BRUEGGER'S ENTERPRISES NUTRITION INFORMATION

Product: Supreme Club (no mayo)

Nutrition Facts

Serving Size Bagel (250g)

Amount Per Serving

Calories 470 Calories from Fat 80

	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 2g	**11%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 1460mg	**61%**
Total Carbohydrate 72g	**24%**
Dietary Fiber 5g	**19%**
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 (BLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST), TOMATOES, HONEY HAM (PORK HAM, WATER, HONEY, SALT, DEXTROSE, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE), TURKEY (TURKEY, TURKEY BROTH, SALT, CARRAGEENAN, SODIUM PHOSPHATE, CULTURED WHEY, CORN SYRUP SOLIDS, HYDROLYZED YEAST, HYDROLYZED SOY PROTEIN), PORK BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE], LETTUCE

ALLERGEN INFORMATION: Contains wheat and soy.

BRUEGGER'S BAKED FRESH