

The hat pastrami nutritional information

I'm not robot!



The hat pastrami nutrition. The hat pastrami sandwich nutrition facts.

How keto-friendly is The Hat Pastrami Dip? The Keto Friendliness Gauge visualizes how much this food conforms to the standard keto diet. Green implies that Net Carbs fall within standard keto diet guidelines. Yellow implies that Net Carbs are a little higher than standard keto diet guidelines. Orange implies that Net Carbs are much higher than standard keto diet guidelines and risks kicking you out of ketosis. Red implies that the amount of Net Carbs fall within the upper limits allowed by the keto diet and there's a high risk of getting kicked out of ketosis. Learn more about the keto diet Net Carbs are 4% of calories per serving, at 19g per serving. This meal falls within the range for standard keto diet guidelines (at or under 25g of net carbs). If your daily net carb quota is 25g and if this food almost equals that much, consider whether you're going to eat more food later. Always take into account any foods you've already consumed. It's recommended that you track the macros of your daily food consumptions--this makes it easier to avoid overconsumption. This food's %DV (daily value percentage) for sodium is 11.7%. At 2691mg, it's considered high in sodium according to the FDA's standards for %DV (daily value percentage), which considers any food with %DV of more than 20% as high in sodium. The organization recommends 2300mg of sodium as the daily limit. High sodium is believed to be associated with health problems such as heart disease, strokes, high blood pressure, and kidney malfunctions. There's also a belief that diets with high amounts of salt correlates with obesity, but the link hasn't proven to be so direct. Instead, salt may trigger overeating by increasing the feeling of hunger, according to studies referenced in this WebMD article about salt & obesity. Add-ons such as sauces and condiments are the usual high-sodium culprits in most restaurant meals. Sodium additives are responsible for most high sodium amounts in packaged foods, especially frozen meals. For most adults, a healthy range for daily maximum sodium consumption is between 1500-2300mg; foods should be within 5%-20% DV per serving. Serving Size: 1 sandwich Amount Per Serving Calories: 441 • Total Fat: 14.6g Saturated Fat: 6g Polyunsaturated Fat: 0g Monounsaturated Fat: 0g Trans Fat: 0g Cholesterol: 152mg Sodium: 2691mg Total Carbohydrates: 20g Dietary Fiber: 1g Sugar: 0g Protein: 52.3g Calcium: 0mg Iron: 0mg Potassium: 0mg Vitamin A: 0mcg Vitamin C: 0mg Vitamin D: 0mcg The Hat - Roast Beef Sandwich Carb Manager Carb Manager's content is for informational and educational purposes only. Our website is not intended to be a substitute for professional medical advice, diagnosis, or treatment. the Hat, 1 sandwich Calories: 441 • Carbs: 21g • Fat: 15g • Protein: 52g the Hat, 32 oz Calories: 520 • Carbs: 118g • Fat: 0g • Protein: 0g the Hat, 1 small Calories: 400 • Carbs: 0g • Fat: 0g • Protein: 0g the Hat, 1 burger Calories: 515 • Carbs: 34g • Fat: 27g • Protein: 40g the Hat, 1 Sandwich Calories: 500 • Carbs: 0g • Fat: 0g • Protein: 0g Straw Hat Pizza, 1 slice Calories: 260 • Carbs: 24g • Fat: 13g • Protein: 13g the Hat, 1 Dog Calories: 330 • Carbs: 22g • Fat: 21g • Protein: 14g Find a Recipe Explore Breakfast and Brunch Recipes Chicken Recipes Beef Recipes Pork Recipes Lunch Recipes Dinner Recipes Appetizer & Snack Recipes Bread Recipes Dessert Recipes Drink Recipes Main Dishes Salad Recipes Side Dish Recipes Soup, Stew & Chili Recipes Cooking Style Diet & Healthy Recipes Holidays & Entertaining World Cuisine Kitchen Tips Allrecipes Magazine Recipes Food Wishes® Homemade Podcast Trusted Brands Food News and Trends About Us Have you ever asked yourself, "How much weight can I lose in a month?" or "How many meals a day should you eat?" Since 2005, a community of over 200 million members have used MyFitnessPal to answer those questions and more. With exercise demos, workout routines and more than 500 recipes available on the app, MyFitnessPal gives members a wellness roadmap for anything from the best fat burning workouts to healthy foods to eat. So whether your goal is walking for weight loss, tracking the foods you eat, or something else entirely, MyFitnessPal has the tools you need to start your fitness and health journey today. Baked Products Beans and Legumes Beef Products Beverages Cereal, Grains, Rice, Pasta and Noodles Cheese, Eggs and Dairy products Ethnic Foods Fast Foods Fats and Oils Fish and Seafood Fruits Lamb, Veal, and Game Products Nut and Seed Pork Products Poultry Products Sausages and Deli Meats Snacks Soups, Sauces, Spreads and Gravies Spices and Herbs Sweets Browse Brands: Restaurants & Cafes Food Manufacturers Beverage Producers Supermarkets Ingredients Fruits and Vegetables Meat and Poultry Seafood Pasta and Noodles Explore Recipes Search Recipe By Ingredients Analyze & Construct Your Own Recipe Page 3 Show more ham from other 103 brands Atlanta Bread Company International, Inc DiBellas ham Per 2 oz - Calories: 70 kcal Fat:3g Carbs:2g Protein:9g Subway ham Per 57 g - Calories: 60 kcal Fat:2g Carbs:2g Protein:9g First Watch ham Per 1 serving size - Calories: 20 kcal Fat:1g Carbs:1g Protein:2g Pita Pit ham Per 0 - Calories: 140 kcal Fat:5g Carbs:2g Protein:20g Great Wraps ham Per 1 serving - Calories: 80 kcal Fat:2g Carbs:2g Protein:9g Boars Head ham Per 4 oz - Calories: 60 kcal Fat:1g Carbs:2g Protein:10g Schwans ham Per 3 oz - Calories: 150 kcal Fat:10g Carbs:1g Protein:13g Brueggers ham Per 261 g - Calories: 470 kcal Fat:5g Carbs:82g Protein:25g Domino Sugar ham Per 7 g - Calories: 10 kcal Fat:0g Carbs:0g Protein:1g Cure 81 ham Per 1 serving - Calories: 89 kcal Fat:3g Carbs:0g Protein:16g Wilson ham Per 1 slice - Calories: 25 kcal Fat:1g Carbs:1g Protein:5g Sugarale ham Per 3 oz - Calories: 90 kcal Fat:3g Carbs:3g Protein:14g Laura Lynn ham Per 12 slices - Calories: 120 kcal Fat:7g Carbs:1g Protein:12g Kunzler ham Per 3 oz - Calories: 100 kcal Fat:4g Carbs:2g Protein:14g Don ham Per 25 g - Calories: 25 kcal Fat:0g Carbs:0g Protein:0g SubMarina ham Per 6 - Calories: 423 kcal Fat:17g Carbs:46g Protein:28g DC ham Per 4 oz - Calories: 190 kcal Fat:3g Carbs:21g Protein:20g Firehouse ham Per 11 oz - Calories: 427 kcal Fat:7g Carbs:70g Protein:30g CiCi's Pizza Ham Per 1 slice - Calories: 199 kcal Fat:6g Carbs:24g Protein:0g Saladworks ham Per 2 fl oz - Calories: 45 kcal Fat:1g Carbs:2g Protein:8g Dairy Queen ham Per 2 piece - Calories: 60 kcal Fat:2g Carbs:2g Protein:9g GFS ham Per 3 oz - Calories: 100 kcal Fat:4g Carbs:5g Protein:11g Braums ham Per 1 slice - Calories: 30 kcal Fat:1g Carbs:0g Protein:5g Rubys Diner ham Per 4 oz - Calories: 122 kcal Fat:30g Carbs:2g Protein:20g Vrooman ham Per 6 1/4 oz - Calories: 72 kcal Fat:3g Carbs:0g Protein:12g Dennys ham Per 1 serving - Calories: 110 kcal Fat:5g Carbs:1g Protein:14g Golden Corral ham Per 4 oz -

Calories: 80 kcals Fat:2g Carbs:1g Protein:10g Eatn Park ham Per 9 oz - Calories: 110 kcals Fat:4g Carbs:1g Protein:16g Pizza Pro ham Per 1/10 pizza - Calories: 222 kcals Fat:7g Carbs:24g Protein:12g Davannis ham Per 0 - Calories: 379 kcals Fat:25g Carbs:22g Protein:19g Which Wich ham Per 1 serving - Calories: 110 kcals Fat:5g Carbs:4g Protein:14g Hersheys York ham Per 25 g - Calories: 25 kcals Fat:2g Carbs:1g Protein:0g Zero ham Per 1 packet - Calories: 36 kcals Fat:1g Carbs:7g Protein:0g Meijer ham Per 1 package, 56 g - Calories: 90 kcals Fat:5g Carbs:1g Protein:10g Somerfield ham Per 1 slice - Calories: 31 kcals Fat:0g Carbs:0g Protein:0g Sobeyes ham Per 3 slices - Calories: 50 kcals Fat:2g Carbs:0g Protein:9g Taylor ham Per 2 oz - Calories: 180 kcals Fat:16g Carbs:1g Protein:9g Crispers ham Per 1 sandwich - Calories: 610 kcals Fat:30g Carbs:59g Protein:32g Heavenly Ham ham Per 1 sandwich - Calories: 90 kcals Fat:1g Carbs:4g Protein:18g Appleton ham Per 1 serving - Calories: 150 kcals Fat:7g Carbs:6g Protein:15g Cub Foods ham Per 2 oz - Calories: 60 kcals Fat:2g Carbs:0g Protein:11g Amish Valley ham Per 1 oz - Calories: 55 kcals Fat:0g Carbs:1g Protein:4g Bodega ham Per 100 g - Calories: 210 kcals Fat:9g Carbs:0g Protein:30g Berger ham Per 6 slices - Calories: 100 kcals Fat:2g Carbs:1g Protein:19g ye olde oak ham Per 200 g tin - Calories: 248 kcals Fat:16g Carbs:4g Protein:22g Danish ham Per 2 slices - Calories: 40 kcals Fat:1g Carbs:0g Protein:8g DFAC ham Per 1 slice - Calories: 45 kcals Fat:1g Carbs:0g Protein:0g home baked ham Per 100 g - Calories: 145 kcals Fat:6g Carbs:2g Protein:21g Kings ham Per 1 oz - Calories: 35 kcals Fat:2g Carbs:0g Protein:5g tiffin ham Per 1 pack - Calories: 349 kcals Fat:14g Carbs:38g Protein:21g Ww ham Per 1 pack - Calories: 98 kcals Fat:2g Carbs:1g Protein:19g Eggsmart ham Per 1 slice - Calories: 50 kcals Fat:3g Carbs:0g Protein:8g Valley Maid ham Per 2 oz - Calories: 140 kcals Fat:0g Carbs:0g Protein:0g Vocelli ham Per 1 sandwich - Calories: 920 kcals Fat:43g Carbs:81g Protein:52g Virginia ham Per 100 g - Calories: 90 kcals Fat:2g Carbs:4g Protein:16g Sugarland ham Per 2 slices - Calories: 70 kcals Fat:3g Carbs:3g Protein:9g Sysco ham Per 2 oz - Calories: 60 kcals Fat:2g Carbs:1g Protein:2g Rubys ham Per 4 oz - Calories: 122 kcals Fat:4g Carbs:2g Protein:20g Bad Ass Jacks ham Per 0 - Calories: 91 kcals Fat:5g Carbs:2g Protein:9g Dooleys ham Per 0 - Calories: 362 kcals Fat:3g Carbs:65g Protein:20g Mr. Subb ham Per 0 - Calories: 253 kcals Fat:3g Carbs:42g Protein:17g Dickey's ham Per 6 oz - Calories: 410 kcals Fat:29g Carbs:0g Protein:37g Double Daves ham Per 1/10 pizza - Calories: 290 kcals Fat:8g Carbs:43g Protein:11g Mr. Gattis ham Per 0 per sandwich - Calories: 48 kcals Fat:1g Carbs:1g Protein:0g Murphys Deli ham Per 1 oz - Calories: 28 kcals Fat:1g Carbs:1g Protein:4g Bill Miller ham Per 1/5 lb - Calories: 120 kcals Fat:6g Carbs:2g Protein:14g B C Pizza ham Per 1 slice - Calories: 5 kcals Fat:0g Carbs:0g Protein:1g DiBella's Subs ham Per 2 oz - Calories: 60 kcals Fat:2g Carbs:2g Protein:9g Isaac's Restaurant & Deli BJs Restaurant Ham Per 1 portion for 1 slice - Calories: 40 kcals Fat:0g Carbs:0g Protein:0g Quiznos Ham Per 1 serving - Calories: 80 kcals Fat:2g Carbs:0g Protein:13g Sandellas Ham Per 1 serving - Calories: 138 kcals Fat:7g Carbs:3g Protein:14g Egg Harbor Ham Per 1 serving - Calories: 61 kcals Fat:0g Carbs:0g Protein:9g Beau Jo's ham Per 7/10 oz - Calories: 20 kcals Fat:1g Carbs:0g Protein:4g Page 4 Baked Products Beans and Legumes Beef Products Beverages Cereal, Grains, Rice, Pasta and Noodles Cheese, Eggs and Dairy products Ethnic Foods Fast Foods Fats and Oils Fish and Seafood Fruits Lamb, Veal, and Game Products Nut and Seed Pork Products Poultry Products Sausages and Deli Meats Snacks Soups, Sauces, Spreads and Gravies Spices and Herbs Sweets Browse Brands: Restaurants & Cafes Food Manufacturers Beverage Producers Supermarkets Ingredients Fruits and Vegetables Meat and Poultry Seafood Pasta and Noodles Explore Recipes Search Recipe By Ingredients Analyze & Construct Your Own Recipe

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