



4.3



Jalapeno Bagel Sandwich

Serving Size 1 **Carbs: 30.32**

Served on Fri, 02/06/2026

Allergens



Gluten



SESAME



Dairy



Corn



Soy



Wheat

Nutrients

Saturated Fat (gm)	3.58
Added Sugars (g)	0.00
Total Sugar (g)	4.69
Protein (gm)	23.81
Calories	300.30
Carbohydrate (gm)	30.32
Fiber (gm)	3.14
Sodium (mg)	853.04
Total Fat (gm)	9.99



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