

**Product: Traditional Rosemary
Olive Oil Bagel**

Nutrition Facts

Serving Size 1 Bagel (123g)

Amount Per Serving

Calories 350 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **10%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 540mg **22%**

Total Carbohydrate 64g **21%**

Dietary Fiber 4g **15%**

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), WATER, MALT SYRUP, OLIVE OIL, BROWN SUGAR, SALT, ROSEMARY, YEAST

ALLERGEN INFORMATION: Contains wheat.

