

Nutrition Facts

75 servings per container

Serving size 4 1/2 oz (128g)

Amount per serving

Calories 310

% Daily Value *

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 580mg 25%

Total Carbohydrate 64g 23%

Dietary Fiber 2g 8%

Total Sugars 3g

Includes 2g Added Sugars 3%

Protein 12g

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 3.8mg 20%

Potassium 110mg 2%

Folate 250mcg DFE 60%
(130mcg 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, Salt, Cultured Wheat Flour, Spinach, Yeast, Vinegar, Palm Oil, Onions, Garlic, 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