



## Plain Bagels



UPC: 071314069199

Net Weight: 20oz (1lbs 4oz)  
567g

### Specifications

**Count:**  
6 / 20 oz.

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

**Availability:**  
Tuesday, Saturday

Fresh-baked with that chewy texture that makes bagels so awesome, these versatile bagels make amazing breakfast sandwiches, appetizers and simple snacks.



No high  
fructose corn  
syrup



Zero grams of  
trans fats

### Ingredients

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, YEAST, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SALT, WHEAT GLUTEN, CALCIUM PROPIONATE (A PRESERVATIVE), GUAR GUM, SOYBEAN OIL, WHEAT FLOUR, SODIUM STEAROYL LACTYLATE, MONOGLYCERIDES, CITRIC ACID (A PRESERVATIVE), SORBIC ACID (A PRESERVATIVE), ENZYMES, HYDROGENATED SOYBEAN OIL, DEGERMINATED YELLOW CORN MEAL, ASCORBIC ACID, SESAME.

**CONTAINS: WHEAT, SESAME. MANUFACTURED ON EQUIPMENT THAT PROCESSES SOY**

### Nutrition Facts

6 Servings per container

Serving size 1 bagel (94g)

Amount per serving

**Calories 250**

% of Daily Value\*

<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 490mg</b>	<b>21%</b>
<b>Total Carbohydrate 51g</b>	<b>19%</b>
Dietary Fiber 2g	8%
Soluble Fiber g	
Insoluble Fiber g	
Total Sugar 6g	
Includes 5g Added Sugars	

### Protein 9g

Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2.8mg	15%
Potassium 90mg	0%
Thiamine 0.49mg	40%
Riboflavin 0.34mg	25%
Niacin 4.1mg	25%
Folate (Folic Acid)	50%

