BRUEGGER'S ENTERPRISES NUTRITION INFORMATION

Product: Traditional Garlic Bagel

Nutrition Facts

Serving Size Bagel (122g)
Servings Per Container 1

Amount Per Serving	
Calories 320	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 560mg	**23%**
Total Carbohydrate 65g	**22%**
Dietary Fiber 4g	**16%**
Sugars 8g	
Protein 12g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 4%	•	Iron 25%

*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, MALT SYRUP, AIR DRIED GARLIC, SALT, YEAST

ALLERGEN INFORMATION: Contains wheat.

BRUEGGER'S BAKED FRESH