

# Nutrition Facts for Plain Bagel & Scallion Cream Cheese

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Serving size: 1 Portion	<b>Total Fat</b> 19g	<b>23%</b>	<b>Total Carb.</b> 56g
Saturated Fat 11g		<b>53%</b>	Fiber 2g	<b>8%</b>
<i>Trans</i> Fat 0g			Total Sugars 2g	
<b>Cholesterol</b> 50mg		<b>17%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Calories</b> per serving	<b>440</b>		<b>Protein</b> 14g	
	Vitamin D 0% · Calcium 10% · Iron 20% · Potassium 4%			

## Ingredients

Bagel (bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame).), Cream Cheese, Heavy Cream, Scallions, Kosher Salt, Black Pepper

## Contains

MILK

## Characteristics

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