



SINGAPORE NUTRITION INFORMATION
May 2024

Per Serving	Serving Size (g)	Energy (kcal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Subway 6-Inch® Subs											
Values include lettuce, tomato, cucumber, green bell pepper, onion, old english style processed cheese, mayonnaise on white bread											
Spicy Beef Taco	249	419	15.4	20.8	5.8	0.5	6	42.8	4.1	8.0	864
Chicken Chorizo	245	453	18.3	24.8	6.8	0.5	6	39.0	3.6	5.3	1030
Wraps											
Values include lettuce, tomato, cucumber, green bell pepper, onion, old english style processed cheese, mayonnaise on multigrain wrap											
Spicy Beef Taco	246	424	13.5	24.1	7.9	0.5	6	36.4	6.6	12.4	1158
Chicken Chorizo	242	457	16.4	28.0	8.9	0.5	6	32.7	6.0	9.6	1325
Salads											
Values include lettuce, tomato, cucumber, green bell pepper, onion, old english style processed cheese, mayonnaise											
Spicy Beef Taco	378	269	10.1	19.2	5.1	0.5	6	15.7	4.7	10.0	599
Chicken Chorizo	374	302	13.1	23.1	6.1	0.5	6	12.0	4.1	7.3	766
Meat & Poultry											
Amount on a Subway 6-Inch® Sub											
Spicy Beef Taco	60	81	5.1	4.6	1.4	0.1	0	4.7	1.2	3.2	301
Chicken Chorizo	56	114	8.0	8.5	2.4	0.0	0	0.9	0.6	0.4	468

Nutrition information compiled using nutrition analysis from approved food manufacturers, independent laboratories and the USDA National Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product

Double values for approximate Subway Footlong® sub nutrition values.

Ingredient Statement: Ground Beef (30%), Tomatoes (Salt, Food Acid (E330)), Kidney Bean (Salt), Onion, Tomato Paste, Green Bell Pepper, Canola Oil (Antioxidant E319), Garlic, Beef Flavour (Flavouring (Gluten), Maltodextrin (Maize), Sugar, Flavour Enhancers (E635, E621), Food Acid E330)), Spices (Chilli, Cumin, Paprika). Contains: Wheat (Gluten). May contain traces of peanuts and soy.



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May 2024

Per 100g	Serving Size (g)	Energy (kcal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Trans fatty acid (g)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Sodium (mg)
Subway 6-Inch® Subs											
Values include lettuce, tomato, cucumber, green bell pepper, onion, old english style processed cheese, mayonnaise on white bread											
Spicy Beef Taco	100	168	6.2	8.4	2.3	0.2	2	17.2	1.7	3.2	347
Chicken Chorizo	100	185	7.5	10.1	2.8	0.2	3	15.9	1.5	2.2	421
Wraps											
Values include lettuce, tomato, cucumber, green bell pepper, onion, old english style processed cheese, mayonnaise on multigrain wrap											
Spicy Beef Taco	100	172	5.5	9.8	3.2	0.2	3	14.8	2.7	5.0	471
Chicken Chorizo	100	189	6.8	11.6	3.7	0.2	3	13.5	2.5	4.0	548
Salads											
Values include lettuce, tomato, cucumber, green bell pepper, onion, old english style processed cheese, mayonnaise											
Spicy Beef Taco	100	71	2.7	5.1	1.3	0.1	2	4.2	1.2	2.7	159
Chicken Chorizo	100	81	3.5	6.2	1.6	0.1	2	3.2	1.1	2.0	205
Meat & Poultry											
Spicy Beef Taco	100	135	8.6	7.7	2.3	0.1	0	7.8	1.9	5.3	502
Chicken Chorizo	100	204	14.4	15.2	4.3	0.0	0	1.7	1.1	0.8	836

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Ingredient Statement: Chicken (82%), Water, Preservatives (E326, E262), Smoked Paprika, Salt (Preservative (E250 Sodium Nitrite)), Garlic, Seasonings (Spices, Dextrose, Flavour Enhancer (E621), Antioxidants (E301, E330), Salt, Acidulant (E330), Flavours), Dextrose, Phosphates (E450, E452, E452), Antioxidant (E300), Potato Starch, Carrageenan (E508, Maltodextrin), Spices. May contain: Peanut, Soy, Wheat (Gluten).