

NUTRITIONAL & INGREDIENT INFORMATION

VERY VEGGIE OMELET SANDWICH, NO BACON

Nutrition Facts	
Serving Size (220g)	
Servings Per Container	
Amount Per Serving	
Calories 530	Calories from Fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 195mg	64%
Sodium 980mg	41%
Total Carbohydrate 72g	24%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 24g	
Vitamin A 10%	• Vitamin C 4%
Calcium 30%	• Iron 25%
*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: Traditional Plain Bagel [Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Syrup, Salt, Yeast]. Very Veggie Omelet [Whole Eggs, Water, Pasteurized Process Cheddar Cheese (Cheddar Cheese {Milk, Cheese Culture, Salt, Enzymes}, Water, Sodium Phosphate, Milkfat, Sodium Hexametaphosphate, Salt, Vegetable Color {Paprika and Annato}), Powdered Cellulose {to prevent caking}), Tomatoes (Tomatoes, Calcium Chloride), Onions, Red Peppers, Green Onions, Soybean Oil, Nonfat Milk, Modified Food Starch, Salt, Pepper Extract, Citric Acid). Cheddar Cheese [Milk, Cheese Cultures, Enzymes, Salt].

ALLERGENS: Contains Wheat, Milk, Eggs, Soy.

