BRUEGGER'S ENTERPRISES NUTRITION INFORMATION

Product: Traditional Chocolate Chip Bagel

Nutrition Facts

Serving Size 1 Bagel (121g)

Amount Per Serving	
Calories 350	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 570mg	**24%**
Total Carbohydrate 64g	**21%**
Dietary Fiber 4g	**15%**
Sugars 14g	
Protein 12g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 4%	•	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), WATER, CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, LECITHIN {AN EMULSIFIER}, AND VANILLIN [AN ARTIFICIAL FLAVOR]), MALT SYRUP, LIGHT BROWN SUGAR, SALT, COCOA POWDER [SUGAR, CHOCOLATE LIQUOR, COCOA, LECITHIN {AN EMULSIFIER}, AND VANILLIN (AN ARTIFICIAL FLAVOR)], YEAST, VITAL WHEAT GLUTEN, MALTAROSE (MALT, BARLEY FLOUR, DEXTROSE).

ALLERGEN INFORMATION: Contains wheat.

Chocolate chips may be manufactured in a facility that processes peanuts and tree nuts.

BRUEGGER'S BAKED FRESH™