BRUEGGER'S ENTERPRISES NUTRITION INFORMATION

Product: Cranberry Gobbler

Nutrition Facts

Serving Size 1 bagel sandwich (274g)

Amount Per Serving	
Calories 620	Calories from Fat 190
	% Daily Value*
Total Fat 21g	**32%**
Saturated Fat 6g	**28%**
Trans Fat 0g	
Cholesterol 55mg	**19%**
Sodium 1430mg	**60%**
Total Carbohydrate 78g	**26%**
Dietary Fiber 5g	**18%**
Sugars 17g	
Protein 32g	

Vitamin A 20%	•	Vitamin C 4%
Calcium 20%	•	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), ROAST TURKEY, (TURKEY BREAST, TURKEY BROTH, SALT, CARRAGEENAN, SODIUM PHOSPHATE, CULTURED WHEY, CORN SYRUP SOLIDS, HYDROLYZED YEAST, HYDROLYZED SOY PROTEIN), CRANBERRY SAUCE, (CRANBERRIES, HIGH FRUCTOSE CORN SYRUP, WATER, CORN SYRUP), CHEDDAR CHEESE, (MILK, CHEESE CULTURES, ENZYMES, SALT), MAYONNAISE, (VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CORN SYRUP, WATER, EGG YOLK, MODIFIED FOOD STARCH,SUGAR, SALT, NATURAL AND ARTIFICIAL FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), GREEN LEAF LETTUCE, RED ONION.

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

BRUEGGER'S BAKED FRESH