



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%

