BRUEGGER'S ENTERPRISES NUTRITION INFORMATION

Product: Cuban Chicken

Nutrition Facts

Serving Size 1 bagel sandwich (319g)

Amount Per Serving	
Calories 680	Calories from Fat 220
	% Daily Value*
Total Fat 25g	**38%**
Saturated Fat 7g	**33%**
Trans Fat 0g	
Cholesterol 85mg	**29%**
Sodium 2180mg	**91%**
Total Carbohydrate 74g	**25%**
Dietary Fiber 4g	**18%**
Sugars 10g	
Protein 44g	

Vitamin A 20%	•	Vitamin C 4%
Calcium 25%	•	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: PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST.CHICKEN BREAST WITH RIB MEAT, WATER, SEASONING, (SALT, FLAVORING, DEXTROSE, MALTODEXTRIN,PARTIALLY HYDROGENATED SOYBEAN OIL, MODIFIED CORN STARCH, CORN SYRUP SOLIDS,RICE STARCH, SODIUM PHOSPHATES, SALT). BLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST.PORK HAM, (WATER, HONEY, SALT, DEXTROSE, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE) SWISS CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), DIJON MUSTARD (DISTILLED VINEGAR, MUSTARD SEEDS, SALT, TUMERIC AND SPICES), CHIPOTLE MAYONNAISE, (VEGETABLE OIL) (SOYBEAN, CANOLA), VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE,SALT, SUGAR,OIL, SPICES), EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, JALAPENO PEPPER,RED BELL PEPPER, MALTODEXTRIN, SUGAR, NATURAL FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE, PORK, SEASONING, (CHILI PEPPER, SALT, SPICES, DEHYDRATED GARLIC, HYDROLYZED CORN PROTEIN, DEHYDRATED ONION, SUGAR, LIME JUICE POWDER,[CORN SYRUP SOLIDS,LIME JUICE SOLIDS, BHT]'TOMATO POWDER, JALAPENO PEPPER POWDER, SODIUM DIACETATE, FLAVOR, [MALTODEXTRIN, SALT, GRILL FLAVOR, {FROM PARTIALLY HYDROGENATED SOYBEAN/ COTTONSEED OIL], MODIFIED FOOD STARCH), LETTUCE, PICKLES, (CUCUMBER, WATER, VINEGAR, SALT).

ALLERGEN INFORMATION: CONTAINS WHEAT, MILK, EGGS AND SOY.

BRUEGGER'S BAKED FRESH™