

## 9to5strength - Subway Nutrition Tables

### Subway - Six Inch Subs

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Chicken & Bacon Ranch Melt	503	38	40	5.4	19.2	8	2.4
Spicy italian	471	21	38	5.1	25.3	10.6	2.7
Meatball Marinara	435	24	49	10.9	15.5	6.6	1.9
Chicken Temptation	406	27	52	5.3	8.7	3.5	2.3
Italian B.M.T.®	396	21	38	5.4	16.8	6.9	2.4
Veggie Patty	380	22	46	7.9	8.7	2.7	1.6
SUBWAY MeLT™ (includes cheese)	359	28	39	5.9	9.3	4.4	2.2
Tuna	359	21	39	4.8	12.6	1.6	1.6
Sweet Onion Chicken Teriyaki	354	28	50	15.5	3.3	1.2	1.7
Steak & Cheese	343	26	40	6.5	8.5	4.5	1.7
Tandoori Chicken	315	28	38.1	6.3	3.7	1.3	1.6
SUBWAY CLUB®	310	29	38	5.4	3.4	1.4	1.7
Chicken Breast	304	27	39	5.2	3	1.1	1.2
Chicken Tikka	302	27	38	6.8	3	1	1.3
Beef	282	23	38	5.1	3	1.4	1.7
Turkey Breast & Ham	278	22	38	5.4	3	1.1	1.6
Ham	269	19	38	5.6	3.5	1.3	1.6
Turkey Breast	269	22	38	5.1	2.2	0.9	1.4
Veggie DeLiTe®	213	9	37	4.8	1.6	0.7	0.6

### Subway - Foot Long Subs

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Chicken & Bacon Ranch Melt	1006	76	80	10.8	38.4	16	4.8
Spicy italian	942	42	76	10.2	50.6	21.2	5.4
Meatball Marinara	870	48	98	21.8	31	13.2	3.8
Chicken Temptation	812	54	104	10.6	17.4	7	4.6
Italian B.M.T.®	792	42	76	10.8	33.6	13.8	4.8
Veggie Patty	760	44	92	15.8	17.4	5.4	3.2
SUBWAY MeLT™ (includes cheese)	718	56	78	11.8	18.6	8.8	4.4
Tuna	718	42	78	9.6	25.2	3.2	3.2
Sweet Onion Chicken Teriyaki	708	56	100	31	6.6	2.4	3.4
Steak & Cheese	686	52	80	13	17	9	3.4
Tandoori Chicken	630	56	76.2	12.6	7.4	2.6	3.2
SUBWAY CLUB®	620	58	76	10.8	6.8	2.8	3.4
Chicken Breast	608	54	78	10.4	6	2.2	2.4
Chicken Tikka	604	54	76	13.6	6	2	2.6
Beef	564	46	76	10.2	6	2.8	3.4
Turkey Breast & Ham	556	44	76	10.8	6	2.2	3.2
Ham	538	38	76	11.2	7	2.6	3.2
Turkey Breast	538	44	76	10.2	4.4	1.8	2.8

Veggie DeLiTe®

426	18	74	9.6	3.2	1.4	1.2
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**Subway - Extras**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT
American	40	2	1	0	3.4	2.2
Monterey Cheddar	57	3.5	0	0	4.4	2.7
Peppered Cheese	39	2	0	0	3.1	2
Bacon (2 Strips)	40	3	0	0	2.9	1.1
Sweet Onion	34	0	8	7.4	0.1	0
Honey Mustard	32	0	7	5.9	0.2	0
BBQ	37	0	9	6.1	0.1	0
Light Mayo	56	0	1	0	6	0.4
Chipotle Southwest	90	0	2	1.2	9.2	0.7
Ranch	44	0	1	0	4.5	0.3

**Subway - Breakfast Rolls**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Bacon	271	16	35	3	6.3	2.6	1.5
Sausage	374	20	42	4.3	12.6	4.8	1.8
Egg & Cheese	294	14	36	3.7	9	3.5	1.2
Bacon, Egg & Cheese	330	18	36	3.7	11.4	4.4	1.6
Sausage, Egg & Cheese	470	25	44	5	20.1	7.6	2.3
Mega Melt	507	29	44	5	22.5	8.5	2.7

**Subway - Salads**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Beef	118	16	6	4.5	2.4	0.9	1.1
Chicken Breast	139	20	7	4.6	2.4	0.6	0.7
Chicken Tikka	137	20	6	5.1	2.4	0.5	0.8
Ham	104	12	7	5	2.9	0.8	1.1
Subway Club	145	22	7	4.8	2.8	0.9	1.1
Sweet Onion Chicken Teriyaki	189	21	19	14.9	2.6	0.7	1.2
Turkey Breast	104	15	6	4.5	1.6	0.4	0.9
Turkey Breast & Ham	113	16	6	4.8	2.3	0.6	1.1
Veggie Delite	49	3	5	4.2	1	0.2	0.2

**Subway - Soups**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT
Beef goulash	199	8.3	15	4.5	11.8	1.5
Country Chicken & Vegetable	168	6.8	10.5	1	11	1.8
Carrot and Coriander	80	2.4	14	6	1.8	1
Cream of Chicken	160	6.8	7.8	0.3	11.3	1.8

Cream of Mushroom	150	2.5	11	2.3	10.8	1.8
Highland Vegetable	73	3.8	13.8	0.8	0.3	0
Leek and Potato	124	4.3	20	6.3	3	0.5
Lentil and Potato	182	11	23.3	2	5	1.3
Minestrone	125	4.25	19.5	0.6	3	0.5
Red Pepper & Tomato	100	3.5	15	10	4	0.6
Thai Style Vegetable	87	2.8	16.8	12.8	1	0.3
Tomato	103	1.9	15	6.3	3.8	1.1
Wild Mushroom	101	2.5	10.3	1.3	5.5	1.8

### Subway - Sides & Snacks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Bowl of Meatballs	317	19	19	10.5	19.1	8.6	1.9
Cheese Toastie	210	11	19	2	9.5	5.8	0.8
Pepperoni Pizza Toastie	248	11	22	4.2	12.5	6.1	1.4
Melted Cheese Nachos	415	11	36	2.9	24.3	6.8	2.2

### Subway - Treats

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT
Chocolate Chip Cookie	218	2	30	18	10.3	5.4
Rainbow Cookie	211	2	30	17.5	9.7	5
Chocolate Chunk Cookie	214	2	30	17	10.2	5.3
Double Choc Chip Cookie	221	2	30	19.7	9.5	5.4
Oatmeal Rasin Cookie	196	3	30	15.9	8.1	3.7
White Chip Mac Nut Cookie	218	2	28	17	11	5.6
Chocolate Donut	243	4	21	7.8	15.5	4.6
Sugared Donut	207	3	21	7.5	11.6	3.1
Blueberry Muffin	352	5	40	31.9	20.6	2.9
Chocolate Chunk Muffin	394	6	44	37.2	22.9	4.7
Double Chocolate Chunk Muffin	389	6	45	33	22	4.2
Chocolate Chip Candy	211	2	30	17.5	9.7	5
BeAR Pure Fruit Strawberry Yoyos	27	0.2	6.3	4.9	0	0

### Subway - Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT
Coca-Cola Cup	195	0	49	49	0	0
Sprite Cup	127	0	30	30	0	0
Fanta Cup	195	0	48	48	0	0
Capri Sun	76	0	16	16	0	0