

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
Calories per serving	Saturated Fat 0g	0%	Dietary Fiber 2g	7%
	Trans Fat 0g		Total Sugars 10g	
290	Cholesterol 0mg	0%	Includes 10g Added Sugars	20%
	Sodium 530mg	23%	Protein 9g	
Vitamin D 0mcg 0% • Calcium 12mg 0% • Iron 3mg 15% • Potassium 85mg 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>				

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

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%			
*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, 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

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

Calories
per serving **290**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0g	0%	Total Carbohydrate 59g	21%
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 6g	
Cholesterol 0mg	0%	Includes 6g Added Sugars	12%
Sodium 590mg	26%	Protein 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

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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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NUTRITIONAL FACTS

CHOCOLATE CARAMEL

CHOCOLATE CARAMEL BAGEL

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container		Total Fat 2g	3%	Total Carbohydrate 59g	21%
Serving size 1 Bagel 4oz (113gr)		Saturated Fat 1g	5%	Dietary Fiber 2g	7%
		Trans Fat 0g		Total Sugars 11g	
Calories per serving	270	Cholesterol 0mg	0%	Includes 10g Added Sugars	20%
		Sodium 500mg	22%	Protein 9g	
		Vitamin D 0mcg 0% • Calcium 23mg 2% • Iron 1mg 6% • Potassium 93mg 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, Caramel ((Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, and Folic Acid)), Unsweetened Chocolate (Cocoa Butter, Dextrose, Soy Lecithin (Emulsifier), Vanillin), contains less than 2% of each of the following: salt, wheat flour, yeast, Cocoa Powder, cultured wheat starch, enzymes, malted barley flour, ascorbic acid added as a dough conditioner, corn protein.

CONTAINS: Wheat.

Made in a facility that uses Sesame Seeds, Wheat

Net Weight 6bs.