
Bagel & Cream Cheese Xcel

Lancer Management

Categories

Tools

Locations

Plate

Yield 1 ea

Portion 1 ea

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 1 ea

Servings Per Container 1

Amount Per Serving

Calories 423 **Calories From Fat** 148

% Daily Value

Total Fat 16g 25%

Saturated Fat 10g 43%

Trans Fat 0g

Cholesterol 47mg 16%

Sodium 660mg 27%

Total Carbohydrates 55g 18%

Dietary Fiber 2g 9%

Protein 14g

Vitamin A 12% Vitamin C 0%

Calcium 5% Iron 23%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Sugar Free

High in Iron

High in Protein

Good Source of Vitamin A

Good Source of Carbohydrates

Ingredients

bagel, cream cheese

Contains: Milk, Wheat