

Nutrition Facts

Per (136 g)

Calories 380

% Daily Value*

Fat 11 g	15 %
Saturated 5 g	29 %
+ Trans 0.3 g	

Carbohydrate 53 g

Fibre 4 g	16 %
Sugars 7 g	7 %

Protein 18 g

Cholesterol 30 mg

Sodium 650 mg 28 %

Potassium 200 mg 4 %

Calcium 200 mg 16 %

Iron 3 mg 17 %

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

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

Contains: Wheat, Milk, Gluten