BRUEGGER'S ENTERPRISES NUTRITION INFORMATION

Product: Egg Cheese Ham Sandwich

Nutrition Facts

Serving Size Sandwich (244g)
Servings Per Container 1

Amount Per Serving

Calories 460	Calories from Fat 170
	% Daily Value*
Total Fat 18g	**28%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 210mg	**71%**
Sodium 1270mg	**53%**
Total Carbohydrate 73g	**24%**
Dietary Fiber 4g	**17%**
Sugars 11g	
Protein 31g	

Vitamin A 10% • Vitamin C 2%

Calcium 25% • 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), EGG PATTY (WHOLE EGG, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, WHEY, SALT, CALCIUM CASEINATE, LIQUID PEPPER EXTRACT, CITRIC ACID), HONEY HAM (HAM, WATER, HONEY, SALT, DEXTROSE, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, SORBIC ACIDA AS A PRESERVATIVE, ENZYMES, CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION)

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

BRUEGGER'S BAKED FRESH