

# NUTRITIONAL FACTS

## CINNAMON RAISIN CHALLAH BAGEL

### 3.5oz CINNAMON RAISIN CHALLAH BAGEL

| <b>Nutrition Facts</b>                 | Amount/serving                                                           | % Daily Value* | Amount/serving           | % Daily Value*                |
|----------------------------------------|--------------------------------------------------------------------------|----------------|--------------------------|-------------------------------|
|                                        | <b>Total Fat</b> 2g                                                      |                | <b>3%</b>                | <b>Total Carbohydrate</b> 54g |
| Saturated Fat 0.5g                     |                                                                          | <b>3%</b>      | Dietary Fiber 3g         | <b>11%</b>                    |
| Trans Fat 0g                           |                                                                          |                | Total Sugars 10g         |                               |
| <b>Cholesterol</b> 0mg                 |                                                                          | <b>0%</b>      | Includes 7g Added Sugars | <b>14%</b>                    |
| <b>Sodium</b> 460mg                    |                                                                          | <b>20%</b>     | <b>Protein</b> 8g        |                               |
| <b>Calories per serving</b> <b>270</b> | Vitamin D 0mcg 0% • Calcium 51mg 4% • Iron 3mg 15%<br>Potassium 106mg 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:

UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), WATER, CANE SUGAR, RAISINS, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: YEAST, SALT, PALM OIL, SUNFLOWER OIL, VANILLA, CARAMEL COLOR, CINNAMON, CULTURED WHEAT STARCH, NATURAL FLAVORS, VINEGAR, CULTURED WHEAT STARCH, SOYBEAN OIL, ENZYMES, TURMERIC, ASCORBIC ACID, CORN PROTEIN.

CONTAINS: Wheat.

Made in a facility that uses Milk, Sesame, Wheat

Net Weight 5.25lbs.

# NUTRITIONAL FACTS

## PLAIN CHALLAH BAGEL

### 3.5oz PLAIN CHALLAH BAGEL

| <b>Nutrition Facts</b>       | Amount/serving                                                                                                                                                               | % Daily Value*        | Amount/serving           | % Daily Value*                |
|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--------------------------|-------------------------------|
|                              | <b>6 servings per container</b>                                                                                                                                              | <b>Total Fat</b> 2.5g | <b>3%</b>                | <b>Total Carbohydrate</b> 53g |
| <b>Serving size</b>          | Saturated Fat 0.5g                                                                                                                                                           | <b>3%</b>             | Dietary Fiber 3g         | <b>11%</b>                    |
| <b>1 Bagel (3.5oz) (99g)</b> | Trans Fat 0g                                                                                                                                                                 |                       | Total Sugars 7g          |                               |
| <b>Calories per serving</b>  | <b>Cholesterol</b> 0mg                                                                                                                                                       | <b>0%</b>             | Includes 7g Added Sugars | <b>14%</b>                    |
| <b>270</b>                   | <b>Sodium</b> 490mg                                                                                                                                                          | <b>21%</b>            | <b>Protein</b> 8g        |                               |
|                              | Vitamin D 0mcg 0% • Calcium 46mg 4% • Iron 3mg 15%                                                                                                                           |                       |                          |                               |
|                              | Potassium 70mg 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:

Unbleached Flour (Wheat Flour, Malted Barley Flour), Water, Cane Sugar, Contains less than 2% of each of the following: Salt, Yeast, Palm Oil, Sunflower Oil, Cultured Wheat Starch, Vinegar, Soybean Oil, Natural Flavors, Enzymes, Turmeric, Ascorbic Acid, Corn Protein.

CONTAINS: Wheat.

Made in a facility that uses Milk, Sesame, Wheat

Net Weight 5.25lbs.

# EVERYTHING BAGELS /4oz

| Nutrition Facts                                                                                                                                               | Amount/serving                                                         | % Daily Value* | Amount/serving           | % Daily Value*         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|----------------|--------------------------|------------------------|
|                                                                                                                                                               | 6 servings per container<br>Serving size<br>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<br>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<sup>®</sup>  
UNLESS THEY'RE  
**JUST BAGELS**