

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*
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 590mg	26%	Protein 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[®]
UNLESS THEY'RE
JUST BAGELS

NUTRITIONAL FACTS

CARAMEL APPLE BAGEL

CARAMEL APPLE BAGEL

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	6 servings per container	Total Fat 1g	1%	Total Carbohydrate 58g
Serving size 1 Bagel 4oz (113gr)	Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Calories per serving	Trans Fat 0g		Total Sugars 11g	
	Cholesterol 0mg	0%	Includes 7g Added Sugars	14%
260	Sodium 510mg	22%	Protein 8g	
	Vitamin D 0mcg 0% • Calcium 23mg 2% • Iron 1mg 6% • Potassium 110mg 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, CARAMEL BITES (ENRICHED WHEAT FLOUR [WHEAT FLOUR [WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, AND FOLIC ACID] CORN STARCH, FRUCTOSE, CANOLA OIL, NATURAL FLAVORS, SALT), ORGANIC APPLES, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SALT, WHEAT FLOUR, CULTURED WHEAT STARCH, MALTED BARLEY FLOUR, ENZYMES, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, YEAST, MOLASSES, CARAMEL COLOR, XANTHAN GUM, CORN PROTEIN.

CONTAINS: Milk, Wheat.

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

FRENCH TOAST BAGELS /4oz

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container		Total Fat 0g	0%	Total Carbohydrate 59g	21%
Serving size		Saturated Fat 0g	0%	Dietary Fiber 2g	7%
1 Bagel 4oz(113gr)		Trans Fat 0g		Total Sugars 10g	
Calories per serving	280	Cholesterol 0mg	0%	Includes 6g Added Sugars	12%
		Sodium 600mg	26%	Protein 9g	
		Vitamin D 0mcg 0% • Calcium 27mg 2% • Iron 3mg 15%			
		Potassium 81mg 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: WHEAT FLOUR, SALT, MOLASSES, YELLOW CORN FLOUR, YEAST, CARAMEL COLOR, NATURAL FLAVORS, CINNAMON, VINEGAR, FRUCTOSE, WHEAT STARCH, 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: 96 oz / 6 lbs



NUTRITIONAL FACTS

JUST BAGELS

CHOCOLATE CHIP BAGEL

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
	6 servings per container	Total Fat 2g			3%	Total Carbohydrate 62g		23%
Serving size	Saturated Fat 1.5g			8%	Dietary Fiber 2g		7%	
1 Bagel 4oz (113gr)	Trans Fat 0g				Total Sugars 13g			
Calories	Cholesterol 0mg			0%	Includes 9g Added Sugars		18%	
per serving	Sodium 530mg			23%	Protein 9g			
310	Vitamin D 0mcg 0% • Calcium 22mg 2% • Iron 4mg 20% Potassium 79mg 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>							

FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), WATER, SUGAR, SEMISWEET CHOCOLATE DROPS (SUGAR, CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LECITHIN, ARTIFICIAL FLAVOR), CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SALT, WHEAT FLOUR, HIGH FAT COCOA PROCESSED WITH ALKALI, MOLASSES, YEAST, VINEGAR, ETHYL ALCOHOL, VANILLA BEAN EXTRACTIVES, 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

Net Weight 6lbs.