

# NUTRITIONAL FACTS

MARBLE RYE BAGEL

## MARBLE RYE BAGEL /4oz

| Nutrition<br>Facts       | Amount/serving                                                                                                                                                | % Daily Value* | Amount/serving           | % Daily Value* |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------------|----------------|
|                          | Total Fat 1g                                                                                                                                                  | 1%             | Total Carbohydrate 60g   | 22%            |
|                          | Saturated Fat 0g                                                                                                                                              | 0%             | Dietary Fiber 3g         | 11%            |
|                          | Trans Fat 0g                                                                                                                                                  |                | Total Sugars 7g          |                |
|                          | Cholesterol 0mg                                                                                                                                               | 0%             | Includes 6g Added Sugars | 12%            |
| 6 servings per container | Sodium 560mg                                                                                                                                                  | 24%            | Protein 9g               |                |
| Serving size             | Vitamin D 0mcg 0% • Calcium 38mg 2% • Iron 1mg 6% • Potassium 130mg 2%                                                                                        |                |                          |                |
| 1 Bagel 4oz (113gr)      | *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. |                |                          |                |
| Calories per serving     | 270                                                                                                                                                           |                |                          |                |

INGREDIENTS: FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), WATER, RYE FLOUR, SUGAR, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: CARAWAY SEEDS, CARAMEL COLOR, PURE HONEY, WHEAT FLOUR, YEAST, MOLASSES, DARK RYE FLOUR, 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, and Wheat

4oz per Bagel - Net Weight 6 lbs.

# BLUEBERRY BAGELS /4oz

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

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# NUTRITIONAL FACTS

## CHOCOLATE STRAWBERRY BAGEL

### CHOCOLATE STRAWBERRY BAGEL /4oz

| Nutrition Facts                                                                                                                                               |  | Amount/serving                                                        | % Daily Value* | Amount/serving            | % Daily Value* |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------|----------------|---------------------------|----------------|
| 6 servings per container                                                                                                                                      |  | Total Fat 1.5g                                                        | 2%             | Total Carbohydrate 61g    | 22%            |
| Serving size                                                                                                                                                  |  | Saturated Fat 0g                                                      | 0%             | Dietary Fiber 2g          | 7%             |
| 1 Bagel 4oz (113gr)                                                                                                                                           |  | Trans Fat 0g                                                          |                | Total Sugars 12g          |                |
| Calories                                                                                                                                                      |  | Cholesterol 0mg                                                       | 0%             | Includes 10g Added Sugars | 20%            |
| per serving                                                                                                                                                   |  | Sodium 520mg                                                          | 23%            | Protein 9g                |                |
| 280                                                                                                                                                           |  | Vitamin D 0mcg 0% • Calcium 26mg 2% • Iron 1mg 6% • 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, ICING(SUGAR, CORN STARCH, CANOLA OIL, WATER, SALT, NATURAL FLAVOR, CITRIC ACID), DRIED STRAWBERRY (STRAWBERRY, SUGAR, CITRIC ACID, NATURAL COLOR FLAVOR), CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: UNSWEETENED CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LECITHIN, VANILLIN [ARTIFICIAL FLAVOR]), STRAWBERRY EXTRACT (WATER, ALCOHOL, GLYCERIN, NATURAL FLAVORS, CITRIC ACID, EXTRACTIVE OF STRAWBERRY), WHEAT FLOUR, YEAST, MOLASSES, COCOA POWDER, CULTURED WHEAT STARCH, MALTED BARLEY FLOUR, ENZYMES, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, XANTHAN GUM, CORN PROTEIN.

CONTAINS: Soybean, Wheat.

Made in a facility that uses Milk, Sesame, and Wheat

4oz per Bagel - Net Weight 6 lbs.

# NUTRITIONAL FACTS

## CINNAMON RAISIN CRUMB

# CINNAMON RAISIN CRUMB BAGEL

| Nutrition Facts                                                                                                                                               |  | Amount/serving                                                         | % Daily Value* | Amount/serving           | % Daily Value* |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------|----------------|--------------------------|----------------|
| 6 servings per container                                                                                                                                      |  | Total Fat 1g                                                           | 1%             | Total Carbohydrate 60g   | 22%            |
| Serving size                                                                                                                                                  |  | Saturated Fat 0g                                                       | 0%             | Dietary Fiber 2g         | 7%             |
| 1 Bagel 4oz (113gr)                                                                                                                                           |  | Trans Fat 0g                                                           |                | Total Sugars 10g         |                |
| Calories                                                                                                                                                      |  | Cholesterol 0mg                                                        | 0%             | Includes 5g Added Sugars | 10%            |
| per serving                                                                                                                                                   |  | Sodium 520mg                                                           | 23%            | Protein 9g               |                |
| 270                                                                                                                                                           |  | Vitamin D 0mcg 0% • Calcium 29mg 2% • Iron 1mg 6% • Potassium 128mg 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, RAISINS, SUGAR, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SALT, BROWN SUGAR, WHEAT FLOUR, MOLASSES, YEAST, CARAMEL COLOR, VANILLA, CINNAMON, CULTURED WHEAT STARCH, ENZYMES, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, SUNFLOWER OIL, XANTHAN GUM, CORN PROTEIN.

CONTAINS: Wheat.

Made in a facility that uses Milk, Sesame, and Wheat  
4oz per Bagel - Net Weight 6 lbs.

# EVERYTHING BAGELS /4oz

| Nutrition Facts                                                                                                                                               |               | Amount/serving |  | % Daily Value* | Amount/serving           |     | % Daily Value* |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|----------------|--|----------------|--------------------------|-----|----------------|
| 6 servings per container<br>Serving size<br>1 Bagel 4oz (113gr)                                                                                               | 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        | 670mg          |  | 29%            | Protein                  | 10g |                |
| Calories per serving                                                                                                                                          | 290           |                |  |                |                          |     |                |
| 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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# NUTRITIONAL FACTS

SESAME BAGEL

## SESAME BAGEL

INGREDIENTS: Flour (wheat flour, malted barley flour), water, sugar, contains less than 2% of each of the following: salt, sesame seeds, wheat flour, molasses, yeast, vinegar, cultured wheat starch, enzymes, malted barley flour, ascorbic acid added as a dough conditioner, corn protein, soybean oil.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

Net Weight 96oz / 6lbs.