

Original Bagel Nutrition Label NEW: All Natural Plain Bagel

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Nutrition Facts	
1 serving per container	
Serving size	4 1/2 oz (128g)
Amount per serving	
Calories	320
% Daily Value *	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 580mg	25%
Total Carbohydrate 65g	24%
Dietary Fiber 2g	8%
Total Sugars 4g	
Includes 3g Added Sugars	7%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 3.8mg	20%
Potassium 90mg	2%
* The % Daily Value (DV) 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: Wheat Flour Enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Sugar, Salt, Cultured Wheat Flour, Vinegar, Yeast, Palm Oil, non-GMO Soybean Oil, Sunflower Oil, Ascorbic Acid, Enzymes, Cornmeal

CONTAINS: Soy, Wheat