

# Bagel, Whole Grain White

<b>Servings:</b>	1.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Grain
<b>HACCP Process:</b>	Same Day Service

Lender's Bagel

## Nutrition Information

<b>Calories</b>	140.00	<b>Protein</b>	6.00g
<b>Fat</b>	1.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	28.00g	<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g	<b>Sodium</b>	160.00mg
<b>Iron</b>	1.80mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	40.00mg

## Ingredients

1 Each BAGEL WHT WGRAIN IW 72-2Z LENDER

## Preparation Instructions