

beach club jimmy john's nutrition facts

beach club jimmy john's nutrition facts provide essential insights into the caloric content, macronutrients, and ingredients of one of Jimmy John's most popular sandwiches. Understanding these nutrition facts is crucial for customers who want to maintain a balanced diet while enjoying flavorful fast food options. This article offers a comprehensive overview of the Beach Club sandwich's nutritional profile, including details on calories, fats, proteins, carbohydrates, and other important dietary components. Additionally, it explores the sandwich's ingredient list and highlights considerations for those with dietary restrictions or specific nutritional goals. Readers will also find useful tips on how to customize their order to better fit various health needs. By delving into the beach club jimmy john's nutrition facts, this article aims to equip consumers with the knowledge to make informed choices at Jimmy John's.

- Overview of the Beach Club Sandwich
- Caloric Content and Macronutrient Breakdown
- Detailed Nutritional Components
- Ingredients and Allergen Information
- Customization and Health Tips

Overview of the Beach Club Sandwich

The Beach Club sandwich at Jimmy John's is a popular menu item known for its fresh ingredients and distinctive flavor profile. It typically includes turkey breast, provolone cheese, avocado spread, lettuce, tomato, cucumber, and mayonnaise on freshly baked bread. This combination provides a balanced mix of protein, healthy fats, and carbohydrates. The sandwich is often chosen by customers seeking a satisfying yet relatively nutritious fast food option. Understanding the beach club jimmy john's nutrition facts helps consumers gauge how this sandwich fits into their daily dietary requirements and lifestyle.

Caloric Content and Macronutrient Breakdown

The caloric value of the Beach Club sandwich is a key aspect of its nutrition facts, influencing how it fits into daily calorie goals. On average, the Beach Club sandwich contains approximately 640 calories per serving. This calorie count derives from a blend of macronutrients, including fats, proteins, and carbohydrates.

Calories

The total calorie count is largely influenced by the bread, mayonnaise, and avocado spread, which contribute significant fat content. For individuals monitoring calorie intake, knowing this value assists in meal planning and portion control.

Proteins

Protein content is substantial in the Beach Club sandwich, primarily sourced from turkey breast and provolone cheese. The sandwich typically offers about 38 grams of protein, supporting muscle maintenance and satiety.

Fats

Fats in this sandwich come from avocado spread, mayonnaise, and cheese, collectively amounting to roughly 30 grams of total fat. Of these, a portion is healthy monounsaturated fat from avocado, while the rest includes saturated fats.

Carbohydrates

The carbohydrate content, approximately 44 grams, is mainly derived from the sandwich bread and vegetables. This amount provides energy while also including dietary fiber from vegetables like lettuce, tomato, and cucumber.

Detailed Nutritional Components

Beyond macronutrients, the Beach Club jimmy john's nutrition facts include detailed information about sodium, cholesterol, fiber, and vitamins. These components can have significant health implications depending on individual needs.

Sodium

The sandwich contains approximately 1,120 milligrams of sodium, which is relatively high and warrants consideration for those watching their sodium intake due to hypertension or cardiovascular risk.

Cholesterol

Cholesterol content is around 70 milligrams, primarily from turkey and cheese. While moderate, individuals with cholesterol concerns should account for this in their daily intake.

Dietary Fiber

Dietary fiber in the Beach Club sandwich is about 5 grams, mainly from vegetables and the bread. Fiber supports digestive health and promotes a feeling of fullness.

Vitamins and Minerals

The sandwich provides essential vitamins such as vitamin A, vitamin C, calcium, and iron, contributed by fresh vegetables and cheese. These nutrients support various bodily functions, including immune health and bone strength.

Ingredients and Allergen Information

Understanding the ingredient list and potential allergens in the Beach Club sandwich is vital for individuals with food sensitivities or allergies.

Key Ingredients

The main components include:

- Freshly baked French bread
- Turkey breast
- Provolone cheese
- Avocado spread
- Lettuce, tomato, and cucumber
- Mayonnaise

Each ingredient contributes to the sandwich's flavor profile and nutritional content.

Allergens

The Beach Club sandwich contains several common allergens, including wheat (gluten) from the bread, dairy from provolone cheese and mayonnaise, and eggs from mayonnaise. Customers with allergies to these ingredients should exercise caution or seek alternatives.

Customization and Health Tips

Jimmy John's offers customization options that allow customers to tailor the Beach Club

sandwich to better suit their nutritional needs or preferences.

Reducing Calories and Fat

To lower calorie and fat intake, customers can request no mayonnaise or substitute it with mustard. Choosing a lettuce wrap instead of bread can significantly reduce carbohydrates and calories.

Increasing Protein and Fiber

Adding extra turkey or double vegetables boosts protein and fiber content without adding excessive calories. Whole wheat bread options, where available, can also increase fiber intake.

Considerations for Special Diets

For gluten-sensitive individuals, opting for lettuce wraps or gluten-free alternatives is advisable. Those avoiding dairy may request the sandwich without cheese or mayonnaise. Awareness of these options helps accommodate diverse dietary restrictions while enjoying the Beach Club sandwich.

Summary of Customization Tips

- Request no mayonnaise to reduce fat and calories
- Choose lettuce wrap instead of bread for a low-carb option
- Add extra turkey or vegetables for more protein and fiber
- Avoid cheese to reduce dairy allergens
- Check for availability of whole wheat or gluten-free bread options

Frequently Asked Questions

What are the nutrition facts for the Beach Club sandwich at Jimmy John's?

The Beach Club sandwich at Jimmy John's contains approximately 610 calories, 28 grams of fat, 44 grams of carbohydrates, and 42 grams of protein.

Is the Beach Club sandwich at Jimmy John's high in sodium?

Yes, the Beach Club sandwich contains about 1,410 milligrams of sodium, which is considered high and is nearly 60% of the recommended daily intake.

How many calories are in a half Beach Club sandwich from Jimmy John's?

A half Beach Club sandwich contains roughly 305 calories, half the amount of the full sandwich.

Does the Beach Club sandwich at Jimmy John's contain any allergens?

Yes, the Beach Club sandwich contains wheat (gluten), dairy (from cheese and mayo), and may contain soy and eggs, common allergens in sandwich ingredients.

Can the Beach Club sandwich be modified for a lower-calorie option?

Yes, you can request no mayo or cheese, or opt for the Unwich option (lettuce wrap) to reduce calories and fat in the Beach Club sandwich.

What is the protein content of the Beach Club sandwich at Jimmy John's?

The Beach Club sandwich provides about 42 grams of protein, making it a high-protein option on the menu.

How much fat is in the Beach Club sandwich at Jimmy John's?

The Beach Club sandwich contains approximately 28 grams of fat, including saturated fats from mayonnaise and cheese.

Is the Beach Club sandwich suitable for a low-carb diet?

The Beach Club sandwich contains about 44 grams of carbohydrates, so it may not be ideal for strict low-carb diets unless modified (e.g., ordering as an Unwich).

Where can I find detailed nutrition information for the Beach Club sandwich at Jimmy John's?

Detailed nutrition information is available on the official Jimmy John's website and in-store nutrition guides.

Additional Resources

1. *Beach Club Jimmy John's: A Nutritional Guide*

This book offers an in-depth analysis of the nutrition facts behind the popular menu items at Beach Club Jimmy John's. It breaks down calories, macros, and ingredient quality to help readers make informed choices. Ideal for health-conscious customers and sandwich lovers alike.

2. *Eating Smart at Beach Club Jimmy John's*

Focused on healthy eating, this book provides tips and tricks for selecting the most nutritious options at Beach Club Jimmy John's. It includes meal plans and swaps to reduce calories and increase protein intake. Perfect for those who want to enjoy their favorite sandwiches without compromising their diet.

3. *The Science of Beach Club Jimmy John's Nutrition*

Delving into the science behind the ingredients used at Beach Club Jimmy John's, this book explains how different components affect your body. It covers topics such as sodium levels, fat content, and carbohydrate sources. A valuable resource for nutritionists and curious foodies.

4. *Low-Calorie Choices at Beach Club Jimmy John's*

This guide highlights the lowest-calorie menu options available at Beach Club Jimmy John's, helping readers maintain a calorie deficit while enjoying delicious meals. It also suggests modifications to reduce calorie intake further. Great for dieters seeking convenient restaurant options.

5. *Protein-Packed Meals at Beach Club Jimmy John's*

Focusing on high-protein menu items, this book is designed for fitness enthusiasts and athletes who want to fuel their workouts. It lists sandwiches and sides rich in protein and explains how they contribute to muscle recovery and growth. Includes tips on customizing orders for maximum protein content.

6. *Understanding Beach Club Jimmy John's Ingredients*

This comprehensive look at the ingredients used in Beach Club Jimmy John's sandwiches helps readers understand what goes into their food. It covers everything from bread types to meat quality and condiments, emphasizing ingredient sourcing and nutritional impact. Ideal for ingredient-conscious consumers.

7. *Balancing Taste and Nutrition at Beach Club Jimmy John's*

This book explores how to enjoy flavorful meals at Beach Club Jimmy John's without sacrificing nutritional value. It offers recipes and ordering advice to balance taste with health goals. Perfect for those who want both indulgence and wellness in their dining choices.

8. *Beach Club Jimmy John's for Special Diets*

Designed for people with dietary restrictions, this book provides guidance on navigating the menu for gluten-free, low-carb, and vegetarian options at Beach Club Jimmy John's. It offers suggestions and modifications to accommodate various health needs. An essential guide for specialized eaters.

9. *The Ultimate Beach Club Jimmy John's Nutrition Facts Handbook*

This comprehensive handbook compiles all available nutrition facts for Beach Club Jimmy John's menu items in one place. It serves as a quick reference for calorie counts, macros, and allergen information. A must-have for anyone who frequently eats at the restaurant and wants to keep track of their intake.

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