

Egg, Bacon & Cheese Bagel

Ingredient	Comments
Bagel Cafe Plain	contains pork; egg, wheat, soy, milk
Bacon, cured, pan fried	
Egg Square	
Cheese Product, American, cold	

Nutrition Facts	
Serving Size 1 Sandwich (186g)	
Servings Per Container	
Amount Per Serving	
Calories 490	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 1220mg	51%
Total Carbohydrate 63g	21%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 22g	
Vitamin A 6%	• Vitamin C 0%
Calcium 20%	• 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	

Notes:

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