Everything Bagel Mix

Nutrition Facts

Serving Size (10g)
Servings Per Container 226

Amount Per Serving

Calories 35	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Sodium 500mg	**21%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 2g	

Vitamin C 2% • Calcium 4%

Iron 4%

Not a significant source of saturated fat, trans fat, cholesterol and vitamin A.

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredient List: Sesame Seeds, Poppy Seeds, Garlic, Onion, Salt.