

Nutrition Facts

75 servings per container

Serving size 4 1/2 oz (128g)

Amount per serving

Calories 310

% Daily Value *

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 580mg 25%

Total Carbohydrate 63g 23%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 2g Added Sugars 3%

Protein 12g

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 3.7mg 20%

Potassium 140mg 2%

Folate 210mcg 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, Salt, Cultured Wheat Flour, Yeast, Vinegar, Palm Oil, Caramel Color, 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