

# 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 540mg 24%

Total Carbohydrate 69g 25%

Dietary Fiber 3g 10%

Total Sugars 10g

Includes 5g Added Sugars 10%

Protein 11g

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 3.7mg 20%

Potassium 150mg 4%

Folate 235mcg DFE 60%  
(120mcg Folic Acid)

\* 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, Raisins, Sugar, Salt, Yeast, Cultured Wheat Flour, Vinegar, Cinnamon, Palm Oil, Caramel Color, 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