

Nutrition Facts

Per (242 g)

Calories 600

% Daily Value*

Fat 29 g 38 %
Saturated 13 g 70 %
+ Trans 1 g

Carbohydrate 55 g
Fibre 4 g 16 %
Sugars 8 g 8 %

Protein 31 g

Cholesterol 295 mg

Sodium 960 mg 42 %

Potassium 350 mg 8 %

Calcium 250 mg 21 %

Iron 4 mg 23 %

*5% or less is **a little**, 15% or more is **a lot**

Ingredients: Bagel, whole-wheat (multigrain), Egg, chicken, whole, fresh or frozen, raw, Cheese, cheddar, Milk, fluid, partly skimmed, 2% M.F., Pork, cured, bacon, cooked, microwaved, Butter, unsalted

Contains: Wheat, Milk, Egg, Gluten