



## Ingredient Statement and Nutritional Information

### #190 Turkey Bagel

**INGREDIENTS:** ONION BAGEL (ENRICHED WHEAT FLOUR [FLOUR, ENZYME, ASCORBIC ACID (DOUGH CONDITIONER), NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, HIGH FRUCTOSE CORN SYRUP, TOASTED ONIONS), CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS [XANTHAN AND/OR CAROB BEAN AND/OR GUAR GUMS]), TURKEY (TURKEY BREAST, WATER), CONTAINS 2% OR LESS OF: YEAST, VITAL WHEAT GLUTEN, SALT, SOYBEAN OIL, SORBIC ACID AND CALCIUM PROPIONATE (PRESERVATIVES), MONO- AND DIGLYCERIDES, CALCIUM SULFATE AND L-CYSTEINE (DOUGH CONDITIONERS), WHEAT FLOUR, ENZYMES, YELLOW CORN MEAL, MODIFIED FOOD STARCH, CARRAGEENAN, BROWN SUGAR, SODIUM CITRATE, SODIUM PHOSPHATE, DEXTROSE, SODIUM DIACETATE, SODIUM ASCORBATE, CITRIC ACID, SODIUM NITRITE.

**CONTAINS: WHEAT, MILK AND SOY INGREDIENTS**

## **Nutrition Facts**

Serv. Size: 1 sandwich (145g), Servings: 1, Amount Per Serving: **Calories** 390, Fat Cal. 140, **Total Fat** 16g (24%DV), Sat. Fat 9g (46%DV), *Trans* Fat 0g, **Cholest.** 50mg (16%DV), **Sodium** 740mg (31%DV), **Total carb.** 44g (15%DV), Fiber 2g (8%DV), Sugars 3g, **Protein** 14g, Vitamin A (0%DV), Vitamin C (0%DV), Calcium (10%DV), Iron (15%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.