

## BAGEL – OAT BRAN

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 bagel</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>227</b>
<b>% Daily Values*</b>	
<b>Total Fat</b> 1.07g	<b>1%</b>
Saturated Fat 0.17g	<b>1%</b>
Trans Fat -	
Polyunsaturated Fat 0.433g	
Monounsaturated Fat 0.222g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 451mg	<b>20%</b>
<b>Total Carbohydrate</b> 47.44g	<b>17%</b>
Dietary Fiber 3.2g	<b>11%</b>
Sugars 1.45g	
<b>Protein</b> 9.52g	
Vitamin D -	
Calcium 11mg	1%
Iron 2.74mg	15%
Potassium 102mg	2%
Vitamin A 1mcg	0%
Vitamin C 0.2mg	0%
<small>* 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.</small>	

### INGREDIENTS:

UNBLEACHED UNBROMATED HIGH GLUTEN FLOUR, WATER, WHEAT FLOUR, FLAVOR, WHEAT BRAN, LESS THAN 2% OF: POPPY SEEDS, RYE SEEDS, SESAME SEED SPICE, BARLEY MALT FLOUR, YEAST.

**CONTAINS:** WHEAT, SOY, SESAME SEED

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

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

