

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

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

BLUEBERRY BAGELS /4oz

| Nutrition Facts | Amount/serving | | Amount/serving | | | |
|---|--|-------|----------------|---------------------------|-----|-----|
| | % Daily Value* | | % Daily Value* | | | |
| Serving size 1 Bagel 4oz (113gr) | Total Fat | 0g | 0% | Total Carbohydrate | 61g | 22% |
| | Saturated Fat | 0g | 0% | Dietary Fiber | 2g | 7% |
| Calories per serving | Trans Fat | 0g | | Total Sugars | 10g | |
| | Cholesterol | 0mg | 0% | Includes 10g Added Sugars | | 20% |
| 290 | Sodium | 530mg | 23% | Protein | 9g | |
| | Vitamin D 0mcg 0% • Calcium 12mg 0% • Iron 3mg 15% • Potassium 85mg 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. | | | | | | |

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 -

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NUTRITIONAL FACTS

CINAMMON RAISIN BAGEL

CINNAMON RAISIN BAGEL

| Nutrition Facts | <u>Amount/serving</u> | <u>% Daily Value*</u> | <u>Amount/serving</u> | <u>% Daily Value*</u> |
|---|--|-----------------------|--------------------------|-------------------------------|
| | Serving size 1 Bagel 4oz (113g) | Total Fat 0g | 0% | Total Carbohydrate 59g |
| Calories per serving 280 | Saturated Fat 0g | 0% | Dietary Fiber 2g | 7% |
| | Trans Fat 0g | | Total Sugars 11g | |
| | Cholesterol 0mg | 0% | Includes 6g Added Sugars | 12% |
| | Sodium 600mg | 26% | Protein 9g | |
| | Vitamin D 0mcg 0% • Calcium 25mg 2% • Iron 3mg 15% Potassium 131mg 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, Raisins, Sugar, Contains less than 2% of each of the following: Salt, Wheat Flour, Molasses, Yeast, Caramel Color, Cinnamon, Wheat Starch, Natural Flavors, Vinegar, Cultured Wheat Starch, Enzymes, Malted Barley Flour, Ascorbic Acid Added as a Dough Conditioner, Sunflower Oil, Corn Protein.

CONTAINS: Wheat.

Made in a facility that uses milk, wheat

Net Weight 6bs.