



Nutrition Facts

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

Calories
 per serving **250**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Sodium 440mg	19%
Saturated Fat 0g	0%	Total Carbohydrate 50g	16%
Trans Fat 0g		Dietary Fiber 2g	7%
Polyunsaturated Fat 0g		Total Sugars 5g	
Monounsaturated Fat 0g		Includes 5g Added Sugars	10%
Cholesterol 0mg	0%	Protein 8g	

Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 2.7mg 15% • Potassium 80mg 0%

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. R10-268-300625

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

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*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.