

# NUTRITIONAL FACTS

## ASSORTED BAGEL

# ASSORTED BAGEL (PLAIN, SESAME, EVERYTHING BAGELS)

Total weight: 96oz / 6lbs

### 4oz PLAIN BAGELS

<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 0g		<b>0%</b>	<b>Total Carbohydrate</b> 51g
	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 2g	<b>7%</b>
	Trans Fat 0g		Total Sugars 5g	
servings per container 12	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 5g Added Sugars	<b>10%</b>
<b>Serving size</b> 4oz (100g)	<b>Sodium</b> 520mg	<b>23%</b>	<b>Protein</b> 8g	
<b>Calories</b> per serving <b>250</b>	Vitamin D 0mcg 0% • Calcium 14mg 2% • Iron 3mg 15% Potassium 75mg 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, 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, soybean oil.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

Net Weight 96oz / 6lbs.

### 4oz SESAME SEEDS BAGELS

<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 0g		<b>0%</b>	<b>Total Carbohydrate</b> 50g
	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 2g	<b>7%</b>
	Trans Fat 0g		Total Sugars 5g	
servings per container 6	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 5g Added Sugars	<b>10%</b>
<b>Serving size</b> 4oz (100g)	<b>Sodium</b> 510mg	<b>22%</b>	<b>Protein</b> 8g	
<b>Calories</b> per serving <b>250</b>	Vitamin D 0mcg 0% • Calcium 15mg 2% • Iron 3mg 15% Potassium 78mg 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, contains less than 2% of each of the following: salt, sesame seeds, wheat flour, molasses, yeast, vinegar, cultured wheat starch, enzymes, malted barley flour, ascorbic acid added as a dough conditioner, corn protein, soybean oil.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

Net Weight 96oz / 6lbs.

# 4oz EVERYTHING BAGELS

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
servings per container 6		<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 51g	<b>19%</b>
<b>Serving size</b> 4oz (100g)		Saturated Fat 0g	<b>0%</b>	Dietary Fiber 2g	<b>7%</b>
<b>Calories</b> per serving <b>250</b>		Trans Fat 0g		Total Sugars 5g	
		<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 5g Added Sugars	<b>10%</b>
		<b>Sodium</b> 510mg	<b>22%</b>	<b>Protein</b> 8g	
		Vitamin D 0mcg 0% • Calcium 19mg 2% • Iron 3mg 15% Potassium 81mg 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, vinegar, cultured wheat starch, enzymes, malted barley flour, ascorbic acid added as a dough conditioner, corn protein, soybean oil.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

Net Weight 96oz / 6lbs.