



## Spinach Bagel-Original Bagel

**Ingredient Statement:**

Enriched Wheat Flour, (Malt Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Water, Sugar, Barley Malt, Salt, Spinach, Garlic, Onion, 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** 390

Calories From Fat 15

Calories From Saturated Fat 0

**% Daily Value\***

**Total Fat** 1.5g **3%**

Saturated Fat 0g **2%**

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 760mg **32%**

**Total Carbohydrate** 76g **25%**

Dietary Fiber <1g **2%**

Sugars 4g

**Protein** 14g

Vitamin A 40% • Vitamin C 25%

Calcium 6% • Iron 30%

Thiamin 50% • Riboflavin 30%

Niacin 30% • Folic Acid 45%

\* 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