

Nutrition Facts

75 servings per container

Serving size 4 1/2 oz (128g)

Amount per serving

Calories 330

% Daily Value *

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 610mg 27%

Total Carbohydrate 68g 25%

Dietary Fiber 2g 8%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 12g

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 3.8mg 20%

Potassium 100mg 2%

Folate 250mcg DFE 60%
(130mcg 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, Blueberry Bits (sugar, wheat flour, yellow corn flour, canola oil, wheat starch, natural and artificial flavor, blue 2 lake, red 40 lake), Sugar, Salt, Cultured Wheat Flour, Yeast, Vinegar, Palm Oil, FD&C Red #40, FD&C Blue #1, 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