

# NUTRITIONAL FACTS

JUST BAGELS

## 4-oz NYC Kettle Boiled Bagel Sampler

### Onion Bagel

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container <b>Serving size</b> 1 Bagel 4oz (113g)	<b>Calories per serving</b> <b>290</b>	<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 59g	<b>21%</b>
		Saturated Fat 0g	<b>0%</b>	Dietary Fiber 2g	<b>7%</b>
		Trans Fat 0g		Total Sugars 6g	
		<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 6g Added Sugars	<b>12%</b>
		<b>Sodium</b> 580mg	<b>25%</b>	<b>Protein</b> 10g	
		Vitamin D 0mcg 0% • Calcium 27mg 2% • Iron 4mg 20% Potassium 101mg 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>					

#### **Ingredient Statement**

FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), WATER, SUGAR, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SALT, MINCED ONION, 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

### Plain Bagel

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Serving size 1 Bagel 4oz (113g)	<b>Calories per serving</b> <b>280</b>	<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 57g	<b>21%</b>
		Saturated Fat 0g	<b>0%</b>	Dietary Fiber 2g	<b>7%</b>
		Trans Fat 0g		Total Sugars 6g	
		<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 6g Added Sugars	<b>12%</b>
		<b>Sodium</b> 580mg	<b>25%</b>	<b>Protein</b> 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

# NUTRITIONAL FACTS

JUST BAGELS

## Pumpnickel Bagel

<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 0g		<b>0%</b>	<b>Total Carbohydrate</b> 59g
6 servings per container	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 3g	<b>11%</b>
<b>Serving size</b>	Trans Fat 0g		Total Sugars 6g	
<b>4oz Bagel (113g)</b>	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 6g Added Sugars	<b>12%</b>
<b>Calories per serving</b>	<b>Sodium</b> 590mg	<b>26%</b>	<b>Protein</b> 10g	
<b>290</b>	Vitamin D 0mcg 0% • Calcium 33mg 2% • Iron 4mg 20% Potassium 138mg 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, RYE FLOUR, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: CARAWAY SEEDS, SALT, WHEAT FLOUR, CARAMEL COLOR, 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