

Regal Foods
Nutrition Label
Regal Everything Bagel 16 Oz.

Nutrition Facts	
16 servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	120
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1100mg	48%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 200mg	15%
Iron 2.6mg	15%
Potassium 210mg	4%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sesame Seeds, Black Sesame Seeds, Poppy Seed, Garlic, Onion, Salt