



Everything Bagel – Original Bagel

Ingredient Statement:

Enriched Wheat Flour, (Malt Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Water, Sugar, Salt, Barley Malt, Malt, Monoglycerides, Yeast, Calcium Propionate (a preservative) , Molasses, Sesame Seeds, Poppy Seed, Garlic, Onion, Salt, 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 2%		
Saturated Fat	0g 2%		
Polyunsaturated Fat	0.5g		
Monounsaturated Fat	0g		
Trans Fat	0g		
Cholesterol	0mg 0%		
Sodium	770mg 32%		
Total Carbohydrate	74g 25%		
Dietary Fiber	0g 0%		
Sugars	4g		
Protein	13g		
Vitamin A 0%	• Vitamin C 10%		
Calcium 2%	• Iron 30%		
Thiamin 50%	• 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