

# NUTRITIONAL FACTS

BANTAM BAGELS

## APPLE PIE

Nutrition Facts	
6 servings per container	
<b>Serving Size: 1 Filled Bagel</b> approx 1.3oz (37g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 130mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 1mg	6%
Potassium 3mg	0%
<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>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

### Ingredients

Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cream Cheese: (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), Apple Butter (Apples, Sugar, Apple Cider Concentrate, spices), Sugar, Malt Syrup, Salted Butter, Yeast, Salt, Ground Cinnamon, Raw Sugar, Pure Vanilla Extract, Ground Nutmeg, Sodium Bicarbonate.

CONTAINS: Milk, Wheat

Manufactured in a facility that also processes: Eggs, Soy

# NUTRITIONAL FACTS

BANTAM BAGELS

CLASSIC

Nutrition Facts	
6 servings per container	
<b>Serving Size: 1 Filled Bagel</b> approx 1.3oz (37g)	
Amount per serving	
<b>Calories</b>	<b>100</b>
% 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	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 1mg	6%
Potassium 3mg	0%
*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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

## INGREDIENTS

Enriched wheat flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), Water, Diastatic Malt Syrup, Whole Milk, Yeast, Salt, Sugar, Sodium Bicarbonate.

CONTAINS: Milk, Wheat

Manufactured in a facility that also processes: Eggs, Soy

# NUTRITIONAL FACTS

BANTAM BAGELS

## PUMPKIN SPICE

Nutrition Facts	
6 servings per container	
<b>Serving Size: 1 Filled Bagel</b> approx 1.3oz (37g)	
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 1mg	6%
Potassium 3mg	0%
*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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

## INGREDIENTS

### *Ingredients*

Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cream Cheese: (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), Pumpkin Puree, Sugar, Malt Syrup, Yeast, Salt, Ground Cinnamon, Ground Ginger, Ground Cloves, Sodium Bicarbonate.

CONTAINS: Milk, Wheat

Manufactured in a facility that also processes: Eggs, Soy

# NUTRITIONAL FACTS

BANTAM BAGELS

## FRENCH TOAST

### Nutrition Facts

6 servings per container

**Serving Size: 1 Filled Bagel**  
**approx 1.3oz (37g)**

Amount per serving

**Calories 100**

% Daily Value\*

**Total Fat** 3.5g 4%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 170mg 7%

**Total Carbohydrate** 15g 5%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 1g Added Sugars 2%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 7mg 0%

Iron 1mg 6%

Potassium 7mg 0%

\*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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### INGREDIENTS

#### *Ingredients*

Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), Water, Maple Syrup, Diastatic Malt Syrup, Butter, Egg, Sugar, Yeast, Salt, Cinnamon, Nutmeg.

CONTAINS: Milk, Wheat, Eggs

Manufactured in a facility that also processes Soy.

# NUTRITIONAL FACTS

BANTAM BAGELS

EVERYBODY'S FAVORITE

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving Size: 1 Filled Bagel</b> approx 1.3oz (37g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	4%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 1mg	6%
Potassium 5mg	0%
<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>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Enriched wheat flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), Water, Diastatic Malt Syrup, Carrots, Scallion, Celery, Yeast, Salt, Sugar, Dehydrated Onion, Sesame Seed, Poppy Seed, Spices, Sodium Bicarbonate.

CONTAINS: Milk, Wheat

Manufactured in a facility that also processes: Eggs, Soy

# NUTRITIONAL FACTS

BANTAM BAGELS

## EVERYTHING

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving Size: 1 Filled Bagel</b> approx 1.3oz (37g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 5mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 5mg	<b>0%</b>
<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>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Enriched wheat flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cream Cheese (Pasteurized Milk and Cream, Salt, Carob Bean Gum, Cheese Culture), Water, Diastatic Malt Syrup, Yeast, Salt, Sugar, Dehydrated Onion, Sesame Seed, Poppy

# NUTRITIONAL FACTS

*BANTAM BAGELS*