



Whole Wheat Bagel – Original Bagel

Ingredient Statement:

Enriched Wheat Flour, (Malt Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)
 Water, Whole Wheat Flour, Sugar, Barley Malt, Salt, Malt, Monoglycerides, Yeast, Caramel Color, 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	370
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 640mg	27%
Total Carbohydrate 74g	25%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 13g	
Vitamin A 0%	• Vitamin C 10%
Calcium 4%	• Iron 25%
Thiamin 45%	• 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