

Bagel with Cream Cheese



Servings:	10.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW	10 Each	thaw	217911
CHEESE CREAM LT CUP	10 Each		124960

Preparation Instructions

Put items together for service

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	1.750
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	200.00		
Fat	6.00g		
Saturated Fat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	270.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Total Sugar	7.00g		
Added Sugar	5.00g		
Protein	9.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.44mg

Nutrition - Per 100g

No 100g Conversion Available
