

Nutrition Facts for Plain Bagel & Cream Cheese

Nutrition Facts	<u>Amount/serving</u>		<u>Amount/serving</u>	
		% DV		% DV
Serving size: 1 Portion	Total Fat 11g	14%	Total Carb. 54g	18%
	Saturated Fat 6g	30%	Fiber 2g	6%
	<i>Trans</i> Fat 0g		Total Sugars 1g	
Calories per serving	Cholesterol 30mg	10%	Incl. 0g Added Sugars	0%
	Sodium 510mg	20%	Protein 12g	
360	Vitamin D 0% · Calcium 10% · Iron 20% · Potassium 4%			

Ingredients

Bagel (bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame).), Cream Cheese

Contains

MILK

Characteristics

Vegetarian · Gluten Free · Corn Free · Tree Nut Free · Peanut Free