

# NUTRITIONAL FACTS

JUST BAGELS

## 4oz. Bagel Sampler

Plain

<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 0g		<b>0%</b>	<b>Total Carbohydrate</b> 57g
Saturated Fat 0g		<b>0%</b>	Dietary Fiber 2g	<b>7%</b>
Trans Fat 0g			<b>Total Sugars</b> 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	
<b>Calories per serving</b> <b>280</b>	Vitamin D 0mcg 0% • Calcium 16mg 2% • Iron 3mg 15% Potassium 85mg 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

## Cinnamon Crumb

<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
Saturated Fat 0g		<b>0%</b>	Dietary Fiber 2g	<b>7%</b>
Trans Fat 0g			<b>Total Sugars</b> 8g	
<b>Cholesterol</b> 0mg		<b>0%</b>	Includes 6g Added Sugars	<b>12%</b>
<b>Sodium</b> 550mg		<b>24%</b>	<b>Protein</b> 9g	
<b>Calories per serving</b> <b>290</b>	Vitamin D 0mcg 0% • Calcium 31mg 2% • Iron 4mg 20% Potassium 89mg 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, CINNAMON, DEXTROSE, SOYBEAN OIL, WHEAT STARCH, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SALT, BROWN SUGAR, PALM OIL, BUTTER FLAVOR, CINNABUTTER, VANILLA, YEAST, MOLASSES, ENZYMES, CULTURED WHEAT STARCH, CARAMEL COLOR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, CORN PROTEIN.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

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## Everything

<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		<b>19%</b>	
	Saturated Fat 0g		<b>0%</b>	Dietary Fiber 2g		<b>7%</b>		
	Trans Fat 0g			Total Sugars 5g				
servings per container 24	<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 per serving</b> <b>250</b>	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