

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

CINNAMON APPLE CRANBERRY

CINNAMON APPLE CRANBERRY BAGEL

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Serving size 1 Bagel 4oz (113gr)		Total Fat 1g	1%	Total Carbohydrate 69g	25%
		Saturated Fat 0g	0%	Dietary Fiber 3g	11%
		Trans Fat 0g		Total Sugars 11g	
Calories per serving	270	Cholesterol 0mg	0%	Includes 7g Added Sugars	14%
		Sodium 510mg	22%	Protein 8g	
		Vitamin D 0mcg 0% • Calcium 33mg 2% • Iron 1mg 6% • Potassium 114mg 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, DRIED CRANBERRY, ORGANIC APPLES, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SALT, WHEAT FLOUR, APPLE JUICE, YEAST, APPLE EMULSION (WATER, ACACIA GUM, XANTHAN GUM, SODIUM BENZOATE, MALIC ACID), CINNAMON, MOLASSES, CARAMEL COLOR, 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, Sesame, and Wheat
4oz per Bagel - Net Weight 6 lbs.

NUTRITIONAL FACTS

CINNAMON SWIRL

CINNAMON SWIRL BAGEL

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Serving size 1 Bagel 4oz (113gr)	Calories per serving	260		Total Fat 1g	1%
				Saturated Fat 0g	0%
				Trans Fat 0g	
				Cholesterol 0mg	0%
				Sodium 520mg	23%
				Total Carbohydrate 57g	21%
				Dietary Fiber 2g	7%
				Total Sugars 9g	
				Includes 7g Added Sugars	14%
				Protein 9g	
				Vitamin D 0mcg 0% • Calcium 33mg 2% • Iron 1mg 6% • Potassium 88mg 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, ICING BITES (SUGAR, CORN STARCH, CANOLA OIL, WATER, SALT, NATURAL FLAVOR, CITRIC ACID), CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SALT, VANILLA, WHEAT FLOUR, YEAST, CINNAMON, MOLASSES, CARAMEL COLOR, 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, Sesame, and Wheat
4oz per Bagel - Net Weight 6 lbs.