

NUTRITIONAL FACTS

ASIAGO BAGEL

ASAIGO BAGEL

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 3g		4%	Total Carbohydrate 54g
	Saturated Fat 2g	10%	Dietary Fiber 2g	7%
	Trans Fat 0g		Total Sugars 5g	
6 servings per container	Cholesterol 10mg	3%	Includes 5g Added Sugars	10%
Serving size	Sodium 670mg	29%	Protein 11g	
1 Bagel 4oz (113g)	Vitamin D 0mcg 0% • Calcium 89mg 6% • Iron 3mg 15%			
Calories per serving	Potassium 79mg 2%			
300	*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, Asiago cheese (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose), 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

4oz per Bagel * Total Net Wt: 96oz / 6lbs

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%			
<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, 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

BAGELS AIN'T BAGELS[®]
UNLESS THEY'RE
JUST BAGELS

NUTRITIONAL FACTS

SESAME BAGEL

SESAME BAGEL

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 0g		0%	Total Carbohydrate 50g
Servings per container 24	Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Serving size 4oz (100g)	Trans Fat 0g		Total Sugars 5g	
Calories per serving	250	Cholesterol 0mg	Includes 5g Added Sugars	10%
		Sodium 510mg	22%	Protein 8g
		Vitamin D 0mcg 0% • Calcium 15mg 2% • Iron 3mg 15%		
		Potassium 78mg 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, 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.