

Product: Tuna Salad Softwich

Nutrition Facts

Serving Size Bagel (288g)

Amount Per Serving

Calories 720 **Calories from Fat 310**

% Daily Value*

Total Fat 34g **53%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 1170mg **49%**

Total Carbohydrate 76g **25%**

Dietary Fiber 5g **19%**

Sugars 14g

Protein 26g

Vitamin A 25% • Vitamin C 15%

Calcium 2% • Iron 20%

*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), TUNA, WATER, VEGETABLE BROTH (CONTAINS SOY), SALT, MAYONNAISE BLEND (WHOLE EGGS, WHITE VINEGAR, HIGH FRUCTOSE CORN SYRUP, EGG YOLKS, SALT, SPICE, CALCIUM SODIUM EDTA (TO PRESERVE FLAVOR), BREAD CRUMBS (BLEACHED WHEAT FLOUR, DEXTROSE, SALT, YEAST, DRIED VEGETABLES (DEHYDRATED BELL PEPPERS, DEHYDRATED CELERY, DEHYDRATED ONION, SODIUM BISULPHITE (PRESERVATIVE). TOMATOES, LETTUCE

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

