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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 ...~~

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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

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select from a wide variety of meats, vegetables, baked breads, flavourful condiments and final ...

~~Allergen and Nutritional Information |
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Subway Fresh Fit® refers to subs prepared to standard recipe on 9-grain

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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~~

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~~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

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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

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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~~

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~~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 &

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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

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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 ...~~

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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

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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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The Subway® menu offers a wide
range of sub sandwiches, salads and
breakfast ideas for every taste. View
the abundant options on the Subway®

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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

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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)~~

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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~~

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~~& 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

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~~U.S. NUTRITION INFORMATION~~

~~January 2020 - Subway~~

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! ... PRODUCT INGREDIENTS

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GUIDE. Menu & Nutrition FAQs.
SUBWAY® Catering. With piled-high
sandwich platters, hunger-busting
Giant Subs and sweet-tooth satisfying
...

~~Full Menu | SUBWAY.com - Canada
(English)~~

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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

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footlong=two 6" servings) US
NUTRITION INFORMATION January
2020 2,000 calories

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~~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.

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~~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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