

# Nutrition Facts for Plain Bagel & Vegetable Cream Cheese

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Serving size: 1 Portion	<b>Total Fat</b> 15g	<b>19%</b>	<b>Total Carb.</b> 56g
Saturated Fat 9g		<b>43%</b>	Fiber 2g	<b>9%</b>
<i>Trans</i> Fat 0g			Total Sugars 2g	
<b>Cholesterol</b> 40mg		<b>14%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Calories</b> per serving	<b>410</b>		<b>Protein</b> 13g	
	Vitamin D 0% · Calcium 10% · Iron 20% · Potassium 6%			

## Ingredients

Bagel (bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame).), Cream Cheese, Heavy Cream, Carrots, Red Bell Peppers, Celery, Kosher Salt, Black Pepper

## Contains

MILK, CELERY

## Characteristics

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