

# 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%
<b>290</b>	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<sup>®</sup>  
UNLESS THEY'RE  
**JUST BAGELS**

# EVERYTHING BAGELS /4oz

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	6 servings per container	<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 59g
<b>Serving size</b> 1 Bagel 4oz (113gr)	Saturated Fat 0g	0%	Dietary Fiber 2g	7%
<b>Calories</b> per serving	Trans Fat 0g		Total Sugars 6g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 6g Added Sugars	<b>12%</b>
<b>290</b>	<b>Sodium</b> 670mg	<b>29%</b>	<b>Protein</b> 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

BAGELS AIN'T BAGELS<sup>®</sup>  
UNLESS THEY'RE  
**JUST BAGELS**

# PLAIN BAGELS /4oz

## Nutrition Facts

6 servings per container  
Serving size  
1 Bagel 4oz (113gr)

Calories  
per serving **290**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<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> 590mg	<b>26%</b>	<b>Protein</b> 10g	
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

BAGELS AIN'T BAGELS<sup>®</sup>  
UNLESS THEY'RE  
**JUST BAGELS**

# SESAME BAGELS /4oz

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	6 servings per container	<b>Total Fat</b> 0.5g	<b>1%</b>	<b>Total Carbohydrate</b> 59g
<b>Serving size</b> 1 Bagel 4oz (113gr)	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 2g	<b>7%</b>
<b>Calories</b> per serving	Trans Fat 0g		Total Sugars 6g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 6g Added Sugars	<b>12%</b>
<b>290</b>	<b>Sodium</b> 570mg	<b>25%</b>	<b>Protein</b> 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

BAGELS AIN'T BAGELS<sup>®</sup>  
UNLESS THEY'RE  
**JUST BAGELS**