

Portland Sandwich



Bagel & CC Everything

Nutrition Facts

Serving Size: 1 item (173g)

Servings Per Container: 1

Amount Per Serving

Calories 450 **Calories from Fat** 140

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 10g **50%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 650mg **27%**

Total Carbohydrate 63g **21%**

Dietary Fiber 2g **8%**

Sugars 6g

Protein 12g

Vitamin A 6% • Vitamin C 2%

Calcium 6% • 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
Sat 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

INGREDIENTS: BAGEL (ENRICHED HI-GLUTEN WHOLE GRAIN FLOUR (WHEAT & MALTED BARLEY FLOURS, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), DOUGH CONDITIONER (ASCORBIC ACID), ENZYMES, WATER, BROWN SUGAR (SUGAR, INVERT SUGAR & CANE MOLASSES), SALT, YEAST, SORBITAN MONOSTEARATE, DRY MALT-LOW DIASTATIC (MALTED BARLEY, DEXTROSE), RAW UNSALTED SUNFLOWER & WHOLE DRIED SESAME SEED, POPPY SEED, ONION FLAKES & CARAWAY SEED), CREAM CHEESE (PASTEURIZED MILK & CREAM, CHEESE CULTURE, SALT, STABILIZERS (CAROB BEAN &/OR XANTHAN &/OR GUAR GUMS)).

CONTAINS: MILK, WHEAT

BAGEL & CC EVERYTHING - 823360



Portland Sandwich Co. Portland, OR 97220