

Nutrition Facts

75 servings per container

Serving size 4 1/2 oz (128g)

Amount per serving

Calories 330

% Daily Value *

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 550mg 24%

Total Carbohydrate 67g 24%

Dietary Fiber 2g 8%

Total Sugars 8g

Includes 7g Added Sugars 14%

Protein 11g

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 3.8mg 20%

Potassium 90mg 2%

Folate 235mcg DFE
(125mcg Folic Acid) 60%

* 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.

INGREDIENTS: Wheat Flour Enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Chocolate Bits (sugar, unenriched wheat flour, cocoa (processed with alkali), dextrose, wheat starch, soybean oil, fructose, natural and artificial flavors, and titanium dioxide (for color)), Sugar, Salt, Cultured Wheat Flour, Vinegar, Yeast, Palm Oil, non-GMO Soybean Oil, Sunflower Oil, Ascorbic Acid, Enzymes, Sesame Seeds

Allergen Declaration:

Allergen Product Contains: Wheat, Soy, Sesame

Allergen Product May Contain: All of our bagels are made on equipment used to make milk & egg products