

BAGEL – PUMPERNICKEL

Nutrition Facts	
Serving Size: 1/2 Bagel (57g)	
Servings Per Container: 12	
Amount Per Serving	
Calories 180	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 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, RYE FLOUR, FLAVOR, LESS THAN 2% OF: SPICE, BARLEY MALT FLOUR, CARAMEL COLORING, YEAST.

CONTAINS: WHEAT, SOY

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