

Bagel with Cream Cheese



Servings:	1.00	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	1 Each	thaw	217911
CHEESE CREAM LT CUP	1 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: 1.00

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
