BRUEGGER'S ENTERPRISES NUTRITION INFORMATION

Product: Square Plain Bagel 4.6 oz

with Quick Shine spray (no nutritional values)

Nutrition Facts

Serving Size Bagel (130g)

Amount Per Serving

Calories 350	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 670mg	**28%**
Total Carbohydrate 70g	**23%**
Dietary Fiber 4g	**17%**
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: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SUGAR, YEAST, MALT, MALTOROSE, VEGETABLE SHORTENING.

ALLERGEN INFORMATION: Contains wheat.

BRUEGGER'S BAKED FRESH