SHOPPING LIST

Apple Butter Bagelwich

- ◯ Apple Butter
- ◯ Cheddar Cheese
- ◯ Whole Wheat Mini Bagels

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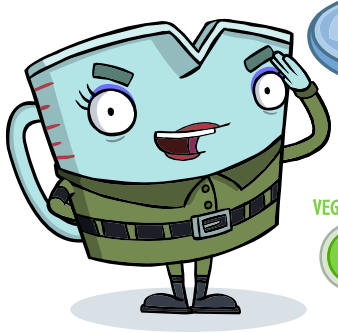
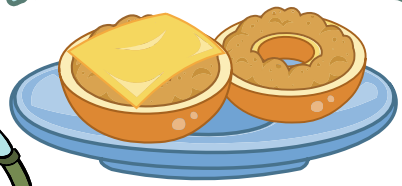
Corporal Cup presents

LUNCH

FIZZY'S LUNCH LAB

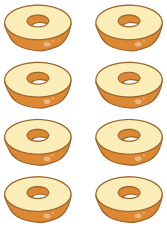
Apple Butter Bagelwich



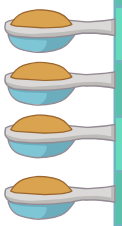


VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	Under 30 min.	Easy	

YOU WILL NEED



4 whole wheat mini-bagels, halved



4 tablespoons apple butter

2 slices Cheddar cheese (about 1 ounce), cut into quarters

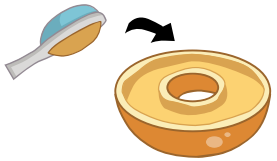
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

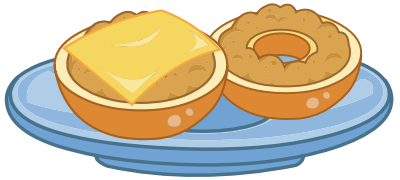
Apple butter is available in most grocery stores and specialty shops.

STEP 1: Using clean fingers, scoop out some of the inside from the bagel halves.

STEP 2: Fill each scooped-out half with 1 1/2 teaspoons apple butter.



STEP 3: Top each half with a quarter slice cheddar cheese. Serve.



Nutrition Facts

Serving Size (50g)
Servings Per Container 4

Amount Per Serving

Calories 120 Calories from Fat 25

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 170mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 4g	

Vitamin A 2% • Vitamin C 0%
Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4