

Original Bagel

Nutrition Label Report

NEW: All Natural Sesame Bagel

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Nutrition Facts	
75 servings per container	
Serving size	4 1/2 oz (128g)
Amount per serving	
Calories	340
% Daily Value *	
Total Fat 4g	5%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 64g	23%
Dietary Fiber 3g	10%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 4.5mg	25%
Potassium 120mg	2%
Folate 245mcg DFE (125mcg Folic Acid)	60%
* The % 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: Wheat Flour Enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Sesame Seeds, Sugar, Salt, Cultured Wheat Flour, Vinegar, Yeast, Palm Oil, non-GMO Soybean Oil, Sunflower Oil, Ascorbic Acid, Enzymes, Cornmeal

CONTAINS: Soy, Wheat