

# Ope's™



*Fast food the World can live with™*



**ORGANIC**



# STUFFED SANDWICH™

## GARDEN

*By choosing Ope's, you have done something good for yourself and for our planet – thank you! Visit us at [www.opes.biz](http://www.opes.biz) for more information.*

**Nutrition Facts** Serving Size 1 sandwich, Amount per serving:  
Calories 220, Fat Cal 54, Total Fat 6g (10% DV), Sodium 300mg (13% DV), Total Carb. 38g (13% DV), Fiber 10g (40% DV), Sugars 3g, Protein 13g, Vitamin A (45% DV), Vitamin C (100% DV), Calcium (2% DV), Iron (15% DV). Not a significant source of saturated fat, trans fat, or cholesterol. Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** Organic spell flour, filtered water, organic vegetables (spinach, red pepper, sundried tomatoes, black olives), organic seasonings, sea salt, organic non-lactose soy and organic rice cheese\*. \*cheese may have been processed on shared equipment containing trace amounts of dairy, wheat or casein.

**COOKING INSTRUCTIONS:** If frozen, microwave 3 minutes or thaw and heat 10 minutes at 350°F in oven.