

Nutrition Facts	
6 servings per container	
Serving size	1 Bagel Hole (47g)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 180mg	8%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Not a significant source of vitamin D, calcium, iron, and potassium	
*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:

FLOUR, WATER, CREAM CHEESE (PASTEURIZED MILK AND CREAM, WHEY PROTEIN CONCENTRATE, SALT, CAROB BEAN GUM, XANTHAN GUM, CHEESE CULTURE), HONEY, CAGE FREE EGG WHITES, PURE SUGAR CANE, LIGHT BROWN PURE SUGAR CANE, KOSHER SALT, YEAST (SORBITAN MONOSTEARATE), CINNAMON, CINNAMON SQUARES (ORGANIC WHOLE WHEAT FLOUR, ORGANIC CANE SUGAR, ORGANIC WHOLE GRAIN BROWN RICE FLOUR, ORGANIC OAT HULL FIBER, ORGANIC CINNAMON, CALCIUM CARBONATE, SEA SALT, MIXED TOCOPHEROLS ADDED TO MAINTAIN FRESHNESS).

CONTAINS: EGGS, WHEAT.