

## BAGEL – ASIAGO

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 Bagel</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>330</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2.3g	<b>12%</b>
Trans Fat 0.1g	
Polyunsaturated Fat 0.7g	
Monounsaturated Fat 1.1g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 670mg	<b>29%</b>
<b>Total Carbohydrate</b> 57g	<b>21%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	<b>30%</b>
Vitamin D 0mcg	0%
Calcium 338mg	25%
Iron 3.78mg	20%
Potassium 0mg	0%
Vitamin A	2%
Vitamin C	0%

\*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.

### INGREDIENTS:

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, SALT, CORNMEAL, WHEAT GLUTEN, YEAST, MOLASSES POWDER (MOLASSES, WHEAT STARCH, SILICON DIOXIDE, DISTILLED MONOGLYCERIDES), DEXTROSE, ENZYMES, ASCORBIC ACID (VITAMIN C), SOY LECITHIN, ASIAGO CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE TO PREVENT CAKING).

**CONTAINS:** MILK, SOY, WHEAT

### **Protano's Bakery, LLC**

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[www.protanosbakery.com](http://www.protanosbakery.com)

