



## Live Carb Smart® Plain Bagels



UPC: 071314049771

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

Sweet, dense and doughy, nothing beats a fresh-baked bagel—except a fresh-baked keto-friendly bagel with just 10g net carbs per serving. Yes, you can.



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, YEAST, SALT, VINEGAR, DEXTROSE, CORN STARCH, NATURAL FLAVOR, CALCIUM PROPIONATE (A PRESERVATIVE), SORBIC ACID (A PRESERVATIVE), HYDROGENATED SOYBEAN OIL, CALCIUM PHOSPHATE, ASCORBIC ACID, NATAMYCIN (A PRESERVATIVE), GROUND SESAME.

Contains wheat and sesame ingredients.

### Nutrition Facts

5 Servings per container

Serving size 1 bagel (85g)

Amount per serving

**Calories 130**

% of Daily Value\*

**Total Fat 3g** 4%

Saturated Fat 0.5 3%

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 0.5g

**Cholesterol 0mg** 0%

**Sodium 410mg** 18%

**Total Carbohydrate 37g** 13%

Dietary Fiber 27g 96%

Soluble Fiber 1g

Insoluble Fiber 26g

Total Sugar 2g

Includes 2g Added Sugars

**Protein 16g**

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 1mg 6%

Potassium 30mg 0%

