



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

Kettle Boiled Jalapeno Bagel – New Yorker Bagels

MINI				LARGE				HAND ROLLED			
Nutrition Facts				Nutrition Facts				Nutrition Facts			
Serving Size 1 bagel (62gm)				Serving Size 1 bagel (122gm)				Serving Size 1 bagel (147gm)			
Amount per Serving				Amount per Serving				Amount per Serving			
Calories 160		Calories from Fat 5		Calories 300		Calories from Fat 10		Calories 360		Calories from Fat 10	
		% daily value*				% daily value*				% daily value*	
Total Fat 0.5g		1%		Total Fat 1g		2%		Total Fat 1.5g		2%	
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 150mg		6%		Sodium 300mg		13%		Sodium 350mg		15%	
Total Carbohydrate 32g		11%		Total Carbohydrate 62g		21%		Total Carbohydrate 74g		25%	
Dietary Fiber 1g		4%		Dietary Fiber 2g		8%		Dietary Fiber 3g		12%	
Sugars 3g				Sugars 6g				Sugars 7g			
Protein 6g				Protein 11g				Protein 13g			
Vitamin A 2%		• Vitamin C 0%		Vitamin A 2%		• Vitamin C 0%		Vitamin A 4%		• Vitamin C 0%	
Calcium 2%		• Iron 10%		Calcium 2%		• Iron 25%		Calcium 2%		• Iron 25%	
Thiamin 20%		• Riboflavin 10%		Thiamin 35%		• Riboflavin 20%		Thiamin 45%		• Riboflavin 25%	
Niacin 10%		• Folate 15%		Niacin 25%		• Folate 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:			
	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, 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: