

NUTRITIONAL FACTS

PLAIN BAGEL

PLAIN BAGEL

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
	Serving size 1 Bagel 4oz (113g)	Total Fat 0g		0%		Total Carbohydrate 57g		21%
Calories per serving	Saturated Fat 0g		0%		Dietary Fiber 2g		7%	
	Trans Fat 0g				Total Sugars 6g			
280	Cholesterol 0mg		0%		Includes 6g Added Sugars		12%	
	Sodium 580mg		25%		Protein 9g			
	Vitamin D 0mcg 0% • Calcium 16mg 2% • Iron 3mg 15% Potassium 85mg 2%							
	<small>*The % Daily Value 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.</small>							

INGREDIENTS: Flour (wheat flour, malted barley flour), water, sugar, contains less than 2% of each of the following: salt, wheat flour, molasses, yeast, vinegar, cultured wheat starch, enzymes, malted barley flour, ascorbic acid added as a dough conditioner, corn protein.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

Net Weight 6bs.

EVERYTHING BAGELS /4oz

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	6 servings per container	Total Fat 0g	0%	Total Carbohydrate 59g
Serving size 1 Bagel 4oz (113gr)	Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Calories per serving	Trans Fat 0g		Total Sugars 6g	
	Cholesterol 0mg	0%	Includes 6g Added Sugars	12%
290	Sodium 670mg	29%	Protein 10g	
	Vitamin D 0mcg 0% • Calcium 19mg 2% • Iron 4mg 20% • Potassium 97mg 2%			
<small>*The % Daily Value 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.</small>				

INGREDIENTS: Flour (wheat flour, malted barley flour), water, sugar, contains less than 2% of each of the following: salt, sesame seeds, poppy seeds, dehydrated onion, dehydrated garlic, wheat flour, molasses, yeast, cultured wheat starch, enzymes, malted barley flour, ascorbic acid added as a dough conditioner, xanthan gum, corn protein.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

4oz per Bagel - Total Net Wt: 96oz / 6lbs

BAGELS AIN'T BAGELS[®]
UNLESS THEY'RE
JUST BAGELS

NUTRITIONAL FACTS

PUMPERNICKEL SESAME BAGEL

PUMPERNICKEL SESAME BAGEL

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container	Serving size 1 Bagel 4oz (113gr)	Total Fat 1g	1%	Total Carbohydrate 59g	21%
		Saturated Fat 0g	0%	Dietary Fiber 3g	11%
Calories per serving	270	Trans Fat 0g		Total Sugars 7g	
		Cholesterol 0mg	0%	Includes 5g Added Sugars	10%
		Sodium 530mg	23%	Protein 9g	
		Vitamin D 0mcg 0% • Calcium 35mg 2% • Iron 1mg 6% • Potassium 116mg 2%			

*The % Daily Value 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: FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), WATER, SUGAR, CARAMEL COLOR, RYE FLOUR, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: CARAWAY SEEDS, SALT, WHEAT FLOUR, MOLASSES, YEAST, CULTURED WHEAT STARCH, ENZYMES, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, XANTHAN GUM, CORN PROTEIN.

CONTAINS: Wheat.

Made in a facility that uses Wheat, Milk, Sesame

4oz per Bagel - Net Weight 6bs.

NUTRITIONAL FACTS

BLUEBERRY PIE BAGEL

BLUEBERRY PIE BAGEL

Nutrition Facts	Amount/serving		Amount/serving	
		% Daily Value*		% Daily Value*
Serving size 1 Bagel 4oz (113gr)	Total Fat	1g	Total Carbohydrate	64g
	Saturated Fat	0g	Dietary Fiber	2g
	Trans Fat	0g	Total Sugars	12g
	Cholesterol	0mg	Includes 11g Added Sugars	22%
Calories per serving	Sodium	500mg	Protein	9g
	Vitamin D 0mcg 0% • Calcium 28mg 2% • Iron 1mg 6% • Potassium 86mg 2%			

*The % Daily Value 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: Wheat Flour (wheat flour, malted barley flour), water sugar, Blueberry Bites (Sugar, Wheat Flour, Sunflower Oil, Colored with Fruit Juice, Wheat Starch, Dextrose, Natural Flavors), Icing (Sugar, Corn Starch, Canola Oil, Water, Salt, Natural Flavor, Citric Acid), contains less than 2% of each of the following: salt, wheat flour, Blueberry Flavor (Propylene Glycol, Glycerine, Strawberry Juice, Ethyl Alcohol), Molasses, Yeast, Cultured Wheat Starch, Enzymes, Malted Barley Flour, Ascorbic Acid Added as a Dough Conditioner, Corn Protein.

CONTAINS: Wheat.

Made in a facility that uses Wheat, Milk, Sesame

4oz per Bagel - Net Weight 6lbs.

NUTRITIONAL FACTS

CINAMMON RAISIN BAGEL

CINNAMON RAISIN BAGEL

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 0g		0%	Total Carbohydrate 59g
	Saturated Fat 0g	0%	Dietary Fiber 2g	7%
	Trans Fat 0g		Total Sugars 11g	
Serving size 1 Bagel 4oz (113g)	Cholesterol 0mg	0%	Includes 6g Added Sugars	12%
Calories per serving	Sodium 600mg	26%	Protein 9g	
280	Vitamin D 0mcg 0% • Calcium 25mg 2% • Iron 3mg 15% Potassium 131mg 2%			
<small>*The % Daily Value 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.</small>				

INGREDIENTS: Flour (Wheat Flour, Malted Barley Flour), Water, Raisins, Sugar, Contains less than 2% of each of the following: Salt, Wheat Flour, Molasses, Yeast, Caramel Color, Cinnamon, Wheat Starch, Natural Flavors, Vinegar, Cultured Wheat Starch, Enzymes, Malted Barley Flour, Ascorbic Acid Added as a Dough Conditioner, Sunflower Oil, Corn Protein.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

Net Weight 6bs.