

Nutrition Facts

1 Serving Per Container

Serving Size 1 Each (196g)

Amount Per Serving		
Calories		647
% Daily Value *		
Total Fat	45g	58%
Saturated Fat	19g	93%
Trans Fat	0g	
Cholesterol	71mg	24%
Sodium	1050mg	46%
Total Carbohydrate	40g	14%
Dietary Fiber	3g	9%
Total Sugars	5g	
Includes 5g added Sugars		11%
Protein	24g	
Vitamin D	12mcg	58%
Calcium	26mg	2%
Iron	3mg	14%
Potassium	97mg	2%
The Percent 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.		

INGREDIENTS: CROISSANT (ENRICHED WHEAT FLOUR (BLEACHED WHEAT FLOUR; MALTED BARLEY FLOUR; NIACIN; IRON; ASCORBIC ACID; THIAMIN MONONITRATE; RIBOFLAVIN; FOLIC ACID; ASCORBIC ACID); SHORTENING (PALM OIL; BETA CAROTENE); WATER; YEAST; SUGAR; BUTTER; DEXTROSE; SALT; NONFAT DRY MILK; DOUGH CONDITIONER (WHEAT FLOUR; MALTED BARLEY FLOUR; ASCORBIC ACID; ENZYMES); VITAL WHEAT GLUTEN; ARTIFICIAL BUTTER FLAVOR); BLACK FOREST SLICED HAM (HAM; WATER; CULTURED SUGAR AND VINEGAR; SALT; SUGAR; SODIUM PHOSPHATE; NATURAL FLAVORS; SODIUM ERYTHORBATE; SODIUM NITRITE); SWISS CHEESE (PART SKIM MILK; CHEESE CULTURE; SALT; ENZYMES); MAYONNAISE (SOYBEAN OIL; WHITE DISTILLED VINEGAR; CORN SYRUP; WATER; EGG YOLKS; SALT; WHOLE EGGS; LEMON JUICE CONCENTRATE; EGG YOLK SOLIDS; CALCIUM DISODIUM EDTA; NATURAL FLAVORS); MUSTARD (WATER; DISTILLED WHITE VINEGAR; MUSTARD SEED; SALT; TURMERIC; SPICES)

CONTAINS CORN, MILK, WHEAT, EGG, SOYBEANS