

Philz Bagel

Nutrition Facts	
1 servings per container	
Serving size	1 toast (212g)
Amount Per Serving	480
Calories	
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 9g	45%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	13%
Sodium 947mg	41%
Total Carbohydrate 74g	27%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Not a significant source of vitamin D, calcium, iron, and potassium	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition	

Ingredients:

hoice bagel (see bagels & breads), cream cheese, olive oil, sea salt, tomato, cucumber