



Plain 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), 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 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:																						
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