



**Nutrition Facts**

5 Servings Per Container  
**Serving Size**  
**2 bagels (86g)**

**Calories**  
 per serving **250**

Amount/erving	% Daily Value*	Amount/erving	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Sodium</b> 440mg	<b>19%</b>
Saturated Fat 0g	0%	<b>Total Carbohydrate</b> 50g	<b>18%</b>
Trans Fat 0g		Dietary Fiber 2g	<b>7%</b>
Polyunsaturated Fat 0g		Total Sugars 5g	
Monounsaturated Fat 0g		Includes 5g Added Sugars	<b>10%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 8g	
Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 2.7mg 15% • Potassium 80mg 0%			

\*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: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, SUGAR, YEAST, SALT; WHEAT GLUTEN, CALCIUM PROPIONATE AND SORBIC ACID (TO PRESERVE FRESHNESS), CORNMEAL, MONOGLYCERIDES, CELLULOSE GUM, CITRIC ACID, XANTHAN GUM, SOY LECITHIN. R18-268-300625

CONTAINS WHEAT, SOY. MADE IN A BAKERY THAT MAY ALSO USE MILK, EGG, WALNUTS.

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