

# Nutrition Facts for Egg White Salad on Wheat Bread

<b>Nutrition Facts</b>	Amount/serving	% DV	Amount/serving	% DV
	<b>Total Fat</b> 3.5g		<b>4%</b>	<b>Total Carb.</b> 30g
	Saturated Fat 1g	<b>5%</b>	Fiber 5g	<b>18%</b>
	<i>Trans Fat</i> 0g		Total Sugars 4g	
Serving size: 1 Portion	<b>Cholesterol</b> less than 5mg	<b>1%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Calories</b> per serving	<b>Sodium</b> 670mg	<b>27%</b>	<b>Protein</b> 20g	
<b>230</b>	Vitamin D 0% · Calcium 10% · Iron 15% · Potassium 15%			

## Ingredients

Egg White, Wheat Bread, Spinach, Greek Yogurt, Celery, Whole Grain Mustard (water, mustard seeds, vinegar, salt, citric acid, natural flavors, potassium metabisulphite (as a preservative), turmeric.), Chives, Kosher Salt, White Pepper

## Contains

MILK, EGGS, WHEAT, CEREALS CONTAINING GLUTEN, CELERY

## Characteristics

Vegetarian · Corn Free · Tree Nut Free · Peanut Free