

Nutrition Facts

Per (262 g)

Calories 560

% Daily Value*

Fat 25 g 34 %
Saturated 9 g 45 %
+ Trans 0.4 g

Carbohydrate 58 g
Fibre 7 g 26 %
Sugars 8 g 8 %

Protein 25 g

Cholesterol 270 mg

Sodium 790 mg 34 %

Potassium 600 mg 13 %

Calcium 100 mg 7 %

Iron 4.5 mg 25 %

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

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

Contains: Wheat, Milk, Egg, Gluten