

Original Bagel Nutrition Label

NEW: All Natural Everything Bagel

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Nutrition Facts	
1 serving per container	
Serving size	4 1/2 oz (128g)
Amount per serving	
Calories	340
% Daily Value *	
Total Fat 4.5g	5%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 1020mg	44%
Total Carbohydrate 64g	23%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 4.4mg	25%
Potassium 150mg	4%
<small>* 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.</small>	

INGREDIENTS: Wheat Flour Enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Sesame Seeds, Sugar, Onions, Salt, Yeast, Poppy Seeds, Cultured Wheat Flour, Vinegar, Garlic, Palm Oil, non-GMO Soybean Oil, Sunflower Oil, Ascorbic Acid, Enzymes, Cornmeal

CONTAINS: Soy, Wheat