



## Everything & More Bagels



UPC: 071314069168

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 pre-sliced bagel loaded with everything on it. This bagel has sesame, poppy, onion, garlic, caraway, and salt. It will delight anyone who craves a flavorful punch.

0g

Zero grams of trans fats

### Ingredients

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, YEAST, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SESAME SEEDS, DEHYDRATED TOASTED ONION, WHEAT GLUTEN, SALT, POPPY SEEDS, CALCIUM PROPIONATE (A PRESERVATIVE), GUAR GUM, DEHYDRATED GARLIC, SOYBEAN OIL, WHEAT FLOUR, SODIUM STEAROYL LACTYLATE, MONOGLYCERIDES, CITRIC ACID (A PRESERVATIVE), SORBIC ACID (A PRESERVATIVE), ENZYMES, HYDROGENATED SOYBEAN OIL, ASCORBIC ACID (A PRESERVATIVE).

Contains wheat and sesame ingredients.

### Nutrition Facts

6 Servings per container

Serving size 1 bagel (94g)

Amount per serving

**Calories 260**

% of Daily Value\*

**Total Fat 3g** 4%

Saturated Fat 0.5g 4%

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 0.5g

**Cholesterol 0mg** 0%

**Sodium 480mg** 21%

**Total Carbohydrate 51g** 19%

Dietary Fiber 3g 9%

Soluble Fiber g

Insoluble Fiber g

Total Sugar 5g

Includes 4g Added

Sugars

**Protein 9g**

Vitamin D 0mcg 0%

Calcium 160mg 10%

Iron 3mg 15%

Potassium 110mg 2%

Thiamine 0.44mg 35%

Riboflavin 0.29mg 25%

Niacin 3.7mg 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.



