

JIMMY JOHN'S[®]

NUTRITION INFORMATION

SANDWICHES - LITTLE JOHN'S

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Little John 1	300	140	10	4	0	50	770	25	2	2	15
Little John 2	290	100	11	2	0	30	500	24	2	1	13
Little John 3	250	100	11	1.5	0	15	500	26	3	2	16
Little John 4	240	90	10	1.5	0	20	500	24	2	1	12
Little John 5	290	120	13	5	0	40	600	25	2	2	16
Little John 6	340	160	20	7	0	50	600	25	3	1	13
Little John BLT	300	160	16	4.5	0	20	600	24	2	1	12

SANDWICHES - 6" FRENCH

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SLIM 1	340	120	13	6	0	50	1000	60	4	1	20
SLIM 2	440	45	3	1	0	40	1200	60	4	0	20
SLIM 3	600	210	23	3	0	30	1400	70	5	2	24
SLIM 4	420	30	2	0	0	30	1200	60	4	0	27
SLIM 5	620	210	23	10	0	60	1600	60	4	1	26
SLIM 6	500	190	21	8	0	40	1600	60	4	0	26
THE POPE [™]	600	260	26	9	0	70	1570	50	4	4	26
BIG JOHN [™]	500	190	21	3.5	0	60	1100	47	4	2	26
TOTALLY TUNA [™]	500	200	22	2	0	40	1600	51	5	4	21
TURKEY TON [™]	480	170	16	2.5	0	50	1600	46	4	2	23
WTF [™]	570	240	26	8	0	60	1600	52	5	4	30
THE WEDGE	670	340	26	14	0.5	60	1200	50	5	3	27
J.J.B.L.T. [™]	590	260	22	8	0	40	1340	47	4	2	24
SPICY EAST COAST ITALIAN	650	400	40	17	0	100	2020	53	5	3	40
B.L.T. CLUB [™]	610	290	22	10	0	100	1200	73	6	4	30
ITALIAN NIGHT CLUB [™]	630	420	46	14	0	100	2100	77	6	5	40

Jimmy Johns Nutrition Guide

Camilla Rothe



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