

# 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**