

# Nutrition Facts

75 servings per container

Serving size 4 1/2 oz (128g)

Amount per serving

**Calories 320**

% Daily Value \*

Total Fat 2g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 520mg 23%

Total Carbohydrate 66g 24%

Dietary Fiber 6g 21%

Total Sugars 2g

Includes 2g Added Sugars 3%

Protein 13g

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 4.5mg 25%

Potassium 200mg 4%

Folate 235mcg DFE 60%  
(120mcg 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, Wheat Bran, Rolled Oats, 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