

Nutrition Facts

75 servings per container

Serving size 4 1/2 oz (128g)

Amount per serving

Calories 330

% Daily Value *

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 530mg 23%

Total Carbohydrate 66g 24%

Dietary Fiber 5g 16%

Total Sugars 6g

Includes 5g Added Sugars 10%

Protein 12g

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 3.8mg 20%

Potassium 160mg 4%

Folate 205mcg DFE 50%
(105mcg Folic Acid)

* 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, Whole Wheat Flour, Sugar, Dark Rye Flour, Salt, Cracked Rye, Cracked Wheat, Millet, Rolled Oats, Flax Seeds, Sunflower Seeds, Wheat Bran, Cultured Wheat Flour, Yeast, Vinegar, Palm Oil, non-GMO Soybean Oil, Sunflower Oil, Ascorbic Acid, Enzymes, Sesame Seeds

Allergen Declaration:

Allergen Product Contains: Wheat, Soy, Sesame

Allergen Product May Contain: All of our bagels are made on equipment used to make milk & egg products