

Bacon Egg & Cheese Croissant

Number of Servings: 1 (130.48 g per serving)

Weight: 130.48 g

Ingredient	Comments
Bacon	
Egg Square	
Cheese	
Croissant	Contains: Wheat, Egg

Nutrition Facts	
Serving Size 1 Sandwich (130g)	
Servings Per Container	
Amount Per Serving	
Calories 410	Calories from Fat 220
% Daily Value*	
Total Fat 24g	37%
Saturated Fat 9g	45%
Cholesterol 170mg	57%
Sodium 890mg	37%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 18g	
Vitamin A 8%	• Vitamin C 0%
Calcium 15%	• Iron 10%
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

6/27/2007 3:02:16 PM