
Bagel Xcel
Lancer Management

Categories

Tools

Locations

Plate

Yield	1	ea	Prep
Portion	1	ea	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size 1 ea	
Servings Per Container 1	
Amount Per Serving	
Calories 275 Calories From Fat 14	
% Daily Value	
Total Fat 2g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 534mg	22%
Total Carbohydrates 53g	18%
Dietary Fiber 2g	9%
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 20%

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

Nutrition Descriptors

Low Fat
Low Saturated Fat
Sugar Free
Cholesterol Free
High in Iron
High in Protein
Good Source of Carbohydrates

Ingredients

bagel

Contains: Wheat