	0	42	60	0	20	20
Chicken Alfredo	477	740	34	9	1	85	910	77	5	10	0	33	25	35	15	20
Meatball Marinara	545	740	27	8	1	40	1230	98	10	20	6	27	45	80	10	35
Pink Sauce with Chicken	477	620	23	6	0	70	830	76	6	13	2	31	30	50	10	20
Steak Teriyaki	496	660	16	4	0	85	1330	93	5	24	20	36	40	10	4	30
Pasta Primavera	496	690	33	9	1	35	750	82	6	13	0	18	35	60	20	20
Pizza																
Bacon Pizza	340	890	41	18	1	100	2250	90	6	10	6	40	0	0	40	6
Cheese Pizza	281	640	22	9	1	45	1670	87	6	9	5	25	0	0	25	2
Ham Pizza	366	800	30	14	1	95	2390	91	6	10	6	40	0	0	40	4
Pepperoni Pizza	357	950	47	21	1	120	2690	90	6	9	5	39	0	10	40	6
Turkey Pizza	366	780	29	14	1	85	2290	90	6	9	5	40	0	0	40	2
Vegetarian Pizza	534	810	31	14	1	65	2160	100	10	15	5	32	40	45	40	10
Breakfast Items																
6" Omelet Breakfast Sandwich Values include 6" Italian Bread, Egg omelet, Tomatoes, Onions and Green peppers																
6" Egg & Cheese	280	380	16	6	0	430	730	40	2	6	24	17	40	10	20	0
6" Black Forest Ham, Egg & Cheese	309	410	17	7	0	445	970	41	2	6	29	17	40	10	25	0
6" Bacon, Egg & Cheese	295	460	22	9	0	445	900	41	2	6	29	17	40	10	25	0
Omelet Breakfast Wrap Values include Tomato Basil Wrap, Egg omelet, Tomatoes, Onions and Green peppers																
Egg & Cheese	299	490	21	9	0	430	1020	51	3	4	0	24	15	30	10	10
Black Forest Ham, Egg & Cheese	327	530	22	10	0	445	1270	52	3	5	1	29	15	30	10	15
Bacon, Egg & Cheese	314	570	28	12	0	445	1200	51	3	5	1	29	15	35	10	15
Omelettes Values do not include Mini Toast																
Cheese Omelette	209	220	14	6	0	430	370	6	1	4	0	17	15	30	10	10
Black Forest Ham Omelette	238	260	15	6	0	445	620	8	1	5	1	22	15	30	10	15

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Bacon Omelette	224	300	21	8	0	445	550	7	1	5	1	22	15	30	10	15
Omelet de Pavo	238	250	15	6	0	440	570	7	1	4	0	22	15	30	10	10
Sausage Omelette	266	360	25	10	0	470	890	7	2	4	0	27	15	30	10	15
Ultimate Breakfast Dishes Values include Omelette, Buttered Italian Mini Toast, Hashbrowns and side of Bacon																
Bacon Ultimate Breakfast	328	670	46	14	0	465	1060	34	3	6	2	31	15	35	10	20
Cheese Ultimate Breakfast	313	590	40	12	0	445	890	34	3	6	2	26	15	35	10	20
Ham Ultimate Breakfast	341	620	41	12	0	460	1130	35	3	6	2	31	15	35	10	20
Sausage Ultimate Breakfast	369	730	51	16	0	490	1400	35	3	6	2	36	15	35	10	25
Turkey Ultimate Breakfast	341	610	41	12	0	455	1080	35	3	6	2	31	15	35	10	20
Other Breakfast Items																
French Toast (includes 4 slices of bread)	121	240	7	3	0	210	430	34	0	2	0	9	6	0	10	6
Oatmeal, 8 oz	231	190	3	0	0	10	390	37	2	6	0	6	2	0	0	35
Oatmeal, 12 oz	347	290	5	0	0	15	580	55	2	9	0	9	4	0	0	50
Artisan Italian Mini Toasts, Buttered (2 pc)	46	200	15	3	0	0	180	17	0	1	1	3	0	4	0	4
Hearty Multigrain Mini Toasts, Buttered (2 pc)	50	210	15	3	0	0	150	18	1	2	1	4	0	0	0	4
Italian Herb & Cheese Mini Toasts, Buttered (2 pc)	52	220	16	4	0	5	270	18	0	1	1	4	2	4	0	6
Cookies, Desserts & Sides																
Chocolate Chip Cookie	45	210	10	5	0	10	120	30	1	18	18	2	0	0	0	10
Oatmeal Raisin Cookie	45	200	8	4	0	15	110	30	1	16	10	3	0	0	2	6
Raspberry Cheesecake Cookie	45	210	9	5	0	15	115	29	0	16	15	2	0	0	2	6
White Chip Macadamia Nut Cookie	45	210	10	5	0	15	125	28	1	17	17	2	0	0	2	6
Cream Cheese Puff Pastry (Quesitos)	84	340	24	14	0	20	380	27	0	4	4	5	0	0	0	0
Hashbrowns (6 pieces)	84	170	9	3	0	0	330	20	2	1	0	2	0	0	0	0
Waffle Cut Potatoes (8-9 pieces)	85	160	8	1	0	0	360	21	1	0	0	1	0	0	0	0
SOUP (8 oz)																
Broccoli Cheddar	227	170	9	5	0	25	690	18	1	4	2	5	20	30	10	2
Chicken Noodle	227	100	3	1	0	25	780	12	1	2	0	6	15	4	2	4
Loaded baked potato	227	180	11	6	0	35	770	15	1	3	1	5	10	10	4	2
Sopa de Gandules (Pea)	227	90	3	0	0	0	620	14	3	1	0	2	2	15	4	120
Plantain	236	70	1	0	0	0	710	14	1	0	0	1	0	170	0	350
Vianda	236	100	2	0	0	0	680	19	1	0	0	1	0	170	0	350
SOUP (12 oz)																
Broccoli Cheddar	340	250	13	8	0	40	1030	27	2	7	3	8	35	45	15	4
Chicken Noodle	340	140	4	2	0	35	1170	18	2	2	1	9	25	6	2	4
Loaded baked potato	340	270	16	9	0	55	1160	22	2	5	1	8	15	20	6	2
Sopa de Gandules (Pea)	341	140	5	0	0	0	930	21	5	2	0	3	2	20	4	180
Plantain	354	110	2	0	0	0	1070	20	2	0	0	2	0	260	0	520
Vianda	354	160	3	0	0	0	1010	28	2	0	0	2	0	260	0	520
A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from approved food manufacturers, independent laboratories and the USDA Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly. Nutrition information for these items are based on the most common formulas and ingredients.																
**At participating locations.																