

BAGEL – MULTIGRAIN

Nutrition Facts	
Serving Size: 1/2 Bagel (57g)	
Servings Per Container: 12	
Amount Per Serving	
Calories 200	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 41g	14%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS:

UNBLEACHED UNBROMATED HIGH GLUTEN FLOUR, WATER, WHEAT FLOUR, FLAVOR, WHEAT BRAN, LESS THAN 2% OF: POPPY SEEDS, RYE SEEDS, SESAME SEEDS, SPICE, BARLEY MALT FLOUR, YEAST

CONTAINS: WHEAT, SOY, SESAME SEEDS

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