BRUEGGER'S ENTERPRISES NUTRITION INFORMATION

Product: Square Asiago Parmesan Bagel

Nutrition Facts

Serving Size Bagel (130g)

Amount Per Serving	
Calories 360	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 1.5g	**7%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 740mg	**31%**
Total Carbohydrate 66g	**22%**
Dietary Fiber 4g	**16%**
Sugars 11g	
Protein 15g	

Vitamin A 2%	•	Vitamin C 0%
Calcium 10%	•	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, PARMESAN CHEESE, ASIAGO CHEESE, YEAST, GRANULATED SUGAR, SALT, ITALIAN SPICE, MALTOROSE 60, VEGETABLE SHORTENING

ALLERGEN INFORMATION: Contains wheat and milk.

BRUEGGER'S BAKED FRESH