

Sara Lee Bagels

Serving Size: 1 bagel (95g)

Servings Per Container: 6

Ingredients: Enriched wheat flour, flour malted barley reduced iron, niacin, thiamin monoitrate (vitamin B1), riboflavin, (vitamin B2), folic acid, filtered water, sugar, salt, wheat gluten, cornmeal, grain vinegar, preservatives (calcium propionate, sorbic acid), monoglycerides, rice flour, xanthan gum, polysorbate 60, soy lecithin, cornstarch
Comments: Supplied to Royal Crest Dairy by Earthgrains

Amount Per Serving			
Calories 260		Calories from Fat 10	
			% Daily Value
Total Fat 1g			2%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 390mg			16%
Total Carbohydrates 52g			17%
Dietary Fiber 2g			8%
Sugars 5g			
Protein 8g			
Vitamin A 0%			Vitamin C 0%
Riboflavin 15%			Niacin 15%
Thiamin 25%			Calcium 10%
Iron 20%			
	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 Carbohydrates		300mg	375mg
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	Carbohydrate 4		Protein 4

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.