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## Jimmy john' s italian sub nutrition

Keep in mind that some foods may not be suitable for some people and are encouraged to take the advice of a doctor before any weight loss effort or dietary regimen begins. All information provided on this site is presented in good faith and believed to be accurate, FatSecret does not make or warrant any statements of integrity or accuracy, and all information, including nutritional values, is at your own risk to you. All trademarks, copyrights and other forms of intellectual property are the property of their respective owners. Price Nutrition Jimmy John's Menu People Are First Reading Jimmy John's Opened in Illinois in 1983 with Menu. Today, the fast-food restaurant has more than 2,800 locations in 48 states. Jimmy John's offers ready-to-order sandwiches for takeaways, as well as meal service. Jimmy John's menu specializes in gourmet sandwiches inspired by Chicago street food. There is also a small selection of classic edges and drinks. At first glance, Jimmy John's one-page menu looks basic, but any sandwich on the menu can be customized to your taste and dietary needs. When you have time to plan 10:00, you can view Jimmy John's menu online and review a handy graphic on food allergens. If you're at the local Jimmy John's, you can ask employees if they have additional nutritional information about specific sandwiches or ingredients. While employees don't know the exact calorie count of a particular sandwich combination, they can most likely offer tips for creating a meal low in carbohydrates, fats or calories. Jimmy John's food lets you customize the sandwich to skip allergens, but there is still a risk for cross contamination. You can make the sandwich healthy by using wholemeal bread and adding vegetables, but each sandwich can vary depending on what the nutritional topping options are and sodium can be high. If you eat here regularly, order extra vegetables and minimize the sodium content in your other meals to offset daily nutrient intake. -Willow Jarosh, MS, RD jimmy

john's can make a special sandwich, while basic menu options will give you an idea. Traditional sandwich ingredients such as deli meat, cheese, vegetables and sauces can be picked out. The bread you choose also determines the sandwich size, ranging from Flat Slims to Original 8-inch submarines, to giant 16-inch submarines. Most Nutritious Options Plain Slim Turkey Unwich (Sandwiches) Jumbo kos kosian dill pickle (Sides) Lipton unsweetened iced tea (Drinks) Least Nutritious Options JJ Gargantuan (Sandwiches) Triple Chocolate Chip cookie (Sides) Grape Fanta (Drinks) When ordering a Jimmy John sandwich, it starts by choosing bread: French, 9-grain, thickly sliced wheat, or Unwich. Then order from the sandwich menu with deals to customize along the way. Easiest to reduce the carbohydrates and calories of your sandwich Order. These smart sandwiches contain your favorite fixes, but they change bread to lettuce. The Most Nutritious Option Jimmy John's Plain Slim Turkey provides Unwich with 70 calories, 0.5g fat, 0g saturated fat, 2g carbohydrates, 1g sugar, 14g protein, and 530mg sodium. Each premade contains 10g of Jimmy John's Unwich carbohydrates or less, making them a great choice if you're on a low-carb diet or watching your carbohydrate intake as part of a diabetes-friendly diet plan. The Least Nutritious Option comes from JJ Gargantuan (8 9-grain wheat) 1,230 calories, 67g fat, 16g saturated fat, 76g carbohydrates, 14g sugar, 83g protein and 3,730mg sodium. Here are a few other tips to customize a healthy bottom of Jimmy John's: Scoop out the bottom. If you prefer bread on lettuce wrap, consider asking the employee who is making a filling scoop sandwich from the top half of a French bread. This simple request can easily save 100 calories. Cut the sub in half. While cutting a sandwich may not change the number of calories or carbohydrates, it may encourage you to eat less. A whole submarine can have more calories than is needed for lunch or dinner. Portioning your sandwich from the top will make it easy to store half of it for another meal. Select leaner meat options. Turkey, ham and roast beef have the best meat options if you are trying to keep control calories. High-calorie options such as tuna salad made with processed meat such as mayonnaise and salami can be high in fat and sodium. Use clever tosses. To reduce calories and fat, skip mayonnaise and cheese. If you want to change the texture and lower taste, try adding a thin layer of avocado instead. This swap makes for a salty sandwich with all the benefits of less saturated fat but healthy fat. To add crunch without adding much calories, pile on nutritious vegetables. Jimmy John's menu is focused on sandwich offerings but includes several options on the sweet or savory side, such as potato chips and cookies. The Most Nutritious Option Jumbo koser dill pickle comes in 20 calories, 0g fat, 4g carbohydrates, 1g sugar, 1g protein and 1,710mg sodium. The Least Nutritious Option Triple chocolate stack offers snacks of 410 calories, 19g fat, 12g saturated fat, 56g carbohydrates, 32g sugar, 5g protein, and 290mg sodium. Potato chips are another classic sandwich side Jimmy John's offerings. A bag of chips contains about 300 calories (150 calories per serving) whether regular, barbecue, salt and vinegar, or jalapeño. Jimmy John's Thinny Chips have 130 calories per serving, making them lower in calories, but actually slightly higher carbs (20g) regular potato chips (17g). You won't find much dessert on Jimmy John's menu. The primary sweet treatment is the Triple Chocolate Chunk cookie, which is high-fat, high-calorie and full of sugar. While you can also choose a slightly lower calorie Oat Raisin cookie, both options add empty calories, fat and sugar to eat without adding any facts To meet a craving for a post-lunch treatment, skip cookies and instead reach for a natural sweet piece of fruit, which provides fiber, vitamins and minerals. Jimmy John's offers a typical cold bottle and fountain drinks such as soda, juice, iced tea and water. The Most Nutritious Option While plain water is usually the most nutritious drink option, if you're looking for something with a little more flavor, try Lipton unsymto iced tea that provides 0 calories, 0g fat, 0g carbohydrates, 0g sugar, 0g protein, and 15mg sodium. Least Nutritious Option Barq's Red Creme Soda (22oz) comes in at 320 calories, 0g fat, 82g carbohydrates, 82g sugar, 0g protein and 125mg sodium. While diet soda is a calorie-free option, avoiding caffeine these options are not the best choice if you are, such as carbonation, food additives, preservatives, aspartamet. Juice may seem like healthy drink options, but these options can also be high in calories and added sugar. Jimmy John's advises all customers to let their employees know if they have specific nutritional needs. Given the highly customizable nature of its menu, Jimmy John's can cater to many preferences and diets. For example, Jimmy John's menu offers options for gluten-free, low-carb, low FODMAP, vegetarian and vegan diets. However, Jimmy John's won't find very low-fat or low-sodium menu items. Jimmy John doesn't have gluten-free bread, but lettuce Unwich might be a good trade. Many ingredients that can be used to fill a sandwich do not contain gluten. However, these substances can be cross-contaminated through shared storage, utensils and preparation. Possible gluten-free sandwich ingredients and their sides include: Avocado spread, Kickin' Ranch, mayonnaise, mustard, fat & vinegarHam, turkey, roast beef, salami, capicola, baconEdited chips, Jalapeño chips and Thinny ChipsUnwich lettuce wrapVeggies (lettuce, tomatoes, cabbage, peppers, cucumbers, onions) If you have gluten intolerance or celibacy disease, report your employee's meal. The Unwich option provides a large low carbohydrate swap. Hunter's Club Unwich (3g net carbs)J.J.B.L.T Unwich (3g net carbs)Bootlegger Club Unwich (4g net carbs)Club Lulu Unwich (4g net carbs)Turkey Tom Unwich (4g net carbs) Like gluten-free options, there are a certain low FODMAP menu items. You can build a low FODMAP sandwich with the following ingredients: Lettuce, tomatoes, cucumbers (and other vegetables to tolerate)Mayo, mustard or oil & vinegarTurkey, ham, or roast beefUnwich wrap Jimmy John's can easily make a diabetes-friendly sandwich with any of the following items: Avocado spread, mustard, mayonnaise, or oil & vinegarProvolone cheeseRoast beef, turkey, turkey, turkey, turkey breast or UnwichVe wrapggies (lettu, tomatoes, cabbage , peppers, cucumbers, pickles and onions) jimmy john's does not specify specific menu items as vegan. Various substances do not contain meat or milk, but This. Items on the Jimmy John menu that can be vegan include: Avocado spreadClassic, BBQ or Jalapeno Jimmy Chips and Thinny ChipsOil & vinegar & yellow mustardUnwich wrap and French breadVeggies (lettuce, tomatoes, cucumbers, onions, sprouts, peppers) offer two vegetarian subs on Jimmy John's menu: Veggie Sub and Gourmet Veggie Club. You can also customize your own vegetarian-friendly dish using Jimmy John's selection of bread, cheese and vegetables. Jimmy John's provides information on its website about which menu items, including food allergens, may be available: DairyEggsFishPeanutsShellfishSoyTree NutsWheat / Gluten nut allergy for people, the chart also shows that a substance may also be produced at a plant producing tree nuts or peanuts. Since individual foods can come into contact with each other during the preparation of your sandwich, and thanks to common utensils and equipment, we cannot guarantee that our food is free of allergens. If you have any specific requests or concerns regarding allergies or other dietary restrictions, please inform your cashier when ordering. Jimmy John's doesn't guarantee that the ingredients it uses are completely allergen-free. Materials can come into contact with allergens during production, storage, transportation or preparation. If you have a food allergy, it is best to be careful when cooking outside. Jimmy John's is a popular choice for sandwiches made to order with fresh ingredients. The ability to swap a lettuce wrap for a menu item bread that adjusts outside other sandwich shops, which reduces calories and carbohydrates. Jimmy John's makes it easy to customize a sandwich that suits dietary needs and preferences. Once you know the nutritional knowledge of ingredients on the menu, you can create a delicious, satisfying and relatively healthy meal. Food.

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