

## BAGEL – ONION

<b>Nutrition Facts</b>	
Serving Size: 1/2 Bagel (57g)	
Servings Per Container: 12	
<b>Amount Per Serving</b>	
<b>Calories</b> 170	Calories from Fat 5
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*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, FLAVOR, SPICE, YEAST, DEHYDRATED ONION FLAKES, BARLEY MALT FLOUR.

CONTAINS: WHEAT

### Protano's Bakery, LLC

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