



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

Kettle Boiled French Toast 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 152		Calories from Fat 7		Calories 305		Calories from Fat 14		Calories 390		Calories from Fat 18	
		% daily value*				% daily value*				% daily value*	
Total Fat 1g		1%		Total Fat 2g		3%		Total Fat 2.5g		4%	
Saturated Fat 0g		0%		Saturated Fat 0g		0%		Saturated Fat 0g		0%	
Trans Fat 0g				Trans Fat 0g				Trans Fat 0g			
Cholesterol 0mg		0%		Cholesterol 0mg		0%		Cholesterol 0mg		0%	
Sodium 152mg		7%		Sodium 305mg		14%		Sodium 390mg		18%	
Total Carbohydrate 31g		10%		Total Carbohydrate 62g		21%		Total Carbohydrate 67g		27%	
Dietary Fiber 1g		4%		Dietary Fiber 2g		8%		Dietary Fiber 2.5g		10%	
Sugars 3g				Sugars 6g				Sugars 8g			
Protein 5.5g				Protein 11g				Protein 14g			
Vitamin A 1%		• Vitamin C 0%		Vitamin A 2%		• Vitamin C 0%		Vitamin A 3%		• Vitamin C 0%	
Calcium 2%		• Iron 11%		Calcium 4%		• Iron 23%		Calcium 5%		• Iron 29%	
Thiamin 18%		• Riboflavin 10%		Thiamin 37%		• Riboflavin 19%		Thiamin 47%		• Riboflavin 24%	
Niacin 11%		• Folate 14%		Niacin 23%		• Folate 28%		Niacin 29%		• Folate 36%	
* 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:			
	Calories:	2,000	2,500		Calories:	2,000	2,500		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	Total Fat	Less than	65g	80g	Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g	Saturated Fat	Less than	20g	25g	Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg	Cholesterol	Less than	300mg	300mg	Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg	Sodium	Less than	2,400mg	2,400mg	Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g	Total Carbohydrate		300g	375g	Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g	Dietary Fiber		25g	30g	Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				Calories per gram: 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: CARAMEL COLOR, WHEAT GLUTEN, SEA SALT, YEAST, YELLOW CORN FLOUR, RAISIN JUICE CONCENTRATE, MALT POWDER, MOLASSES POWDER, COLORS (TURMERIC, PAPRICA), SOYBEAN OIL, ASCORBIC ACID, ALL NATURAL MAPLE FLAVOR, ENZYMES.