

Bagel with tuna and salad

1273kJ, 2g fat

Nutrients	Amount per serve
Energy	1273.11kJ
Protein	17.78g
Total fat	2.15g
- saturated fat	0.49g
- polyunsaturated fat	0.74g
- monounsaturated fat	0.37g
Cholesterol	16.83mg
Carbohydrate	50.78g
Sugars	9.34g
Starch	41.39g
Fibre	4.52g
Thiamin	0.37mg
Riboflavin	0.10mg
Niacin	3.71mg
Vitamin C	2.22mg
Folate	67.23µg
Vitamin A equivalents	467.25µg
Sodium	567.90mg
Potassium	331.20mg
Magnesium	43.05mg
Calcium	45.27mg
Phosphorus	156.33mg
Iron	1.83mg
Zinc	1.17mg