



## Live Carb Smart® Everything & More Bagels



UPC: 071314049818

Net Weight: 15oz (0lbs 15oz)  
425g

### Specifications

**Count:**  
5 / 15 oz.

**Dimensions:**  
7.5" L x 4.5" W x 4.5" H

**Availability:**  
Tuesday, Saturday

A keto-friendly bagel with sesame, poppy, onion, garlic, caraway and salt? This hearty bagel has the chewy texture bagel fans adore and just 10g net carbs each.



No high  
fructose corn  
syrup



Zero grams of  
trans fats

### Ingredients

WATER, MODIFIED WHEAT STARCH, WHEAT PROTEIN ISOLATE, INULIN, OAT FIBER, CONTAINS 2% OR LESS OF SOYBEAN OIL, BROWN SUGAR, POPPY SEEDS, SALT, SESAME SEEDS, YEAST, DEHYDRATED ONION, DRIED GARLIC, VINEGAR, ONION POWDER, TAHINI, GARLIC POWDER, CALCIUM PROPIONATE (A PRESERVATIVE), SORBIC ACID, DEXTROSE, CORN STARCH, NATURAL FLAVORS, CALCIUM PHOSPHATE, ASCORBIC ACID, NATAMYCIN (A PRESERVATIVE).

Contains wheat and sesame ingredients.

### Nutrition Facts

5 Servings per container

Serving size 1 bagel (85g)

Amount per serving

**Calories 140**

% of Daily Value\*

**Total Fat 4g** 5%

Saturated Fat 0.5 3%

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 1g

**Cholesterol 0mg** 0%

**Sodium 410mg** 18%

**Total Carbohydrate 37g** 13%

Dietary Fiber 27g 96%

Soluble Fiber 2g

Insoluble Fiber 25g

Total Sugar 2g

Includes 2g Added Sugars

**Protein 15g**

Vitamin D 0mcg 0%

Calcium 105mg 8%

Iron 1mg 6%

Potassium 50mg 2%

