

**Product: Traditional Pumpkin Bagel****Nutrition Facts**

Serving Size 1 Bagel (120g)

Amount Per Serving

**Calories 310**      **Calories from Fat 15**

% Daily Value\*

**Total Fat 2g**      **3%**Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%****Sodium 500mg**      **21%****Total Carbohydrate 63g**      **21%**Dietary Fiber 4g      **17%**

Sugars 12g

**Protein 11g**

Vitamin A 30%      •      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:** BLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, PUMPKIN, SPICES: CINNAMON, ALLSPICE, NUTMEG, GINGER. BROWN SUGAR, MALT SYRUP, SPICES, SALT, YEAST.

**ALLERGEN INFORMATION:** Contains wheat.

