

# Nutrition Facts

75 servings per container

Serving size 4 1/2 oz (128g)

Amount per serving

**Calories 340**

% Daily Value \*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 610mg 26%

Total Carbohydrate 68g 25%

Dietary Fiber 3g 9%

Total Sugars 4g

Includes 3g Added Sugars 6%

Protein 12g

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 4mg 20%

Potassium 100mg 2%

Folate 260mcg DFE 60%  
(135mcg 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, Sugar, Rye Flour, Salt, Cultured Wheat Flour, Vinegar, Yeast, Caramel Color, Palm Oil, Caraway Seeds, 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