

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 2g 8%

Total Sugars 3g

Includes 2g Added Sugars 3%

Protein 12g

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 3.8mg 20%

Potassium 100mg 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, Egg Base (wheat flour, egg yolk with added whole egg solids, soybean oil, guar gum, soy lecithin, salt, sodium bicarbonate, annatto oleoresin & turmeric oleoresin (imparts color), enzymes), Sugar, Salt, Cultured Wheat Flour, Spices (corn flour, annatto extract & turmeric (imparts color)), Yeast, Vinegar, Palm Oil, non-GMO Soybean Oil, Sunflower Oil, Ascorbic Acid, Enzymes, Sesame Seeds

Allergen Declaration:

Allergen Product Contains: Wheat, Egg, Soy, Sesame

Allergen Product May Contain: All of our bagels are made on equipment used to make milk & egg products