

BLUEBERRY BAGELS /4oz

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Serving size 1 Bagel 4oz (113gr)	Total Fat 0g	0%	Total Carbohydrate 61g
Saturated Fat 0g		0%	Dietary Fiber 2g	7%
Calories per serving	Trans Fat 0g		Total Sugars 10g	
	Cholesterol 0mg	0%	Includes 10g Added Sugars	20%
290	Sodium 530mg	23%	Protein 9g	
	Vitamin D 0mcg 0% • Calcium 12mg 0% • 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.

INGREDIENT: FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), WATER, SUGAR, DRIED BLUEBERRY, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SALT, WHEAT FLOUR, YEAST, MOLASSES, BLUEBERRY NATURAL FLAVOR, CULTURED WHEAT STARCH, MALTED BARLEY FLOUR, ENZYMES, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, XANTHAN GUM, CORN PROTEIN.

CONTAINS: Wheat.

Made in a facility that uses Milk, Sesame, Wheat

4oz per Bagel - Total Net Wt: 96oz / 6lbs

BAGELS AIN'T BAGELS[®]
UNLESS THEY'RE
JUST BAGELS

CINNAMON APPLE BAGELS /4oz

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 0g		0%	Total Carbohydrate 61g
Saturated Fat 0g		0%	Dietary Fiber 3g	11%
Trans Fat 0g			Total Sugars 10g	
Cholesterol 0mg		0%	Includes 6g Added Sugars	12%
Sodium 540mg		23%	Protein 9g	
Calories per serving	290		Vitamin D 0mcg 0% • Calcium 19mg 2% • Iron 3mg 15% • Potassium 131mg 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, APPLE, SUGAR, SALT, WHEAT FLOUR, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: APPLE JUICE, YEAST, MOLASSES, CARAMEL COLOR, CINNAMON, NATURAL FLAVOR, CULTURED WHEAT STARCH, MALTED BARLEY FLOUR, ENZYMES, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, XANTHAN GUM , CORN PROTEIN.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

4oz per Bagel

Total Net Wt: 96oz / 6lbs

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EVERYTHING BAGELS /4oz

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	6 servings per container	Total Fat 0g	0%	Total Carbohydrate 59g
Serving size 1 Bagel 4oz (113gr)	Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Calories per serving	Trans Fat 0g		Total Sugars 6g	
	Cholesterol 0mg	0%	Includes 6g Added Sugars	12%
290	Sodium 670mg	29%	Protein 10g	
	Vitamin D 0mcg 0% • Calcium 19mg 2% • Iron 4mg 20% • Potassium 97mg 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, cultured wheat starch, enzymes, malted barley flour, ascorbic acid added as a dough conditioner, xanthan gum, corn protein.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

4oz per Bagel - Total Net Wt: 96oz / 6lbs

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PLAIN BAGELS /4oz

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 0g	0%	Total Carbohydrate 59g	21%
6 servings per container Serving size 1 Bagel 4oz (113gr)	Saturated Fat 0g	0%	Dietary Fiber 2g	7%
	Trans Fat 0g		Total Sugars 6g	
Calories per serving	Cholesterol 0mg	0%	Includes 6g Added Sugars	12%
	Sodium 590mg	26%	Protein 10g	
290	Vitamin D 0mcg 0% • Calcium 25mg 2% • Iron 4mg 20% Potassium 87mg 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, CULTURED WHEAT STARCH, ENZYMES, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, XANTHAN GUM, CORN PROTEIN.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

4oz per Bagel - Total Net Wt: 96oz / 6lbs



POPPY BAGELS / 4oz

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	6 servings per container	Total Fat 0.5g	1%	Total Carbohydrate 59g
Serving size 1 Bagel 4oz (113gr)	Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Calories per serving	Trans Fat 0g		Total Sugars 6g	
	290	Cholesterol 0mg	0%	Includes 6g Added Sugars
	Sodium 560mg	24%	Protein 10g	
	Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 4mg 20% • Potassium 96mg 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, POPPY SEEDS, WHEAT FLOUR, MOLASSES, YEAST, CULTURED WHEAT STARCH, ENZYMES, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, XANTHAN GUM, CORN PROTEIN.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

4oz per Bagel - Total Net Wt: 96oz / 6lbs

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SESAME BAGELS /4oz

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	6 servings per container	Total Fat 0.5g	1%	Total Carbohydrate 59g
Serving size 1 Bagel 4oz (113gr)	Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Calories per serving	Trans Fat 0g		Total Sugars 6g	
	Cholesterol 0mg	0%	Includes 6g Added Sugars	12%
290	Sodium 570mg	25%	Protein 10g	
	Vitamin D 0mcg 0% • Calcium 17mg 2% • Iron 4mg 20% • Potassium 88mg 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.				

Ingredient: FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), WATER, SUGAR, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SALT, SESAME SEEDS, WHEAT FLOUR, MOLASSES, YEAST, CULTURED WHEAT STARCH, ENZYMES, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, XANTHAN GUM, CORN PROTEIN.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

4oz per Bagel - Total Net Wt: 96oz / 6lbs

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FRENCH TOAST BAGELS /4oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container		Total Fat 0g	0%	Total Carbohydrate 59g	21%
Serving size		Saturated Fat 0g	0%	Dietary Fiber 2g	7%
1 Bagel 4oz(113gr)		Trans Fat 0g		Total Sugars 10g	
Calories per serving	280	Cholesterol 0mg	0%	Includes 6g Added Sugars	12%
		Sodium 600mg	26%	Protein 9g	
		Vitamin D 0mcg 0% • Calcium 27mg 2% • Iron 3mg 15%			
		Potassium 81mg 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: WHEAT FLOUR, SALT, MOLASSES, YELLOW CORN FLOUR, YEAST, CARAMEL COLOR, NATURAL FLAVORS, CINNAMON, VINEGAR, FRUCTOSE, WHEAT STARCH, 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

4oz per Bagel * Total Net Wt: 96 oz / 6 lbs

