

Kettle Boiled Apple Cinnamon Raisin Bagel - New Yorker Bagels

MINI LARGE

HAND ROLLED

Nutrition Facts Nutrition Facts

Serving Size 1 bagel (57gm)

Serving Size 1 bagel (113gm)

Serving Size 1 bagel (145gm)

Calories from F % daily va		Calories 300 Total Fat 1g Saturated Fat Trans Fat 0g Cholesterol 0mg Sodium 270mg Total Carbohydr Dietary Fiber 3	0g	alories fro % d a	2% 0% 0% 11% 21%	Calories 375 Total Fat 1.5g Saturated Fat 0 Trans Fat 0g Cholesterol 0mg Sodium 345mg Total Carbohydr	0g	alories fro % da	m Fat 10 iily value* 2% 0% 14% 26%	
-	1% 0% 0% 6%	Saturated Fat Trans Fat 0g Cholesterol 0mg Sodium 270mg Total Carbohydr	rate 62g	% da	2% 0% 0% 11% 21%	Saturated Fat of Trans Fat 0g Cholesterol 0mg Sodium 345mg	1	% da	2% 0% 0% 14%	
1	0% 0% 6%	Saturated Fat Trans Fat 0g Cholesterol 0mg Sodium 270mg Total Carbohydr	rate 62g		0% 0% 11% 21%	Saturated Fat of Trans Fat 0g Cholesterol 0mg Sodium 345mg	1		0% 0% 14%	
1	0% 6%	Trans Fat 0g Cholesterol 0mg Sodium 270mg Total Carbohydr	rate 62g		0% 11% 21%	Trans Fat 0g Cholesterol 0mg Sodium 345mg	1		0% 14%	
1	6% 11%	Cholesterol 0mg Sodium 270mg Total Carbohydr	rate 62g		11% 21%	Cholesterol 0mg Sodium 345mg			14%	
1	6% 11%	Sodium 270mg Total Carbohydr	rate 62g		11% 21%	Sodium 345mg			14%	
1	11%	Total Carbohydr	J		21%	· ·	ate 79g			
1		•	J			Total Carbohydra	ate 79g		26%	
	8%	Dietary Fiber 3	За					Total Carbohydrate 79g 26%		
			Dietary Fiber 3g 12%		Dietary Fiber 3		12%			
		Sugars 11g				Sugars 13g				
		Protein 10g				Protein 13g				
n C 0%		Vitamin A 2%	Vitam	in C 0%		Vitamin A 2%	 Vitami 	in C 0%		
)%		Calcium 2%	• Iron 2	0%		Calcium 4%	• Iron 2	5%		
Thiamin 20% • Riboflavin 10%			Thiamin 35% • Riboflavin 20%			Thiamin 45% • Riboflavin 25%				
15%		Niacin 25%	• Folate	e 30%		Niacin 25%	Folate	35%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
2,000 2,50	00		Calories:	2,000	2,500		Calories:	2,000	2,500	
20g 25g 300mg 300 2,400mg 2,40 300g 375	mg D0mg g	Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	
)	% vin 10% 15%	% vin 10% 15% ,000 calorie diet. Your pending on your calorie 2,000 2,500 65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g 25g 30g	% Calcium 2% vin 10% Thiamin 35% 15% Niacin 25% ,000 calorie diet. Your pending on your calorie dily values may be hed illy values may be heds: * Percent Daily Values daily values may be heds: 2,000 2,500 65g 80g Total Fat 20g 25g Saturated Fat 300mg 2,400mg Sodium 300g 375g Total Carbohydrate 25g 30g Dietary Fiber Calories per gram: Calories per gram:	% Calcium 2% ● Iron 2 vin 10% Thiamin 35% ● Ribofl 15% Niacin 25% ● Folate ,000 calorie diet. Your pending on your calorie Percent Daily Values are based on a daily values may be higher or lower oneeds: 2,000 2,500 Calories: 65g 80g Total Fat Less than 2,000 2,500 Saturated Fat Less than 20g 25g Sadium Less than 2,400mg 3,400mg Sodium Less than 5g 30g Dietary Fiber Calories per gram: Calories per gram:	% Calcium 2% ● Iron 20% vin 10% Thiamin 35% ● Riboflavin 20% 15% Niacin 25% ● Folate 30% .000 calorie diet. Your pending on your calorie pending on your calorie * Percent Daily Values are based on a 2,000 calorie digly values may be higher or lower depending on needs: 2,000 2,500 Calories: 2,000 65g 80g Total Fat Less than 65g 20g 25g Saturated Fat Less than 20g 2,400mg 2,400mg Sodium Less than 300mg 2,400mg 375g Total Carbohydrate Less than 2,400mg 25g 30g Dietary Fiber 25g Calories per gram: Calories per gram:	% Calcium 2% ● Iron 20% vin 10% Thiamin 35% ● Riboflavin 20% 15% Niacin 25% ● Folate 30% ,000 calorie diet. Your pending on your calorie digily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: 2,000 2,500 Calories: 2,000 2,500 65g 80g Total Fat Less than 65g 80g 20g 25g Saturated Fat Less than 20g 25g 300mg 300mg Cholesterol Less than 300mg 300mg 300mg 2,400mg 2,400mg 30dium Less than 2,400mg 2,400mg 2,400mg 300g 375g Total Carbohydrate 300g 375g 30g Calories per gram: Calories per gram: 25g 30g	% Calcium 2% ● Iron 20% Calcium 4% vin 10% Thiamin 35% ● Riboflavin 20% Thiamin 45% 15% Niacin 25% ● Folate 30% Niacin 25% ,000 calorie diet. Your pending on your calorie dily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: * Percent Daily Values daily values may be higher or lower depending on your calorie needs: * Percent Daily Values daily values may be higher or lower depending on your calorie needs: 2,000 2,500 Calories: 2,000 2,500 65g 80g Total Fat Less than 65g 80g Total Fat 20g 25g Saturated Fat Less than 20g 25g Saturated Fat 2,400mg 3,400mg 300mg 2,400mg 300mg Cholesterol 25g 30g Total Carbohydrate 300g 375g Total Carbohydrate 25g 30g Dietary Fiber 25g 30g Dietary Fiber Calories per gram: Calories per gram:	Win 10% Calcium 2% ● Iron 20% Calcium 4% ● Iron 2 vin 10% Thiamin 35% ● Riboflavin 20% Thiamin 45% ● Riboflavin 25% 15% Niacin 25% ● Folate 30% Niacin 25% ● Folate 30% ,000 calorie diet. Your pending on your calorie dially values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: * Percent Daily Values are based on a daily values may be higher or lower depending on your calorie needs: 2,000 2,500 Calories: 2,000 2,500 * Percent Daily Values are based on a daily values may be higher or lower depending on your calorie needs: 2,000 2,500 Calories: 2,000 2,500 * Calories: needs: 2,000 2,500 Calories: 2,000 2,500 * Calories: needs: 20g 25g Saturated Fat Less than 20g 25g Saturated Fat Less than 300mg 300mg Cholesterol Less than 2,400mg 2,400mg Sodium Less than 2,400mg 2,400mg Sodium Less than 2,400mg 2,400mg Sodium Less than 2,400mg Sodium Less than 2,400mg 2,400mg Sodium Less than 2,400mg Sodium Sodium Less than 2,400mg Sodium Sodium Less than 2,400mg Sodium Sodium Sodium Sodiu	Calcium 2% • Iron 20% Calcium 4% • Iron 25% Thiamin 35% • Riboflavin 20% Thiamin 45% • Riboflavin 25% Niacin 25% • Folate 30% Niacin 25% • Folate 35% Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: 2,000 2,500 Calories: 2,000 2,500 Calories: 2,000 2,500 Calories: 2,000 2,500 Calories: 2,000 2,500 Calories: 2,000 2,500 Calories: 2,000 2,500 Calories: 2,000 2,500 Calories: 2,000 2,500 Calories: 2,000 Calories per gram:	

Ingredients:

UNBLEACHED UNBROMATED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, APPLES, RAISINS, MALT SYRUP, BROWN SUGAR, Contains 2% or less of each of the following: WHEAT GLUTEN, CINNAMON, SEA SALT, RAISIN JUICE CONCENTRATE, YEAST, MALT POWDER, MOLASSES POWDER, SOYBEAN OIL, ASCORBIC ACID, ENZYMES.