

NUTRITIONAL FACTS

Bantam Bagels

(42) 1.1-oz Bantam Breakfast Bagel Sampler



Nutrition Facts

Serving size
1 Filled Bagel
approx. 1.3oz. (38g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 140mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	

EVERYBODY'S FAVORITE

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Diastatic Malt Syrup, Yeast, Sugar, Salt, Dehydrated Onion, Sesame Seeds, Poppy Seeds, Sodium Bicarbonate.

Filling: Philadelphia Cream Cheese (Pasteurized Milk and Cream, Salt, Carb Bean Gum, Cheese Culture), Carrots, Onion, Celery, Garlic Powder, Onion Powder, Salt, Pepper.

Contains: Milk, Wheat.
Packaged in a facility that has Egg, and Soy

Nutrition Facts

Serving size
1 Filled Bagel
approx. 1.3oz. (38g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 135mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	

THE CLASSIC

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Diastatic Malt Syrup, Yeast, Salt, Sugar, Sodium Bicarbonate.

Filling: Philadelphia Cream Cheese (Pasteurized Milk and Cream, Salt, Carb Bean Gum, Cheese Culture), Whole Milk.

Contains: Milk, Wheat.
Packaged in a facility that has Egg, and Soy

Nutrition Facts

Serving size
1 Filled Bagel
approx. 1.3oz. (39g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 140mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	

ONION SCALLION

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Diastatic Malt Syrup, Yeast, Salt, Sugar, Onion, Sodium Bicarbonate.

Filling: Philadelphia Cream Cheese (Pasteurized Milk and Cream, Salt, Carb Bean Gum, Cheese Culture), Scallion, Garlic.

Contains: Milk, Wheat.
Packaged in a facility that has Egg, and Soy

Nutrition Facts

Serving size
1 Filled Bagel
approx. 1.3oz. (39g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 135mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	

CLASSIC SESAME

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sesame Seed, Diastatic Malt Syrup, Yeast, Salt, Sugar, Sodium Bicarbonate.

Filling: Philadelphia Cream Cheese (Pasteurized Milk and Cream, Salt, Carb Bean Gum, Cheese Culture), Whole Milk.

Contains: Milk, Wheat.
Packaged in a facility that has Egg, and Soy

Nutrition Facts

Serving size
1 Filled Bagel
approx. 1.3oz. (39g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 140mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	0%
Protein 3g	

BREAKFAST

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Diastatic Malt Syrup, Eggs, Yeast, Salt, Sugar, Adobo (Salt, Granulated Garlic, Tricalcium Phosphate (prevents caking), Oregano, Black Pepper, Turmeric).

Filling: Philadelphia Cream Cheese (Pasteurized Milk and Cream, Salt, Carb Bean Gum, Cheese Culture), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto, Corn Starch).

Contains: Milk, Eggs, Wheat.
Packaged in a facility that has Egg, and Soy

Nutrition Facts

Serving size
1 Filled Bagel
approx. 1.3oz. (37g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	

SESAME VEGGIE

INGREDIENTS: Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid).

Filling: Cream Cheese (Pasteurized Milk and Cream, Salt, Carb Bean Gum, Cheese Culture), Water, Barley Malt, Carrots, Scallion, Celery, Yeast, Salt, Sugar, Sesame Seed, Spices, Baking Soda.

Contains: Milk, Wheat.
Packaged in a facility that has Egg, and Soy

Nutrition Facts

Serving size
1 Filled Bagel
approx. 1.3oz. (39g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 160mg	7%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	

CLASSIC EVERYTHING

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Diastatic Malt Syrup, Yeast, Sugar, Salt, Dehydrated Onion, Sesame Seeds, Poppy seed, Sodium Bicarbonate.

Filling: Philadelphia Cream Cheese (Pasteurized Milk and Cream, Salt, Carb Bean Gum, Cheese Culture), Whole Milk.

Contains: Milk, Wheat.
Packaged in a facility that has Egg, and Soy