

NUTRITIONAL INFORMATION

WHOLE WHEAT SOFTWICH

Nutrition Facts	
Serving Size Bagel (130g)	
Servings Per Container 1	
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 630mg	26%
Total Carbohydrate 70g	23%
Dietary Fiber 7g	29%
Sugars 11g	
Protein 13g	
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: WHOLE WHEAT FLOUR, (UNBLEACHED ENRICHED FLOUR, WATER, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), HONEY, MALT, YEAST, SOYBEAN OIL, SALT, VITAL WHEAT GLUTEN, WHEAT BRAN, DOUGH IMPROVER (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, SOY OIL, ENZYMES), QUICK SHINE SPRAY (SODIUM CASEINATE [MILK PROTEIN], PROPYLENE GLYCOL, CANOLA OIL, METHYLPARABEN & PROPYLYPARABEN [PRESERVATIVES], DATEM, [EMULSIFIER], SODIUM POLYSPHOSPHATE, ARTIFICIAL FLAVOR FOR AROMA ENHANCEMENT, CARAGEENAN, MIXED TOCOPHEROLS TO PROTECT FLAVOR, NITROGEN [PROPELLANT]).

ALLERGENS: CONTAINS WHEAT, SOY AND MILK.

