



Subway Nutrition Information Jan 2025

Portugal

Os valores incluem pão/wrap sugerido, proteína selecionar vegetais e molho, se em construção padrão. Valores duplos para a informação nutricional (um pé = duas porções de 15 cm), excluindo saladas

	Values Per Portion											Values Per 100g									
	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	
Subs (15 cm)																					
Sub® Almôndegas	306	2003	479	20	9	52	8	13	25	2	100	654	156	6	3	17	2	4	8	1	
Sub® BBQ Pork	257	2041	473	20	7	51	5	17	21	2	100	794	184	8	3	20	2	7	8	1	
Sub® Frango Assado BBQ	221	2064	495	20	9.7	46	11	2.1	33	3	100	934	224	8.8	4.4	21	4.8	1	15	1.2	
Sub® B.M.T® Italiano	221	1664	398	16	7	41	5	7	21	2	100	753	180	7	3	19	2	3	10	1	
Sub® Peito de Frango	213	1169	280	3	1	41	4	7	22	1	100	549	131	1	1	19	2	3	10	1	
Sub® Frango Tikka	197	1122	269	3	1	41	5	6	19	1	100	569	136	2	1	21	3	3	10	0	
Sub® Atum	231	1518	363	12	2	42	4	7	21	2	100	657	157	5	1	18	2	3	9	1	
Sub® Hambúrguer Vegan	242	1545	369	10	3	48	8	8	21	2	100	638	153	4	1	20	3	3	9	1	
Sub® Fiambre e Queijo	199	1126	269	4	2	41	5	7	17	1	100	566	135	2	1	21	2	3	9	1	
Sub® Peru	214	1148	274	3	1	40	5	7	20	2	100	536	128	2	1	19	2	3	9	1	
Sub® Frango Teriyaki	231	1251	299	4	2	44	5	9	22	1	100	541	129	2	1	19	2	4	9	1	
Sub® Frango Assado	184	1167	314	9	1	37	3	6	20	1	100	634	171	5	0	20	1	3	11	1	
Sub® Spicy Italian	205	1724	412	19	8	41	5	6	18	2	100	841	201	9	4	20	2	3	9	1	
Sub® Carne e Queijo	225	1398	333	8	4	45	5	9	21	2	100	621	148	3	2	20	2	4	9	1	
Sub® Veggie Delite®	169	1089	260	6	3	40	4	6	11	1	100	644	154	4	2	24	3	4	7	1	
Sub® T.L.C® Teriyaki	226	1347	322	5	1	49	6	9	18	2	100	596	142	2	1	22	3	4	8	1	
Fãs da Poupança																					
Veggie Guacamole	165	1613	341	18	4	42	3	7	11	1	100	978	207	11	2	26	2	4	6	1	
BLT	147	1269	303	13	3	34	3	7	14	2.0	100	863	206	9	2	23	2	5	10	1	
Sub® Chipotle Chicken Bites	72	711	180	8	1	14	1	1	11	1.0	100	987	250	12	2	20	1	1	15	1	
Saladas																					
Salada T.L.C® Teriyaki	290	563	133	2	0	10	7	5	15	1	100	194	46	1	0	4	2	2	5	0	
Salada Caesar	179	815	195	6	3	3	0	3	31	2	100	456	109	4	2	2	0	1	17	1	
Snacks																					
Chicken Bites	72	711	180	8	1	14	1	1	11	1	100	987	250	12	2	20	1	1	15	1	
Loaded Nachos	206	923	219	28	6	44	4	7	9	2	100	448	106	14	3	21	2	3	4	1	
Waffle Fries	172	2015	369	22	2.3	36	6.2	1.9	4.4	2	100	1172	214	13	1.4	21	1.1	3.6	2.6	1	
Croissant	602	949	227	13	9	20	1.5	3.6	5.6	0.5	100	1581	378	22	15	34	2.5	5.9	9.4	0.9	
Croissant Misto	102	1335	319	19	12	21	2	4	15	1	100	1309	313	19	12	21	2	4	14	1	
Sobremesas																					
Cookies com pedaços de chocolate	45	894	214	9.8	5	28	18	1.5	2.2	0.1	100	1987	475	22	11	63	40	3.4	4.9	0.3	
Cookies de cheesecake de framboesa	45	871	208	9.6	5.4	27	16	0.2	2.5	0.3	100	1989	478	22	13	64	43	2.4	5.1	1.1	
Cookies com chocolate branco e noz	45	900	215	10	5.1	27	16	0.5	2.3	0.4	100	2022	483	25	13	59	37	4.9	4.4	0.6	
Cookie vegan duplo chocolate	46	920	220	11	5.7	27	17	2.2	2	0.3	100	1936	463	21	12	61	36	0.5	5.5	0.7	
Footlong Cookie	265	5623	1344	68	33	164	6	94	15	2	100	2122	507	26	13	62	2	36	6	1	