

## Quiznos Toasty Torpedo Nutrition

Quiznos Toasty Torpedo Nutrition Information – brought to you by the friendly folks at <http://citythatbreeds.com>

	Calories	Fat Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	
<b>Pesto Turkey</b>												
Torpedo	510	80	9	1.5	0	25	1640	81	4	4	25	
+ cheese	40	25	3	2	0	10	60	0	0	0	4	
+ dressing	100	50	6	1	0	0	170	1	0	1	0	
<b>Total</b>	<b>650</b>	<b>155</b>	<b>18</b>	<b>4.5</b>	<b>0</b>	<b>35</b>	<b>1870</b>	<b>82</b>	<b>4</b>	<b>5</b>	<b>29</b>	
<b>Italian</b>												
Torpedo	570	140	16	5	0	50	1650	80	4	4	26	
+ cheese	40	25	3	2	0	10	60	0	0	0	4	
+ dressing	200	110	12	2	0	0	340	2	0	2	0	
<b>Total</b>	<b>810</b>	<b>275</b>	<b>31</b>	<b>9</b>	<b>0</b>	<b>60</b>	<b>2050</b>	<b>82</b>	<b>4</b>	<b>6</b>	<b>30</b>	
<b>Turkey Club</b>												
Torpedo	540	100	11	3.5	0	35	1750	81	3	4	29	
+ cheese	40	25	3	2	0	10	60	0	0	0	4	
+ dressing	200	160	17	2.5	0	15	240	1	0	1	0	
<b>Total</b>	<b>780</b>	<b>285</b>	<b>31</b>	<b>8</b>	<b>0</b>	<b>60</b>	<b>2050</b>	<b>82</b>	<b>3</b>	<b>5</b>	<b>33</b>	
<b>Beef Bacon &amp; Cheddar</b>												
Torpedo	590	120	13	4.5	0	45	1700	80	4	4	34	
+ cheese	60	40	4.5	3	0	15	90	0	0	0	4	
+ dressing	110	100	11	2	0	15	65	0	0	0	0	
<b>Total</b>	<b>760</b>	<b>260</b>	<b>28.5</b>	<b>9.5</b>	<b>0</b>	<b>75</b>	<b>1855</b>	<b>80</b>	<b>4</b>	<b>4</b>	<b>38</b>	
<b>Big Kahuna Tuna</b>												
Torpedo	720	310	34	5	0	50	1240	78	3	3	31	
+ cheese	60	40	4.5	3	0	15	90	0	0	0	4	
+ dressing	200	110	12	2	0	0	340	2	0	2	0	
<b>Total</b>	<b>980</b>	<b>460</b>	<b>50.5</b>	<b>10</b>	<b>0</b>	<b>65</b>	<b>1670</b>	<b>80</b>	<b>3</b>	<b>5</b>	<b>35</b>	