



Eight Grain Bagel – Original Bagel

Ingredient Statement:

Enriched Wheat Flour, (Malt Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Water, Sugar, Barley Malt, Whole Wheat Flour, Rye Meal, Salt, Rye Flour, Malt, Monoglycerides, Yeast, Sunflower Seeds, Sesame Seeds, Oats, Corn Meal, Calcium Propionate (a preservative) , Barley Flakes, Millet, Molasses, Lactic Acid, Acetic Acid, 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	20
Calories From Saturated Fat	0
% Daily Value*	
Total Fat	2g 3%
Saturated Fat	0g 2%
Polyunsaturated Fat	1g
Monounsaturated Fat	0g
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	770mg 32%
Total Carbohydrate	74g 25%
Dietary Fiber	<1g 3%
Sugars	4g
Protein	13g
Vitamin A 0%	• Vitamin C 10%
Calcium 2%	• Iron 25%
Thiamin 45%	• Riboflavin 25%
Niacin 30%	• Folic Acid 30%
* 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