



## Onion Bagel – Original Bagel

**Ingredient Statement:**

Enriched Wheat Flour, (Malt Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)  
 Water, Sugar, Barley Malt, Salt, Malt, Monoglycerides, Yeast, Calcium Propionate (a preservative), Onion,  
 Molasses, Soybean Oil, Ascorbic Acid, L-Cysteine, Enzymes

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

<b>Nutrition Facts</b>	
Serving Size: 1 Bagel (133g)	
Amount Per Serving	
<b>Calories</b>	380
Calories From Fat	15
Calories From Saturated Fat	0
	% Daily Value*
<b>Total Fat</b>	1.5g <b>2%</b>
Saturated Fat	0g <b>2%</b>
Polyunsaturated Fat	0.5g
Monounsaturated Fat	0g
Trans Fat	0g
<b>Cholesterol</b>	0mg <b>0%</b>
<b>Sodium</b>	770mg <b>32%</b>
<b>Total Carbohydrate</b>	74g <b>25%</b>
Dietary Fiber	0g <b>0%</b>
Sugars	4g
<b>Protein</b>	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