BRUEGGER'S ENTERPRISES NUTRITION INFORMATION

Product: Chicken Breast Sandwich (with lettuce, tomato, honey mustard)

Nutrition Facts

Serving Size Bagel (318g)
Servings Per Container 1

Amount Per Serving	
Calories 660	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 95mg	**32%**
Sodium 780mg	**32%**
Total Carbohydrate 87g	**29%**
Dietary Fiber 5g	**19%**
Sugars 26g	
Protein 47g	

Vitamin A 25%	•	Vitamin C 10%	
Calcium 4%	•	Iron 30%	

*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: GRILLED CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR {CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE, [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID}), SALT, RICE STARCH, LEMON PHOSPHATE (SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE), FLAVORING (VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN), LEMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), TOMATOES, HONEY MUSTARD (SUGAR, VINEGAR, MUSTARD, WATER, HONEY, VEGETABLE OIL [SOYBEAN, CANOLA], SALT, MOLASSES, SPICES, PAPRIKA, TURMERIC), LETTUCE

ALLERGEN INFORMATION: Contains wheat and soy.

BRUEGGER'S BAKED FRESH