



Cranberry Bagel – Original Bagel

Ingredient Statement:

Enriched Wheat Flour, (Malt Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Water, Sugar, Barley Malt, Salt, Cranberry Bits (Sugar, Wheat Flour, Partially Hydrogenated Vegetable Oil (soybean and/ or cottonseed),Corn Flour, Wheat Starch, Natural Flavor, Red 40 Lake, Blue 2 Lake), Orange Bits (Sugar, Wheat Flour, Partially Hydrogenated Vegetable Oil (soybean and/ or cottonseed),Corn Flour, Wheat Starch, Natural Flavor, Yellow 6 Lake, Yellow 5 Lake), Malt, Monoglycerides, Yeast, Calcium Propionate (a preservative) , 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 2g	3%		
Saturated Fat 0.5g	3%		
Polyunsaturated Fat	0.5g		
Monounsaturated Fat	0g		
Trans Fat	0g		
Cholesterol 0mg	0%		
Sodium 740mg	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