

BAGELS – WHOLE WHEAT

Nutrition Facts	
Serving Size: 1/2 Bagel (57g)	
Servings Per Container: 12	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber <1g	3%
Sugars 2g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
* 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:

WATER, WHEAT FLOUR, FLAVOR, WHEAT BRAN, SPICE, YEAST, CALCIUM PROPIONATE, BARLEY MALT FLOUR-

CONTAINS: WHEAT

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