



Blueberry Bagel- Original Bagel

Ingredient Statement:

Enriched Wheat Flour, (Malt Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Water, Sugar, Barley Malt, Blueberry Bits (Sugar, Wheat Flour, Yellow Corn Flour, Soybean Oil, Wheat Starch, Natural and Artificial Flavor, Blue 2, Red 40), Salt, Malt, Monoglycerides, Yeast, Calcium Propionate (a preservative), Natural and Artificial Flavor and Color, Molasses, Soybean Oil, Ascorbic Acid, L-Cysteine, Enzymes

Allergen Statement: Contains Wheat, Soy & manufactured on equipment that may be shared with eggs &/or dairy

Nutrition Facts

Serving Size: 1 Bagel (133g)

Amount Per Serving

Calories 380

Calories From Fat 15

Calories From Saturated Fat 0

% Daily Value*

Total Fat 1.5g 3%

Saturated Fat 0g **2%**

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 730mg 31%

Total Carbohydrate 75g 25%

Dietary Fiber 0g **0%**

Sugars 6g

Protein 13g

Vitamin A 0% • Vitamin C 10%

Calcium 2% • Iron 25%

Thiamin 45% • Riboflavin 25%

Niacin 30% • Folic Acid 35%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g