

Download Subway Sandwich Making Guide

Subway is an American privately held fast food restaurant franchise that primarily sells submarine sandwiches (subs) and salads. Subway is one of the fastest-growing franchises in the world and, as of June 2017, had approximately 42,000 stores located in more than 100 countries. More than half of the stores are located in the United States. It is the largest single-brand restaurant chain, and ...Although Subway gives customers the option of ten different breads, we chose the default option: 9-Grain Wheat. To simplify things even more, we gathered nutritional information for a 6-inch sub (they also serve footlongs). Fortunately some restaurants, like Subway, have made a commitment to source better-for-you meat. The sandwich chain now only serves chickens raised without antibiotics and is on track to only serve turkey raised without antibiotics by 2019. You know those super squishy, soft-crusted rolls from Subway? Well, I made gluten free sandwich rolls in just that style. They are maybe the softest sub rolls I have ever made (although the Hoagie Rolls from page 135 of Gluten-Free on a Shoestring Bakes Bread are still a big-time favorite of mine and I will make them again and again this summer, no doubt).