



Live Carb Smart® Plain Bagels

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.



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



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 0.5g	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%



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