



## Pumpernickel Bagel – Original Bagel

### Ingredient Statement:

Enriched Wheat Flour, (Malt Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Water, Rye Flour, Sugar, Barley Malt, Rye Meal, Salt, Onion, Caraway Seeds, Caramel Color (contains sulfating agents), Malt, Monoglycerides, Yeast, Calcium Propionate (a preservative), Molasses, Spices, Lactic Acid, 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)	
<b>Amount Per Serving</b>	
<b>Calories</b>	400
Calories From Fat	30
Calories From Saturated Fat	0
	<b>% Daily Value*</b>
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>2%</b>
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1240mg	<b>52%</b>
<b>Total Carbohydrate</b> 77g	<b>26%</b>
Dietary Fiber 5g	<b>19%</b>
Sugars 4g	
<b>Protein</b> 14g	
Vitamin A 0%	• Vitamin C 15%
Calcium 10%	• Iron 35%
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