

# 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: 48oz / 3lbs

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

# 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%			
<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: 48oz / 3lbs

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

# NUTRITIONAL FACTS

GF BLUEBERRY BAGEL

## GLUTEN FREE BLUEBERRY BAGEL

Nutrition Facts		
1 servings per container		
<b>Serving size</b>	<b>3oz (85g)</b>	
<b>Amount per serving</b>		
<b>Calories</b>	<b>230</b>	
<b>% Daily Value*</b>		
<b>Total fat</b> 12g		<b>16%</b>
Saturated Fat 7g		<b>34%</b>
Trans Fat 0g		
<b>Cholesterol</b> 35mg		<b>12%</b>
<b>Sodium</b> 350mg		<b>15%</b>
<b>Total Carbohydrate</b> 21g		<b>8%</b>
Dietary Fiber less than 1g		<b>2%</b>
Total Sugars 11g		
Includes 9g Added Sugars		<b>19%</b>
<b>Protein</b> 10g		
Vitamin D 0.3mcg		2%
Calcium 347mg		25%
Iron 0.2mg		2%
Potassium 148mg		4%

\*The % Daily Value (DV) 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:** Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes) Tapioca Flour, Water, Fresh Blueberries, Cane Sugar.

**ALLERGENS:** Contains milk

# NUTRITIONAL FACTS

GF ORIGINAL BAGEL

## GLUTEN FREE ORIGINAL BAGEL

<b>Nutrition Facts</b>	
about 1 servings per container	
<b>Serving size</b>	<b>1 Bagelino (85g)</b>
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 7g	<b>33%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber <1g	<b>2%</b>
Total Sugars 11g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 10g	
Vitamin D 0.3mcg	2%
Calcium 340mg	25%
Iron 0.2mg	2%
Potassium 150mg	4%
<small>*The % Daily Value (DV) 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:** Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes) Tapioca Flour, Water, Fresh Blueberries, Cane Sugar.

**ALLERGENS:** Contains milk