



SUBWAY® PUERTO RICO NUTRITION INFORMATION

April 2024

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.

	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
--	------------------	----------	---------------	--------------	----------------	------------------	-------------	-----------	-------------------	------------	------------------	------------	----------------	----------------	--------------	-----------

6" Subway Series Subs

Values are based on standard recipes. Double information for Footlong values.

Crispy Onion Pencil	261	600	30	6	0	55	1100	57	3	8	6	25	20	8	10	6
Mozzarella Crunch	293	610	25	11	0	75	1500	67	4	14	12	31	15	8	15	6
Dupleta	265	550	23	9	0	60	1210	59	4	7	5	30	20	8	10	6
Grand Teriyaki	266	430	12	6	0	65	1360	56	4	17	14	26	20	8	10	4
Chicken Bacon Alfredo	241	490	21	10	0	90	1270	44	2	5	4	32	2	2	15	4
Chicken Garlic Aioli	269	610	32	11	0	100	1250	46	3	7	4	33	25	8	4	6
Chicken Florentine	205	470	18	6	0	65	1000	51	2	12	11	26	15	2	15	4
Tripleta	277	700	33	11	1	105	1540	59	3	7	6	42	8	2	10	10
Steak n' Bacon	247	730	42	13	1	125	1460	45	2	6	5	41	10	8	4	10

6" Subs

Values include Italian bread and standard vegetables, unless noted otherwise. Double information for Footlong values.

Black Forest Ham	209	290	5	2	0	25	1010	44	3	5	4	18	15	15	2	2
Chicken, Bacon & Ranch Melt	281	570	28	10	0	95	1270	46	3	6	4	33	25	15	4	6
Italian BMT	216	410	17	6	0	50	1320	44	3	5	3	20	15	15	2	2
Italianissimo (Spicy Italian)	212	480	25	9	0	60	1450	44	3	4	3	20	15	15	2	2
Meatball Marinara	209	460	20	8	0	35	1100	52	4	7	4	20	10	15	4	8
Oven Roasted Chicken	224	300	5	2	0	45	820	43	3	5	3	21	15	15	2	4
Steak & Cheese	235	380	11	5	0	65	1190	44	3	5	3	27	15	15	6	8
Sweet Onion Chicken Teriyaki (on Multigrain)	256	350	6	2	0	45	1050	54	4	15	13	22	15	15	2	6
Tuna	227	480	25	5	0	40	840	42	3	4	3	20	15	15	2	4
Turkey Breast	209	280	4	1	0	25	970	42	3	5	3	19	15	15	2	2
Turkey Breast & Black Forest Ham (on Multigrain)	209	280	5	1	0	25	960	41	4	6	4	20	15	15	2	2
Veggie Delite with American Cheese	164	260	6	3	0	10	730	43	3	5	2	10	15	15	6	2
Veggie Patty	238	400	11	2	0	0	840	59	11	6	2	14	15	15	2	2

Salads

Black Forest Ham	364	120	3	1	0	25	1050	13	4	6	1	12	35	50	4	8
Chicken, Bacon & Ranch Melt	436	400	27	10	0	95	1300	15	4	7	2	27	50	50	8	10
Italian BMT	372	240	15	6	0	50	1360	13	4	6	1	14	35	50	4	8
Italianissimo (Spicy Italian)	368	310	23	9	0	60	1490	13	4	5	0	14	35	50	4	8
Meatball Marinara	447	310	19	7	0	35	1280	23	6	10	2	15	45	60	10	15
Oven roasted Chicken Salad	379	130	4	1	0	45	860	12	4	6	1	15	40	50	6	10
Steak & Cheese	391	210	9	4	0	65	1220	13	4	6	1	21	40	50	10	15
Sweet Onion Chicken Teriyaki	411	190	4	1	0	45	1120	24	4	15	9	15	40	50	6	10
Tuna Salad	383	310	24	4	0	40	870	11	4	5	0	15	40	50	4	10
Turkey Breast	364	110	3	0	0	25	1010	11	4	6	0	13	35	50	4	8
Turkey Breast & Black Forest Ham	364	120	3	1	0	25	1030	12	4	6	1	13	35	50	4	8
Veggie Delite with American Cheese	320	100	5	3	0	10	770	11	4	5	0	5	40	50	8	8
Veggie Patty	393	230	10	1	0	0	880	27	12	7	0	9	35	50	4	8

Pasta Dishes

Pasta dish values do not include Mini Toast

Cheesy Alfredo	435	980	58	28	2	135	1490	76	4	4	0	42	45	0	20	20
Chicken Alfredo	477	650	26	9	0	75	1100	76	4	8	1	29	10	30	15	20
Meatball Marinara	545	740	29	8	0	40	1250	97	9	19	6	26	40	70	10	30
Pasta Primavera	496	600	24	8	0	30	860	80	6	10	0	17	25	60	15	20
Mini Italian Toast (2 slices) with Butter	32	180	15	3	0	0	150	10	0	1	1	2	0	0	0	0

Pizza

Bacon Pizza	299	770	40	18	1	100	1900	65	8	8	5	37	0	0	40	6
Cheese Pizza	241	530	21	9	1	45	1330	63	7	6	4	22	0	0	25	4
Ham Pizza	325	680	29	14	1	95	2040	67	8	8	5	36	0	0	40	4
Pepperoni Pizza	316	830	47	21	1	120	2340	66	8	7	4	36	0	0	40	4
Turkey Pizza	326	670	29	14	1	90	2010	65	8	7	4	37	0	0	40	4
Vegetarian Pizza	493	690	31	14	1	65	1820	76	11	13	4	29	40	50	40	10

Breakfast Items

6" Omelet Breakfast Sandwich

Values include 6" Italian Bread, Egg omelet, Tomatoes, Onions and Green peppers

6" Egg & Cheese	286	430	16	6	0	430	760	45	3	7	25	17	35	10	10	0
6" Black Forest Ham, Egg & Cheese	315	460	17	7	0	445	1000	47	3	7	29	17	35	10	10	0
6" Bacon, Egg & Cheese	301	510	23	9	0	445	930	46	3	7	30	17	35	10	15	0
6" Turkey, Egg & Cheese	314	460	17	7	0	440	980	46	3	7	3	30	15	35	10	10
6" Sausage Egg & Cheese	343	670	40	14	0	470	1030	46	3	7	2	31	15	35	10	10

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	35	10	10
--------------	-----	-----	----	---	---	-----	------	----	---	---	---	----	----	----	----	----

	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>																
Black Forest Ham, Egg & Cheese	327	530	22	10	0	445	1270	52	3	5	1	29	15	35	10	10
Bacon, Egg & Cheese	314	570	28	12	0	445	1200	51	3	5	1	29	15	35	10	15
Turkey, Egg & Cheese	397	730	24	10	0	440	1630	90	5	7	3	37	15	35	10	10
Sausage Egg & Cheese	355	740	45	17	0	470	1300	51	3	4	0	31	15	35	10	10
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	10
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	600	7	2	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 Omelet, 2 slices of French Toast, 2 slices of bacon and Hashbrowns																
Bacon Ultimate Breakfast	345	610	35	13	0	570	1110	37	3	7	1	35	15	30	15	20
Cheese Ultimate Breakfast	330	530	29	11	0	550	940	37	3	6	1	30	15	30	10	20
Ham Ultimate Breakfast	358	560	30	11	0	565	1190	38	3	7	1	35	15	30	10	20
Sausage Ultimate Breakfast	387	670	40	15	0	595	1460	38	3	7	1	40	15	30	15	25
Turkey Ultimate Breakfast	358	560	29	11	0	565	1170	37	3	7	1	36	15	30	10	20
Other Breakfast Items																
French Toast (includes 4 slices of bread)	127	290	7	3	0	210	460	39	1	3	0	15	0	0	2	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
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
Crispy Onions	14	80	6	0	0	0	30	6	0	0	0	0	0	0	0	0
Potato Sticks	21	110	7	3	0	0	95	12	1	0	0	1	0	0	0	0
Hashbrowns (6 pieces)	84	170	9	3	0	0	330	20	2	1	0	2	0	0	0	4
Waffle Cut Potatoes (8-9 pieces)	85	160	8	1	0	0	360	21	1	0	0	1	0	0	0	2
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	120	0	350
Vianda	236	100	2	0	0	0	680	19	1	0	0	1	0	120	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	170	0	520
Vianda	354	160	3	0	0	0	1010	28	2	0	0	2	0	170	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.