

Nutrition Facts

1 Serving Per Container

Serving Size 1 Each (128g)

Amount Per Serving		
Calories		301
% Daily Value *		
Total Fat 1g		1%
Saturated Fat 0g		1%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 532mg		23%
Total Carbohydrate 61g		22%
Dietary Fiber 2g		9%
Total Sugars 4g		
Includes 3g added Sugars		6%
Protein 12g		
Vitamin D 0mcg		0%
Calcium 4mg		< 1%
Iron 0mg		1%
Potassium 7mg		< 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: PLAIN 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); YEAST (YEAST;
SORBITAN MONOSTEARATE))

CONTAINS WHEAT, CORN, MSG