



# Blueberry Bagels



UPC: 071314069205

Net Weight: 20oz (1lbs 4oz)  
567g

## Specifications

**Count:**  
10 ct. / 20 oz.

**Dimensions:**  
9" L x 4" W x 4" H

**Availability:**  
Monday, Friday

A classic blueberry bagel that offers the traditional chewy texture. Smear your favorite jams, jellies, butters, or cheeses for a great breakfast.



No high fructose corn  
syrup



Zero grams of trans fats

## Ingredients

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, YEAST, WHEAT GLUTEN, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: DEXTROSE, WHEAT FLOUR, SALT, DEGERMINATED YELLOW CORN MEAL, SOYBEAN OIL, CALCIUM PROPIONATE (A PRESERVATIVE), GUAR GUM, SODIUM STEAROYL LACTYLATE, MEDIUM CHAIN TRIGLYCERIDES, MONOGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, CITRIC ACID (PRESERVATIVE), SORBIC ACID (PRESERVATIVE), ENZYMES, RED 40 LAKE, HYDROGENATED SOYBEAN OIL, BLUE 2 LAKE, DRIED BLUEBERRIES (BLUEBERRIES, MALTODEXTRIN, CORN STARCH), BLUE 1 LAKE, RED 40, ASCORBIC ACID (PRESERVATIVE).

Contains wheat ingredients.

## Nutrition Facts

6 Servings per container

Serving size 1 bagel (94g)

Amount per serving

**Calories 250**

% of Daily Value\*

**Total Fat 2g 3%**

Saturated Fat 1g 4%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

**Cholesterol 0mg 0%**

**Sodium 430mg 19%**

**Total Carbohydrate 50g 18%**

Dietary Fiber 2g 8%

Soluble Fiber g

Insoluble Fiber g

Total Sugar 9g

Includes 8g Added

Sugars

**Protein 10g**

Vitamin D 0mcg 0%

Calcium 120mg 8%

Iron 3mg 15%

Potassium 80mg 0%

Thiamine 0.44mg 35%

Riboflavin 0.31mg 25%

Niacin 3.8mg 25%

Folate 190mcg DFE (Folic

Acid) 45%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



