



Effective: July 1, 2016

**TURKEY HAM & CHEESE ON A BAGEL SANDWICH**  
**(THB248WC)**

Ingredient Statement: White Whole Wheat Bagel (whole wheat flour, enriched unbleached wheat flour [wheat flour, malted barley flour, ascorbic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, yeast, sugar, malt powder [wheat flour, dextrose, malted barley], salt); Smoked Turkey Ham (turkey thigh meat, water, contains 2% or less sugar, salt, sodium phosphate, lite salt [potassium chloride, sodium chloride], carrageenan, sodium erythorbate, natural smoke flavoring, sodium nitrite); Pasteurized Process Blended American Cheese (American cheese [milk, cheese cultures, salt, enzymes, annatto], water, skim milk, sodium citrate, color added, salt, sorbic acid, soy lecithin).

Contains: Milk, Wheat and Soy

**Nutrition Facts**

Serving Size 5.00 ounces (142g)	
Servings Per Container One	
<b>Amount Per Serving</b>	
<b>Calories</b> 290	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 3.5g	<b>17%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 840mg	<b>35%</b>
<b>Total Carbohydrate</b> 41g	<b>14%</b>
Dietary Fiber 4g	<b>15%</b>
Sugars 7g	
<b>Protein</b> 20g	
Vitamin A 2%	• Vitamin C 0%
Calcium 35%	• Iron 15%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	207.69	294.39
Calories from Fat	43.28	61.36
Calories from Saturated Fat	21.25	30.12
Protein	13.76 g	19.51 g
Carbohydrates	28.80 g	40.82 g
Dietary Fiber	2.71 g	3.84 g
Sugar - Total	4.71 g	6.68 g
Fat - Total	4.81 g	6.82 g
Saturated Fat	2.36 g	3.35 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	32.34 mg	45.84 mg
Vitamin A	82.34 IU	116.71 IU
Thiamin - B1	0.29 mg	0.42 mg
Riboflavin - B2	1.13 mg	1.60 mg
Niacin - B3	2.12 mg	3.01 mg
Vitamin C	0.01 mg	0.01 mg
Vitamin E Alpha-Tocopherol	0.08 mg	0.11 mg
Calcium	248.15 mg	351.74 mg
Iron	1.90 mg	2.69 mg
Magnesium	12.49 mg	17.71 mg
Phosphorus	98.26 mg	139.28 mg
Potassium	86.02 mg	121.93 mg
Sodium	592.36 mg	839.65 mg
Zinc	0.71 mg	1.01 mg