

Everything Bagel

Nutrition Facts 6 servings per container Serving size 1 Bagel (128g) Calories per serving 310	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 3g	4%	Total Carbohydrate 63g	23%
	Saturated Fat 1g	5%	Dietary Fiber 3g	11%
	<i>Trans</i> Fat 0g		Total Sugars 8g	
	Cholesterol 0mg	0%	Includes 7g Added Sugars	14%
Sodium 820mg	36%	Protein 2g		
Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 3.7mg 20% • Potassium 120mg 2%				

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, ASCORBIC ACID (VITAMIN C) ADDED AS A DOUGH CONDITIONER, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID., WATER, SUGAR, EVERYTHING BAGEL MIX (SESAME SEEDS, SESAME SEEDS, GARLIC POWDER, KOSHER SALT, ONION CHOPPED, POPPY SEEDS), YEAST (SACCHAROMYCES CEREVISIAE), SORBITAN MONOSTEARATE, ASCORBIC ACID, CELLULOSE GUM., PALM OIL, SALT, MALTED BARLEY, WHEAT FLOUR, DEXTROSE, GUAR GUM, ENZYMES, WHEAT FLOUR.

CONTAINS: WHEAT, SOY

PROUDLY BAKED BY ASPEN BAKING COMPANY.
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MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: MILK, EGG, WHEAT, PEANUTS, SOY, ALMOND, WALNUT, PECAN, COCONUT