

Quest Food Management

002129 - breakfast- wg bagel : nslp	Components	Attributes
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: each	Meat/Alt: Grains: Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
903380 breakfast bagel wg iw gfs 271911...	50 bagel = 1.75 g/b	

*Nutrients are based upon 1 Portion Size (each)

Calories	140 kcal	Cholesterol	0 mg	Protein	6.00 g	Calcium	0.00 mg	6.43%	Calories from Total Fat
Total Fat	1.00 g	Sodium	180 mg	Vitamin A	0.0 RE	Iron	0.00 mg	0.00%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	29.00 g	Vitamin A	0.0 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00 g	Dietary Fiber	4.00 g	Vitamin C	0.0 mg	Ash ¹	*N/A* g	82.86%	Calories from Carbohydrates
								17.14%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values