## BAGEL – EGG

	Nutrition Facts Serving Size: 1 Bagel (79g) Servings Per Container: 6	
	Amount Per Serving	
	Calories 230 Calories fro	om Fat 10
	% Da	ily Value*
	Total Fat 1g	2%
	Saturated Fat 0g	0%
	Trans Fat Og	
	Cholesterol 10mg	3%
	Sodium 360mg	15%
6	Total Carbohydrate 46g	15%
Ъ.	Dietary Fiber 2g	8%
	Sugars 3g	
	Protein 8g	
	Vitamin A	0%
	Vitamin C	0%
	Calcium	10%
	Iron	15%
	Iron *Percent Daily Values are based of calorie diet. Your daily values may or lower depending on your calorie	a 2,000 be higher

## **INGREDIENTS:**

ENRICHED HIGH GLUTEN FLOUR (WHEAT FLOUR, MALTED BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, EGG, YEAST, SALT, SUGAR, CALCIUM PROPIONATE (PRESERVATIVES), MONO AND DIGLYCERIDES, MALT, CORNMEAL, TUMERIC (COLOR).

**CONTAINS:** WHEAT, EGG.

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