

# 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 580mg 25%

Total Carbohydrate 65g 24%

Dietary Fiber 3g 10%

Total Sugars 3g

Includes 2g Added Sugars 5%

Protein 12g

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 3.8mg 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, Rye Flour, Sugar, Salt, Caramel Color, Cultured Wheat Flour, Yeast, Vinegar, Caraway Seeds, 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