



BAY STATE MILLING COMPANY

NUTRITIONAL INFORMATION

ISSUE DATE : OCT-31-17
 REPLACES : MAY-10-17
 PREPARED BY: TS

BRAND : SUPER BAGEL (50LB)
 GRADE : G57 (0% Whole Grain)
 PRODUCT: 589100 CN

NUTRIENT	UOM	PER 30 GMS	% RDA	PER 100 GMS	% RDA
Water	g	4.20		14.00	
Calories, By Calculation	kcal	104.10		347.00	
Protein	g	4.08	8%	13.60	27%
Total Fat	g	0.33	0%	1.11	1%
Carbohydrate, By Difference	g	21.21	8%	70.70	26%
Dietary Fiber (2016)	g	0.72	3%	2.40	9%
Soluble Fiber (2016)	g	0.31		1.03	
Ash	g	0.18		0.59	
Calcium	mg	7.20	1%	24.00	2%
Iron	mg	1.32	7%	4.41	25%
Magnesium	mg	7.50	2%	25.00	6%
Phosphorus	mg	29.10	2%	97.00	8%
Potassium	mg	30.00	1%	100.00	2%
Sodium	mg	0.60	0%	2.00	0%
Zinc	mg	0.26	2%	0.85	8%
Copper	mg	0.05	6%	0.18	20%
Manganese	mg	0.24	10%	0.79	34%
Vitamin C, Ascorbic Acid	mg	0.00	0%	0.00	0%
Thiamin B-1	mg	0.19	16%	0.64	53%
Riboflavin B-2	mg	0.12	9%	0.40	31%
Niacin B-3	mg NE	1.59	10%	5.29	33%
Pantothenic Acid B-5	mg	0.13	3%	0.44	9%
Vitamin B-6	mg	0.01	1%	0.04	2%
Folate	mcg DFE	86.40	22%	288.00	72%
Folic Acid	mcg	45.00		150.00	
Folate, Food	mcg	9.90		33.00	
Vitamin B-12	mcg	0.00	0%	0.00	0%
Vitamin A	mcg RAE	0.03	0%	0.10	0%
Vitamin E (alpha-tocopherol)	mg	0.02	0%	0.05	0%
Vitamin D	mcg	0.00	0%	0.00	0%
Saturated Fat	g	0.07	0%	0.24	1%
Monounsaturated Fat	g	0.04		0.14	
Polyunsaturated Fat	g	0.22		0.73	
Total Trans Fatty Acids	g	0.00		0.00	
Cholesterol	mg	0.00	0%	0.00	0%
Total Sugars	g	0.33		1.10	
Added Sugars	g	0.00		0.00	