

# Nutrition Facts

6 servings per container

**Serving size** 1 Bagel Hole (47g)

**Amount Per Serving**

**Calories** 130

% Daily Value\*

<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>10%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

\*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:

FLOUR, WATER, CREAM CHEESE  
(PASTEURIZED MILK AND CREAM, WHEY  
PROTEIN CONCENTRATE, SALT, CAROB BEAN  
GUM, XANTHAN GUM, CHEESE CULTURE),  
CAGE FREE EGG WHITES, CHIVES, GARLIC,  
PURE SUGAR CANE, POPPY SEEDS, KOSHER  
SALT, YEAST (SORBITAN MONOSTEARATE)  
MINCED ONION, SESAME SEEDS, GARLIC  
POWDER, BLACK PEPPER, ONION POWDER,  
DILL.

**CONTAINS: EGGS, WHEAT.**