



CUCUMBER LITES

Nutrition Facts Report
Source: Custom

Yield: 15 (1.000 item(s))
No. Ingredients: 5

Category: Basic Food
Manufacturer: (None)

Ingredients

- 15.000 sl. Cobblestone Mill Heartyl 9 Grain Bread
- 6.000 oz. Cream Cheese
- 2.000 T. Mayonnaise with Soybean Oil
- 2.000 T. Sour Cream
- 2.000 T. Onions, Chopped

Nutrition Facts			
Serving Size 1.00 item(s) (59g)			
Amount Per Serving			
Calories	176	Calories from Fat	64
% Daily Value			
Total Fat	7.2g		11 %
Saturated Fat	2.6g		13 %
Trans Fat	0.0g		
Cholesterol	14.0mg		5 %
Sodium	238.2mg		10 %
Total Carbohydrate	24.7g		8 %
Dietary Fiber	2.0g		8 %
Sugars	4.5g		
Protein	4.7g		
Vitamin A	3 %	Calcium	1 %
Vitamin C	0 %	Iron	8 %

Instructions