

Regal Foods  
Nutrition Label  
Salt Free Everything Bagel 5 Lb.

Nutrition Facts	
80 servings per container	
<b>Serving size</b>	<b>1 oz (28g)</b>
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value *	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 4g	<b>15%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 220mg	<b>15%</b>
Iron 2.5mg	<b>15%</b>
Potassium 230mg	<b>4%</b>
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Poppy Seeds, Garlic, Onion,  
White & Black Sesame Seeds