BRUEGGER'S ENTERPRISES NUTRITION INFORMATION

Product: Chicken Salad with Mayo, Lettuce and Tomato

Nutrition Facts

Serving Size Bagel (268g)
Servings Per Container 1

Amount Per Serving	
Calories 630	Calories from Fat 240
	% Daily Value*
Total Fat 26g	**41%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 80mg	**27%**
Sodium 1080mg	**45%**
Total Carbohydrate 73g	**24%**
Dietary Fiber 5g	**20%**
Sugars 11g	
Protein 28g	

Vitamin A 20%	•	Vitamin C 10%	
Calcium 4%	•	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: PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), CHICKEN SALAD (COOKED WHITE CHICKEN, CELERY, MARINATE [WATER, DIJON MUSTARD SEED, DISTILLED VINEGER, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, AND SPICES], BROWN SUGAR, SUGAR, SOY SAUCE [SOYBEANS, WHEAT AND SALT DEXTRIN, MONO SODIUM GLUTAMATE], SODIUM PHOSPHATE, GARLIC JUICE [GARLIC JUICE, SALT], CITRIC ACID, ARTIFICIAL BACON FLAVOR [HYDROLYZED CORN GLUTEN, SOY PROTEIN AND WHEAT GLUTEN, SUGAR, SALT, MODIFIED CORN STARCH, WHITE PEPPER, PARTIALLY HYDROGENATED COTTONSEED AND SOY OILS, TORULA YEAST, SOY FLOUR, AUTOLYZED YEAST EXTRACT, NATURAL FLAVORS, THIAMINE HYDROCHLORIDE, DISODIUM INOSINATE, DISODIUM GUANYLATE] MODIFIED FOOD STARCH, CELLULOSE GUM, GUM ARABIC), MAYONNAISE, (VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, VINEGAR, CORN SYRUP, WATER, SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), TOMATOES, LETTUCE.

ALLERGEN INFORMATION: Contains wheat eggs and soy.

BRUEGGER'S BAKED FRESH