

Product: Spinach Cheddar Omelet Sandwich

Nutrition Facts

Serving Size (210g)
Servings Per Container 1

Amount Per Serving

Calories 470 Calories from Fat 150

% Daily Value*

Total Fat 17g	26%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 205mg	69%
Sodium 590mg	24%
Total Carbohydrate 57g	19%
Dietary Fiber 3g	12%
Sugars 8g	

Protein 22g

Vitamin A 6%	•	Vitamin C 6%
Calcium 15%	•	Iron 50%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Plain Bagel, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT SYRUP, SALT, YEAST, Spinach Cheddar Cheese Omelet Cargil, WHOLE EGGS, WATER, SPINACH, PASTEURIZED PROCESS CHEDDAR CHEESE [CHEDDAR CHEESE, MILK, CHEESE CULTURE, SALT, ENZYMES], WATER, SODIUM PHOSPHATE, MILKFAT, SODIUM HEXAMETAPHOSPHATE, SALT, VEGETABLE COLOR (PAPRIKA AND ANNATTO), POWDERED CELLULOSE TO PREVENT CAKING, SOYBEAN OIL, NONFAT MILK, MODIFIED FOOD STARCH, SALT, PEPPER EXTRACT, CITRIC ACID. CONTAINS MILK, EGGS, SOY. Sargento Cheddar MILK, CHEESE CULTURES, ENZYMES, SALT.

ALLERGEN INFORMATION: Contains wheat, milk, eggs and soy.

