

Serving Size 1 bagel (100g) / Amount Per Serving (DV are based on a 2,000 calorie diet):

Calories	300kcal
Total Fat	4g (5%DV)
Saturated Fat	0.5g (3% DV)
Trans Fat	0g
Cholesterol	0mg (0% DV)
Sodium	430mg (19% DV)
Total Carbohydrate	60g (22% DV)
Dietary Fiber	6g (21% DV)
Total Sugar	9g
Includes Added Sugar	9g (18% DV)
Protein	5g
Vitamin D	0.0mcg (0% D)
Calcium	10mg (0% DV)
Iron	0.8mg (4% DV)
Potassium	120mg (2% DV)

## Ingredients

water, corn starch, rice flour, buckwheat flour, sugar, psyllium seed husk, rice starch, yeast, sunflower oil, soy protein, sugar syrup, modified cellulose, apple extract, maltodextrin, onion, garlic, flax seeds, poppy seeds, salt, tartaric acid, **Contains: Soy. May Contain: Sesame.**