

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 RAISIN CRUMB

CINNAMON RAISIN CRUMB BAGEL

| Nutrition Facts | | Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|--|------------|--|----------------|-------------------------------|----------------|
| 6 servings per container | | Total Fat 1g | 1% | Total Carbohydrate 60g | 22% |
| Serving size | | Saturated Fat 0g | 0% | Dietary Fiber 2g | 7% |
| 1 Bagel 4oz (113gr) | | Trans Fat 0g | | Total Sugars 10g | |
| | | Cholesterol 0mg | 0% | Includes 5g Added Sugars | 10% |
| Calories | 270 | Sodium 520mg | 23% | Protein 9g | |
| per serving | | Vitamin D 0mcg 0% • Calcium 29mg 2% • Iron 1mg 6% • Potassium 128mg 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, BROWN SUGAR, WHEAT FLOUR, MOLASSES, YEAST, CARAMEL COLOR, VANILLA, CINNAMON, CULTURED WHEAT STARCH, ENZYMES, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, SUNFLOWER OIL, XANTHAN GUM, CORN PROTEIN.

CONTAINS: Wheat.

Made in a facility that uses Milk, Sesame, and Wheat
4oz per Bagel - Net Weight 6 lbs.

FRENCH TOAST BAGELS /4oz

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|---|--|---|--|--|---|
| <h2>Nutrition Facts</h2> <p>6 servings per container Serving size 1 Bagel 4oz(113gr)</p> <hr/> <p>Calories per serving</p> | | <p>Amount/serving</p> <p>Total Fat 0g</p> <hr/> <p>Saturated Fat 0g</p> <hr/> <p>Trans Fat 0g</p> <hr/> <p>Cholesterol 0mg</p> <hr/> <p>Sodium 600mg</p> <hr/> <p>Vitamin D 0mcg 0% • Calcium 27mg 2% • Iron 3mg 15% Potassium 81mg 2%</p> | <p>% Daily Value*</p> <p>0%</p> <hr/> <p>0%</p> <hr/> <p>0%</p> <hr/> <p>0%</p> <hr/> <p>26%</p> <hr/> | <p>Amount/serving</p> <p>Total Carbohydrate 59g</p> <hr/> <p>Dietary Fiber 2g</p> <hr/> <p>Total Sugars 10g</p> <hr/> <p>Includes 6g Added Sugars</p> <hr/> <p>Protein 9g</p> <hr/> | <p>% Daily Value*</p> <p>21%</p> <hr/> <p>7%</p> <hr/> <p>12%</p> <hr/> |
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| | | <p>*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.</p> | | | |

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

