

Product: Traditional Pumpernickel Bagel

Nutrition Facts

Serving Size	1 bagel (124 g)	
Amount Per Serving		
Calories	330	Calories from Fat 20
		% Daily Value*
Total Fat	2.5 g	4 %
Sat Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	620 mg	26 %
Total Carb	67 g	22 %
Dietary Fiber	5 g	19 %
Sugars	11 g	
Protein	12 g	
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	Less than 300g	375g
Dietary Fiber	Less than 25g	30g

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT, SALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL, YEAST.

ALLERGEN INFORMATION: Contains wheat.

