

# Ham, Egg & Cheese Bialy

Egg, ham and cheddar cheese on an everything bialy



WIMS# 30473

*Allergens: egg, milk, wheat*

Bialy Breakfast Sandwich	
<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 sandwich (143 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>370</b>
% Daily Value*	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 750mg	<b>33%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 21g	
Vitamin D 0mcg	0%
Calcium 165mg	15%
Iron 3mg	15%
Potassium 85mg	2%
<small>* 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 advice.</small>	
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