

Nutrition Facts

Per (164 g)

Calories 460

% Daily Value*

Fat 21 g	28 %
Saturated 11 g	54 %
+ Trans 0 g	

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

Protein 14 g

Cholesterol 60 mg

Sodium 680 mg	30 %
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Potassium 250 mg	5 %
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Calcium 75 mg	6 %
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Iron 3 mg	18 %
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*5% or less is **a little**, 15% or more is **a lot**

Ingredients: Bagel, whole-wheat (multigrain), Cheese, cream

Contains: Wheat, Milk, Gluten