

Nutrition Facts

75 servings per container

Serving size 4 1/2 oz (128g)

Amount per serving

Calories 320

% Daily Value *

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 590mg 25%

Total Carbohydrate 66g 24%

Dietary Fiber 3g 9%

Total Sugars 6g

Includes 5g Added Sugars 10%

Protein 12g

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 3.7mg 20%

Potassium 100mg 2%

Folate 240mcg DFE 60%
(125mcg 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, Maple Bits (sugar, unenriched wheat flour, yellow corn flour, soybean oil, natural and artificial flavors, and fructose), Sugar, Salt, Yeast, Cinnamon, Cultured Wheat Flour, Vinegar, Palm Oil, Natural and Artificial Flavor, FD&C Yellow #5, FD&C Red #40, 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