



34-20 12th Street
Long Island City, NY 11106

Kettle Boiled Vegan Egg Everything Bagel – New Yorker Bagels

MINI	LARGE	HAND ROLLED
Nutrition Facts	Nutrition Facts	Nutrition Facts
Serving Size 1 bagel (57gm)	Serving Size 1 bagel (113gm)	Serving Size 1 bagel (145gm)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 155	Calories 310	Calories 400
Calories from Fat 10	Calories from Fat 20	Calories from Fat 40
% daily value*		% daily value*
Total Fat 1.3g	Total Fat 2.5g	Total Fat 3g
Saturated Fat 0g	Saturated Fat 0g	Saturated Fat 0g
Trans Fat 0g	Trans Fat 0g	Trans Fat
Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg
Sodium 180mg	Sodium 360mg	Sodium 460mg
Total Carbohydrate 31g	Total Carbohydrate 61g	Total Carbohydrate 78g
Dietary Fiber 1.5g	Dietary Fiber 3g	Dietary Fiber 4g
Sugars 3g	Sugars 6g	Sugars 8g
Protein 5.5g	Protein 11g	Protein 14g
Vitamin A 1%	Vitamin A 2%	Vitamin A 3%
• Vitamin C 0%	• Vitamin C 0%	• Vitamin C 0%
Calcium 3%	Calcium 6%	Calcium 8%
• Iron 12%	• Iron 25%	• Iron 32%
Thiamin 18%	Thiamin 35%	Thiamin 45%
• Riboflavin 10%	• Riboflavin 20%	• Riboflavin 25%
Niacin 10%	Niacin 20%	Niacin 25%
• Folate 15%	• Folate 30%	• Folate 40%
* 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:
Calories: 2,000 2,500		Calories: 2,000 2,500
Total Fat	Less than 65g	Less than 65g
Saturated Fat	Less than 20g	Less than 20g
Cholesterol	Less than 300mg	Less than 300mg
Sodium	Less than 2,400mg	Less than 2,400mg
Total Carbohydrate	300g	300g
Dietary Fiber	25g	25g
Calories per gram:		Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4		Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

UNBLEACHED UNBROMATED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BROWN SUGAR, MALT SYRUP, contains 2% or less of each of the following: DRIED GARLIC, POPPY SEEDS, SESAME SEEDS, DEHYDRATED ONION, WHEAT GLUTEN, SEA SALT, YELLOW CORN FLOUR, YEAST, RAISIN JUICE CONCENTRATE, MALT POWDER, MOLASSES POWDER, NATURAL COLOR (PAPRIKA, TURMERIC), SOYBEAN OIL, ASCORBIC ACID, ENZYMES