

Kettle Boiled Jalapeno Bagel – New Yorker Bagels

MINI LARGE

HAND ROLLED

Nutrition Facts Nutrition Facts

Serving Size 1 bagel (62gm)

Serving Size 1 bagel (122gm)

Serving Size 1 bagel (147gm)

Calories from Fat 5 % daily value* 1% 0% 0% 6% 11% 4%	•	0g	alories fro % da	2% 0% 0% 13%	Calories 360 Total Fat 1.5g Saturated Fat Trans Fat 0g Cholesterol 0mg Sodium 350mg	0g	alories fro % da	2% 0%		
1% 0% 0% 6% 11%	Saturated Fat Trans Fat 0g Cholesterol 0mg Sodium 300mg Total Carbohydi	9	% da	2% 0% 0% 13%	Saturated Fat Trans Fat 0g Cholesterol 0mg Sodium 350mg		% da	2% 0%		
0% 0% 6% 11%	Saturated Fat Trans Fat 0g Cholesterol 0mg Sodium 300mg Total Carbohydi	9		0% 0% 13%	Saturated Fat Trans Fat 0g Cholesterol 0mg Sodium 350mg			0%		
0% 6% 11%	Trans Fat 0g Cholesterol 0mg Sodium 300mg Total Carbohydi	9		0% 13%	Trans Fat 0g Cholesterol 0mg Sodium 350mg			0%		
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6% 11%	Sodium 300mg Total Carbohydi	,		13%	Sodium 350mg	l		- / -		
11%	Total Carbohyd	rate 62g			J			4 = 0 /		
	•	rate 62g						15%		
4%	Dietary Fiber		Total Carbohydrate 62g 21%			Total Carbohydrate 74g 25%				
	Dietary Fiber 2g 8%			Dietary Fiber 3g 12%			12%			
	Sugars 6g				Sugars 7g					
	Protein 11g				Protein 13g					
n C 0%	Vitamin A 2%	Vitam	in C 0%		Vitamin A 4%	Vitami	in C 0%			
0%	Calcium 2%	• Iron 2	25%		Calcium 2%	• Iron 2	5%			
Thiamin 20% • Riboflavin 10%			Thiamin 35% • Riboflavin 20%			Thiamin 45% • Riboflavin 25%				
15%	Niacin 25%	Folate	e 30%		Niacin 30%	 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 2,500	1100001	Calories:	2,000	2,500		Calories:	2,000	2,500		
65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g 25g 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	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		
	2,000 calorie diet. Your epending on your calorie 2,000 2,500 65g 80g 20g 25g 300mg 300mg 2,400mg 300g 375g	Protein 11g N C 0% Ow Calcium 2% Calcium 2% Thiamin 35% Niacin 25% 2,000 calorie diet. Your appending on your calorie 2,000 2,500 65g 80g 20g 25g 300mg 300mg 2,400mg 3,00mg 2,400mg 2,400mg 300g 375g 25g 30g Calcium 2% * Percent Daily Values daily values may be in needs: * Cholesterol Sodium Total Carbohydrate Dietary Filber Calories per gram:	Protein 11g No C 0% Vitamin A 2% Vitamin A 2% Vitamin A 2% Vitamin A 2% Iron 2 Calcium 2% Iron 2 Thiamin 35% Ribofi 15% Niacin 25% Percent Daily Values are based on a daily values may be higher or lower on eeds: 2,000 2,500 Calories: Calories: Calories: Calories: Calories than Cholesterol Less than Cholesterol Calories per gram:	Protein 11g Protein 11g Vitamin A 2% • Vitamin C 0% Calcium 2% • Iron 25% Thiamin 35% • Riboflavin 20% 15% Niacin 25% • Folate 30% 2,000 calorie diet. Your epending on your calorie 2,000 2,500 Calories 2,000 65g 80g Total Fat Less than 65g 20g 25g Saturated Fat Less than 65g 300mg 300mg Cholesterol Less than 300mg 2,400mg 2,400mg 2,400mg 300mg Total Carbohydrate John 25g 25g 30g Total Carbohydrate Sodium Less than 2,400mg 25g 30g Total Carbohydrate John 25g Calories per gram:	Protein 11g N C 0% Vitamin A 2% Vitamin C 0% Calcium 2% Iron 25% Thiamin 35% Riboflavin 20% 15% Niacin 25% Folate 30% * 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 ban 65g 80g 20g 25g Saturated Fat Less than 65g 80g 20g 25g Saturated Fat Less than 20g 25g 300mg 300mg Cholesterol Less than 300mg 300mg 2,400mg 2,400mg Sodium Less than 2,400mg 2,400mg 300g 375g 30g Total Carbohydrate Joietary Fiber 25g 30g Calories per gram:	Protein 11g Protein 13g Vitamin A 2% ● Vitamin C 0% Vitamin A 4% O% Calcium 2% ● Iron 25% Calcium 2% Thiamin 35% ● Riboflavin 20% Thiamin 45% 15% Niacin 25% ● Folate 30% Niacin 30% 2,000 calorie diet. Your adily 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 Edsg 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 300mg 300mg Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Sodium Less than 2,400mg 2,400mg Sodium Sodium Less than 2,400mg 2,400mg Sodium Carbohydrate Sod 300g 375g Total Carbohydrate Sod 300g 375g Total Carbohydrate Dietary Fiber Calories per gram: Calories per gram:	Protein 11g Protein 13g Vitamin A 4% • Vitamin A 4% • Vitamin C 0% Protein 13g Vitamin A 4% • Vitamin A 2% • Iron 25% Protein 13g Vitamin A 4% • Vitamin A 2% • Iron 2 5% Protein 13g Vitamin A 4% • Vitamin A 4% • Vitamin A 5% Protein 13g Protein 12g Protein 25% Protein 29% Prote	Protein 11g Protein 13g Protein 13g N C 0% Vitamin A 2% Iron 25% Calcium 2% Riboflavin 20% Thiamin 35% Riboflavin 20% Thiamin 45% Riboflavin 25% Niacin 25% Niacin 25% 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 Calories per gram:		

Ingredients:

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

Notes: