BRUEGGER'S ENTERPRISES NUTRITION INFORMATION

Product: Roast Beef Softwich with mayo, lettuce and tomato

Nutrition Facts

Serving Size Bagel (325g)

Amount Per Serving

Calories 750	Calories from Fat 360
	% Daily Value*
Total Fat 40g	**61%**
Saturated Fat 6g	**28%**
Trans Fat 0g	
Cholesterol 75mg	**24%**
Sodium 1350mg	**56%**
Total Carbohydrate 72g	**24%**
Dietary Fiber 5g	**20%**
Sugars 10g	
Protein 33g	

Vitamin A 25% •	Vitamin C 15%
Calcium 4% •	Iron 35%

*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 SQUARE BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT SYRUP, SUGAR, YEAST, MALT, MALTOROSE, VEGETABLE SHORTENING), ROAST BEEF (ROAST BEEF, WATER, SODIUM LACTATE, SALT, SODIUM PHOSPHATE, SUGAR, FLAVORING RUBBED WITH: SALT, SUGAR, DEXTROSE, CARAMEL COLOR, GARLIC POWDER, SPICES, CARAMEL COLOR ADDED), TOMATOES, MAYONNAISE (VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, VINEGAR, CORN SYRUP, WATER, SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), LETTUCE.

ALLERGEN INFORMATION: Contains wheat, soy and eggs.

BRUEGGER'S BAKED FRESH