

# NUTRITIONAL FACTS

## EVERYTHING CHALLAH BAGEL

### 3.5oz EVERYTHING CHALLAH BAGEL

<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	6 servings per container	<b>Total Fat</b> 2.5g	<b>3%</b>	<b>Total Carbohydrate</b> 52g
<b>Serving size</b>	Saturated Fat 0.5g	<b>3%</b>	Dietary Fiber 3g	<b>11%</b>
<b>1 Bagel (3.5oz) (99g)</b>	Trans Fat 0g		Total Sugars 7g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 7g Added Sugars	<b>14%</b>
	<b>Sodium</b> 490mg	<b>21%</b>	<b>Protein</b> 8g	
<b>Calories per serving</b>	Vitamin D 0mcg 0% • Calcium 46mg 4% • Iron 3mg 15%			
<b>270</b>	Potassium 70mg 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:

UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), WATER, CANE SUGAR, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SALT, YEAST, SESAME, POPPY, DEHYDRATED ONION, DEHYDRATED GARLIC, PALM OIL, SUNFLOWER OIL, CULTURED WHEAT STARCH, VINEGAR, SOYBEAN OIL, NATURAL FLAVORS, ENZYMES, TURMERIC, ASCORBIC ACID, CORN PROTEIN.

CONTAINS: Wheat.

Made in a facility that uses Milk, Sesame, Wheat

Net Weight 5.25lbs.

# NUTRITIONAL FACTS

## PLAIN CHALLAH BAGEL

### 3.5oz PLAIN CHALLAH BAGEL

<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	6 servings per container	<b>Total Fat</b> 2.5g	<b>3%</b>	<b>Total Carbohydrate</b> 53g
<b>Serving size</b>	Saturated Fat 0.5g	<b>3%</b>	Dietary Fiber 3g	<b>11%</b>
<b>1 Bagel (3.5oz) (99g)</b>	Trans Fat 0g		Total Sugars 7g	
<b>Calories</b>	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 7g Added Sugars	<b>14%</b>
<b>per serving</b>	<b>Sodium</b> 490mg	<b>21%</b>	<b>Protein</b> 8g	
<b>270</b>	Vitamin D 0mcg 0% • Calcium 46mg 4% • Iron 3mg 15%			
	Potassium 70mg 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:

Unbleached Flour (Wheat Flour, Malted Barley Flour), Water, Cane Sugar, Contains less than 2% of each of the following: Salt, Yeast, Palm Oil, Sunflower Oil, Cultured Wheat Starch, Vinegar, Soybean Oil, Natural Flavors, Enzymes, Turmeric, Ascorbic Acid, Corn Protein.

CONTAINS: Wheat.

Made in a facility that uses Milk, Sesame, Wheat

Net Weight 5.25lbs.

# NUTRITIONAL FACTS

## SESAME CHALLAH BAGEL

### 3.5oz SESAME CHALLAH BAGEL

<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>6 servings per container</b>	<b>Total Fat 3g</b>	<b>4%</b>	<b>Total Carbohydrate 52g</b>
<b>Serving size</b>	Saturated Fat 0.5g	3%	Dietary Fiber 3g	11%
<b>1 Bagel (3.5oz) (99g)</b>	Trans Fat 0g		Total Sugars 7g	
<b>Calories per serving</b>	<b>Cholesterol 0mg</b>	<b>0%</b>	Includes 7g Added Sugars	<b>14%</b>
<b>280</b>	<b>Sodium 490mg</b>	<b>21%</b>	<b>Protein 9g</b>	
	Vitamin D 0mcg 0% • Calcium 47mg 4% • Iron 3mg 15% Potassium 74mg 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:

UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), WATER, CANE SUGAR, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SALT, YEAST, SESAME SEEDS, PALM OIL, SUNFLOWER OIL, CULTURED WHEAT STARCH, VINEGAR, SOYBEAN OIL, NATURAL FLAVORS, ENZYMES, TURMERIC, ASCORBIC ACID, CORN PROTEIN.

CONTAINS: Sesame, Wheat.

Made in a facility that uses Milk, Sesame, Wheat

Net Weight 5.25lbs.