

Nutrition Facts

Per (289 g)

Calories 440

% Daily Value*

Fat 18 g	25 %
Saturated 7 g	35 %
+ Trans 0.1 g	

Carbohydrate 46 g	
Fibre 7 g	27 %
Sugars 10 g	10 %

Protein 23 g

Cholesterol 260 mg

Sodium 670 mg	29 %
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Potassium 550 mg	11 %
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Calcium 150 mg	12 %
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Iron 4 mg	22 %
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*5% or less is **a little**, 15% or more is **a lot**

Ingredients: Bread, multigrain, toasted, Egg, chicken, whole, fresh or frozen, raw, Pepper, sweet, red, raw, Onion, young green, tops only, Onion, raw, Milk, fluid, partly skimmed, 2% M.F., Pork, cured, bacon, cooked, microwaved, Butter, light, salted

Contains: Wheat, Milk, Egg, Gluten