



Hong Kong/Macau BBQ Pork Riblet Product Guide

NUTRITIONAL GUIDE

HONG KONG NUTRITION INFORMATION August 2021											
AVG QTY PER SERVING	Serving Size (g)	Energy (kcal)	Protein(g)	Total Fat (g)	Sat. Fat (g)	Trans fatty acid (g)	Chol. (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Sodium (mg)
Subway 6-Inch® Subs											
Values include lettuce, tomatoes, cucumbers, onions, green peppers, triangle sliced cheese and BBQ sauce											
BBQ Pork Riblet on Honey Oat Bread	254	491	22.7	23.2	8.5	0.1	0	47.2	4.7	9.6	1088
BBQ Pork Riblet on Italian White Bread	247	474	21.9	22.9	8.5	0.1	0	44.4	3.8	7.6	1035
BBQ Pork Riblet on Parmesan Oregano	252	490	22.9	23.4	8.6	0.1	0	46.5	3.8	8.1	1245
BBQ Pork Riblet on Wheat Bread	249	473	22.0	22.8	8.5	0.1	0	44.2	4.7	7.6	1068
Meat											
Amount on a Subway 6-Inch® Sub											
BBQ Pork Riblet	77	212	11.4	17.5	6.2	0.0	0	2.3	0.9	0.2	601
<small>The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly. Double values for approximate Subway Footlong® Sub nutrition values.</small>											

HONG KONG NUTRITION INFORMATION August 2021											
AVG QTY PER 100g	Serving Size (g)	Energy (kcal)	Protein(g)	Total Fat (g)	Sat. Fat (g)	Trans fatty acid (g)	Chol. (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Sodium (mg)
Subway 6-Inch® Subs											
Values include lettuce, tomatoes, cucumbers, onions, green peppers, triangle sliced cheese and BBQ sauce											
BBQ Pork Riblet on Honey Oat Bread	100	194	8.9	9.1	3.4	0.0	0	18.6	1.8	3.8	429
BBQ Pork Riblet on Italian White Bread	100	192	8.9	9.3	3.4	0.0	0	18.0	1.5	3.1	420
BBQ Pork Riblet on Parmesan Oregano	100	195	9.1	9.3	3.4	0.0	0	18.5	1.5	3.2	495
BBQ Pork Riblet on Wheat Bread	100	190	8.8	9.2	3.4	0.0	0	17.8	1.9	3.0	429
Meat											
BBQ Pork Riblet	100	275	14.8	22.7	8.0	0.0	0	3.0	1.2	0.2	780
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