

Product: Traditional Baked Apple Bagel

Nutrition Facts

Serving Size 1 Bagel (113g)

Amount Per Serving

Calories 310	Calories from Fat 20
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% Daily Value*

Total Fat 2g	3%
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Saturated Fat 0g	0%
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Trans Fat 0g	
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Cholesterol 0mg	0%
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Sodium 560mg	23%
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Total Carbohydrate 65g	22%
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Dietary Fiber 4g	17%
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Sugars 16g	
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Protein 10g	
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Vitamin A 0%	•	Vitamin C 0%
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Calcium 2%	•	Iron 20%
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*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, FREEZE DRIED APPLES, LIGHT BROWN SUGAR, MALT SYRUP, ROLLED OATS, SALT, CINNAMON, YEAST.

ALLERGEN INFORMATION: Contains wheat.

