

Regal Foods  
Nutrition Label  
Regal Everything Bagel 5 Lb.

| Nutrition Facts                                                                                                                                                     |            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| 80 servings per container                                                                                                                                           |            |
| Serving size                                                                                                                                                        | 1 oz (28g) |
| Amount per serving                                                                                                                                                  |            |
| Calories                                                                                                                                                            | 120        |
| % Daily Value *                                                                                                                                                     |            |
| Total Fat 8g                                                                                                                                                        | 10%        |
| Saturated Fat 1g                                                                                                                                                    | 5%         |
| Trans Fat 0g                                                                                                                                                        |            |
| Cholesterol 0mg                                                                                                                                                     | 0%         |
| Sodium 1100mg                                                                                                                                                       | 48%        |
| Total Carbohydrate 11g                                                                                                                                              | 4%         |
| Dietary Fiber 3g                                                                                                                                                    | 11%        |
| Total Sugars 2g                                                                                                                                                     |            |
| Includes 0g Added Sugars                                                                                                                                            | 0%         |
| Protein 4g                                                                                                                                                          |            |
| Vitamin D 0mcg                                                                                                                                                      | 0%         |
| Calcium 200mg                                                                                                                                                       | 15%        |
| Iron 2.6mg                                                                                                                                                          | 15%        |
| Potassium 210mg                                                                                                                                                     | 4%         |
| * 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. |            |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4                                                                                                            |            |

INGREDIENTS: Sesame Seeds, Black  
Sesame Seeds, Poppy Seed, Garlic, Onion,  
Salt