

# 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 26%

Total Carbohydrate 65g 24%

Dietary Fiber 3g 9%

Total Sugars 3g

Includes 2g Added Sugars 3%

**Protein 12g**

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 4.1mg 25%

Potassium 120mg 2%

Folate 235mcg 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, Sun Dried Tomato blend (wheat flour, sun dried tomatoes, garlic powder, oregano, basil, onion powder, paprika), Sugar, Salt, Cultured Wheat Flour, Yeast, Vinegar, 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