

Nutrition Facts

1 Serving Per Container

Serving Size 1 Each (135g)

Amount Per Serving		
Calories		329
% Daily Value *		
Total Fat 3g		4%
Saturated Fat 2g		9%
Trans Fat 0g		
Cholesterol 6mg		2%
Sodium 598mg		26%
Total Carbohydrate 61g		22%
Dietary Fiber 3g		10%
Total Sugars 4g		
Includes 3g added Sugars		6%
Protein 14g		
Vitamin D 0mcg		0%
Calcium 60mg		5%
Iron 0mg		1%
Potassium 14mg		< 1%

The Percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ASIAGO CHEESE BAGEL

(FLOUR (WHEAT FLOUR; MALTED BARLEY FLOUR; NIACIN; IRON; THIAMIN MONONITRATE; RIBOFLAVIN; FOLIC ACID); WATER; BAGEL BASE (SUGAR; SALT; MALTED BARLEY FLOUR; HONEY POWDER (HONEY; MALTODEXTRIN); ENRICHED WHEAT FLOUR (WHEAT FLOUR; NIACIN; REDUCED IRON; THIAMINE; MONONITRATE; RIBOFLAVIN; FOLIC ACID); WHEAT GLUTEN; MONO AND DIGLYCERIDES; MOLASSES POWDER; HYDROLYZED WHEAT GLUTEN; ASCORBIC ACID; ENZYMES); ASIAGO CHEESE (MEDIUM ASIAGO CHEESE (PASTEURIZED COW MILK; CHEESE CULTURES; SALT; ENZYMES); POTATO STARCH; POWDERED CELLULOSE; NATAMYCIN); YEAST (YEAST; SORBITAN MONOSTEARATE))

CONTAINS WHEAT, MILK, CORN, MSG