

Singapore August 2025 Product Guide

Chicken Delite

Nutritional Guide

SINGAPORE NUTRITION INFORMATION August 2025											
	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)
Per 100g											
Subway 6-Inch® Subs Values include white bread, old English style cheese, lettuce, tomato, cucumber, onion, green bell pepper											
Chicken Delite (Chicken Strips and Chipotle Southwest Sauce)	100	148	11.1	5.1	1.6	0.1	8	14.8	1.1	2.2	358
Wraps Values include multigrain wrap, old English style cheese, lettuce, tomato, cucumber, onion, green bell pepper											
Chicken Delite (Chicken Strips and Chipotle Southwest Sauce)	100	152	9.8	6.6	2.4	0.1	9	12.8	2.2	2.3	451
Flatbread Values include flatbread, old English style cheese, lettuce, tomato, cucumber, onion, green bell pepper											
Chicken Delite (Chicken Strips and Chipotle Southwest Sauce)	100	156	10.0	5.8	1.6	0.1	8	16.3	1.0	1.9	413
Salads Values include lettuce, mixed greens, tomato cucumber, onion, green bell pepper, olive, pickle, jalapeno pepper, corn											
Chicken Delite (Chicken Strips and Chipotle Southwest Sauce)	100	76.3	5.3	4.6	1.2	0.1	5	3.8	1.2	2.1	283

SINGAPORE NUTRITION INFORMATION August 2025											
	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)
Per Serving											
Subway 6-Inch® Subs Values include white bread, old English style cheese, lettuce, tomato, cucumber, onion, green bell pepper											
Chicken Delite (Chicken Strips and Chipotle Southwest Sauce)	258	383	28.7	13.1	4.2	0.2	22	38.0	2.9	5.7	923
Wraps Values include multigrain wrap, old English style cheese, lettuce, tomato, cucumber, onion, green bell pepper											
Chicken Delite (Chicken Strips and Chipotle Southwest Sauce)	255	388	24.9	16.8	6.2	0.2	22	32.5	5.7	6.0	1150
Flatbread Values include flatbread, old English style cheese, lettuce, tomato, cucumber, onion, green bell pepper											
Chicken Delite (Chicken Strips and Chipotle Southwest Sauce)	277	433	27.6	16.0	4.4	0.3	22	45.2	2.7	5.2	1143
Salads Values include lettuce, mixed greens, tomato cucumber, onion, green bell pepper, olive, pickle, jalapeno pepper, corn											
Chicken Delite (Chicken Strips and Chipotle Southwest Sauce)	419	320	22.2	19.4	5.0	0.4	22	15.8	4.9	8.7	1185



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.



SINGAPORE NUTRITION INFORMATION

May 2024

	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)
Per 100g											
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

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

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).