

Regal Foods
Nutrition Label
Salt Free Everything Bagel 8 oz.

Nutrition Facts	
8 servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	130
% Daily Value *	
Total Fat 7g	9%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	15%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 2.5mg	15%
Potassium 230mg	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: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Poppy Seeds, Garlic, Onion,
White & Black Sesame Seeds

CONTAINS: sesame