

# 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 600mg 26%

Total Carbohydrate 66g 24%

Dietary Fiber 2g 8%

Total Sugars 5g

Includes 3g Added Sugars 6%

Protein 12g

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 3.7mg 20%

Potassium 90mg 2%

Folate 245mcg 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, Blueberry Bits (sugar, wheat flour, yellow corn flour, canola oil, wheat starch, natural and artificial flavor, blue 2 lake, red 40 lake), Dried Cranberries (Cranberries, Sugar, Sunflower oil), Sugar, Salt, Cultured Wheat Flour, Yeast, Vinegar, Palm Oil, FD&C Red #40, FD&C Blue #1, 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