

## 3oz PLAIN BAGEL WITH VEGGIE CREAM CHEESE FILLING

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 Bagel (84g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 24mg	<b>2%</b>
<b>Iron</b> 2mg	<b>10%</b>
<b>Potassium</b> 31mg	<b>0%</b>
*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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cream Cheese (Milk, Cream, Contains less than 2% of: Salt, Carob Bean Gum, Cheese Culture), Water, Sugar, Salted Base (Salt, Wheat Flour, Cultured Wheat Starch, Malted Barley Flour, Enzymes, Ascorbic Acid, Vegetable Protein [Corn Based]), Carrots, Onion, Celery, Yeast, Molasses, Guar Gum, Garlic Power, Onion Powder, Malt Syrup (Corn Syrup, Malted Barley Extract), Salt, Pepper, Sodium Bicarbonate.

**CONTAINS:** Milk, Wheat

Made in a facility that uses Soy, Sesame, Peanuts and Tree Nuts

3oz per bagel / Net Weight: 54oz

BAGELS AIN'T BAGELS<sup>®</sup>  
UNLESS THEY'RE  
**JUST BAGELS**



## Product Description: Just Bagel – Everything Bagel with Plain Cream Cheese Filling

### Ingredient Statement:

Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cream Cheese (Milk, Cream, Contains less than 2% of: Salt, Carob Bean Gum, Cheese Culture), Water, Sugar, Salted Base (Salt, Wheat Flour, Cultured Wheat Starch, Malted Barley Flour, Enzymes, Ascorbic Acid, Vegetable Protein [Corn Based]), Everything Mix (Natural Sesame Seed, Poppy Seed, Onion, Garlic, Salt), Yeast, Whole Milk, Molasses, Xanthan Gum, Malt Syrup (Corn Syrup, Malted Barley Extract), Sodium Bicarbonate.

### Allergen Information:

Contains: Wheat, Milk, Sesame. Produced in a facility that has Soy, Peanuts, and Tree Nuts.

### Nutrition Facts Panel:

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 bagel (84g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 460mg	<b>20%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 6g	
Vitamin D 0.2mcg	2%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 40mg	0%

\*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.



## Product Description: Just Bagel – Plain Bagel with Plain Cream Cheese Filling

### Ingredient Statement:

Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cream Cheese (Milk, Cream, Contains less than 2% of: Salt, Carob Bean Gum, Cheese Culture), Water, Sugar, Salted Base (Salt, Wheat Flour, Cultured Wheat Starch, Malted Barley Flour, Enzymes, Ascorbic Acid, Vegetable Protein [Corn Based]), Yeast, Whole Milk, Molasses, Xanthan Gum, Malt Syrup (Corn Syrup, Malted Barley Extract), Sodium Bicarbonate.

### Allergen Information:

Contains: Wheat, Milk. Produced in a facility that has Soy, Sesame, Peanuts, and Tree Nuts.

### Nutrition Facts Panel:

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 bagel (84g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 6g	
Vitamin D 0.2mcg	2%
Calcium 20mg	2%
Iron 2mg	10%
Potassium 30mg	0%

\*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.