



Live Carb Smart® Everything & More Bagels

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.



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



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 0.5g | 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% |

