BRUEGGER'S ENTERPRISES NUTRITION INFORMATION

Product: Traditional Fortified Multi-Grain Bagel

Nutrition Facts

Serving Size (130g)
Servings Per Container

Amount Per Serving	
Calories 350	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 540mg	**22%**
Total Carbohydrate 68g	**23%**
Dietary Fiber 6g	**23%**
Sugars 10g	
Protein 12g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 20%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, HONEY, SUNFLOWER SEEDS, CORN GRITS, RYE MEAL, RYE FLOUR, SALT, CRACKED WHEAT, SESAME SEEDS, FLAXSEEDS, WHEAT BRAN, RYE MALT, BUCKWHEAT GROATS, YEAST, RICE FLOUR, TRITICALE, SPICES, VITAMIN AND MINERAL PREMIX (CLEAR FLOUR, ASCORBIC ACID, VITAMIN E (ACETATE), FERRIC ORTHOPHOSPHATE, NIACINAMIDE, D-CALCIUM PANTOTHENATE, ZINC OXIDE, COPPER GLUCONATE, PYRODOXINE HCL, RIBOFLAVIN, VITAMIN A (PALMITATE), THIAMIN MONONITRATE, BETACAROTENE, FOLIC ACID, VITAMIN D3, VITAMIN B12)

ALLERGEN INFORMATION: Contains wheat.

BRUEGGER'S BAKED FRESH