

# NUTRITIONAL FACTS

JUST BAGELS

## Kettle Boiled Bialy & Bagel 24-ct Sampler

### Everything Bagels

<b>Nutrition Facts</b>	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	0%	Dietary Fiber 2g	7%	
Trans Fat 0g		Total Sugars 6g		
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 6g Added Sugars	<b>12%</b>	
<b>Sodium</b> 680mg	<b>30%</b>	<b>Protein</b> 10g		
Vitamin D 0mcg 0% • Calcium 31mg 2% • Iron 4mg 20% Potassium 95mg 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, VINEGAR, CULTURED WHEAT STARCH, ENZYMES, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, CORN PROTEIN.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

### Plain Bagels

<b>Nutrition Facts</b>	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	0%	Dietary Fiber 2g	7%	
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, VINEGAR, CULTURED WHEAT STARCH, ENZYMES, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, CORN PROTEIN.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

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## Sliced Bialys

<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>6 servings per container</b>	<b>Total Fat</b> 0.5g	<b>1%</b>	<b>Total Carbohydrate</b> 38g
<b>Serving size</b> <b>6 (71g)</b>	Saturated Fat 0g	0%	Dietary Fiber 3g	11%
<b>Calories</b> per serving	<i>Trans</i> Fat 0g		Total Sugars 1g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 1g Added Sugars	<b>2%</b>
<b>180</b>	<b>Sodium</b> 240mg	<b>10%</b>	<b>Protein</b> 7g	<b>14%</b>
	Vitamin D 0mcg	0%	• Calcium 0mg	0%
	Potassium 2162mg	45%	• Iron 0.72mg	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: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), WATER  
CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SALT, YEAST, DEGERMINATED YELLOW CORN MEAL, AND ONIONS.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat