

EVERYTHING BAGELS /4oz

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	6 servings per container Serving size 1 Bagel 4oz (113gr)	Total Fat 0g	0%	Total Carbohydrate 59g
Saturated Fat 0g		0%	Dietary Fiber 2g	7%
Trans Fat 0g			Total Sugars 6g	
Cholesterol 0mg		0%	Includes 6g Added Sugars	12%
Calories per serving	Sodium 670mg	29%	Protein 10g	
	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

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

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

PLAIN BAGEL

PLAIN BAGEL

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Serving size 1 Bagel 4oz (113g)		Total Fat 0g	0%	Total Carbohydrate 57g	21%
Calories per serving 280		Saturated Fat 0g	0%	Dietary Fiber 2g	7%
		Trans Fat 0g		Total Sugars 6g	
		Cholesterol 0mg	0%	Includes 6g Added Sugars	12%
		Sodium 580mg	25%	Protein 9g	
		Vitamin D 0mcg 0% • Calcium 16mg 2% • 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>			

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

Net Weight 6bs.