

Ham Egg & Cheese Croissant (5/2021)

Nutrition Facts	
Serving size 1 sandwich (139g/4.9oz)	
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 7g	37%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 690mg	30%
Total Carbohydrate 34g	12%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 4g Added Sugars	8%
Protein 15g	
Vitamin D 1mcg 4% • Calcium 140mg 10%	
Iron 3.3mg 20% • Potassium 150mg 4%	
* 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.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Croissant: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Margarine (Interesterified Soybean Oil, Water, Mono- and Diglycerides, Sodium Benzoate, Natural Flavor, Beta Carotene [color], Vitamin A Palmitate), Sugar, Yeast, Non Fat Dry Milk, Salt, Wheat Gluten, Xanthan Gum, Ascorbic Acid, Enzymes, **Egg Patty:** Whole Eggs, Nonfat Milk, Contains Less Than 2% of the following: Modified Food Starch, Salt, Xanthan Gum, Citric Acid, Pepper, **Ham:** Hickory Smoked, Honey Cured, Water Added (cured with water, honey, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite). **Pasteurized Process Cheddar Cheese:** Cultured milk, water, cream, sodium phosphates, salt, sorbic acid (preservative), vegetable color (annatto and paprika extract), enzymes.
CONTAINS: WHEAT, EGGS, MILK, SOY.

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8% DV), **Protein** 15g, Vitamin D 1mcg (4% DV),
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