

Nutrition Facts

75 servings per container

Serving size 4 1/2 oz (128g)

Amount per serving

Calories 350

% Daily Value *

Total Fat 5g 7%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 540mg 24%

Total Carbohydrate 63g 23%

Dietary Fiber 3g 12%

Total Sugars 4g

Includes 3g Added Sugars 6%

Protein 13g

Vitamin D 0mcg 0%

Calcium 220mg 15%

Iron 4.5mg 25%

Potassium 150mg 4%

Folate 235mcg DFE 60%
(125mcg 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, Poppy Seeds, Sugar, Salt, Cultured Wheat Flour, Vinegar, Yeast, 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