



# Nutrition Facts

Serv. Size 1 bagel (43g)  
Servings Per Container 10  
**Calories** 120  
Calories from Fat 10

| Amount Per Serving                                       | %Daily Value* | Amount Per Serving            | %Daily Value* |
|--|---------------|-------------------------------|---------------|
| <b>Total Fat</b> 1g                                      | <b>2%</b>     | <b>Sodium</b> 210mg           | <b>9%</b>     |
| Saturated Fat 0g   | <b>0%</b>     | <b>Total Carbohydrate</b> 24g | <b>8%</b>     |
| Trans Fat 0g   |               | Dietary Fiber less than 1g    | <b>4%</b>     |
| Polyunsaturated Fat 0g                                   |               | Sugars 3g                     |               |
| Monounsaturated Fat 0g                                   |               | <b>Protein</b> 4g             | <b>3%</b>     |
| <b>Cholesterol</b> 0mg                                   | <b>0%</b>     |                               |               |
| Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 8%       |               |                               |               |
| Thiamin 10% • Riboflavin 6% • Niacin 6% • Folic Acid 10% |               |                               |               |

\*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     |

**INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WATER, SUGAR, YEAST, SALT, MONOGLYCERIDES, WHEAT GLUTEN, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), CORNMEAL, CELLULOSE GUM, XANTHAN GUM, CORNSTARCH, SOY FLOUR.**

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