



34-20 12<sup>th</sup> Street  
Long Island City, NY 11106

## Kettle Boiled Olive 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 175		Calories from Fat 15		Calories 335		Calories from Fat 28		Calories 425		Calories from Fat 40	
		% daily value*				% daily value*				% daily value*	
Total Fat 2g		3%		Total Fat 3g		5%		Total Fat 4g		6%	
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 210mg		9%		Sodium 415mg		17%		Sodium 520mg		22%	
Total Carbohydrate 30g		10%		Total Carbohydrate 59g		20%		Total Carbohydrate 75g		25%	
Dietary Fiber 1g		4%		Dietary Fiber 2g		8%		Dietary Fiber 2g		8%	
Sugars 3g				Sugars 5g				Sugars 6g			
Protein 6g				Protein 10g				Protein 13g			
Vitamin A 0%		• Vitamin C 0%		Vitamin A 2%		• Vitamin C 0%		Vitamin A 2%		• Vitamin C 0%	
Calcium 0%		• Iron 10%		Calcium 2%		• Iron 25%		Calcium 2%		• Iron 25%	
Thiamin 20%		• Riboflavin 10%		Thiamin 40%		• 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, KALAMATA OLIVES (OLIVES, WATER, SALT, VINEGAR, OLIVE OIL), MALT SYRUP, BROWN SUGAR contains 2% or less of each of the following:, WHEAT GLUTEN, SEA SALT, RAISIN JUICE CONCENTRATE, YEAST, MALT POWDER, MOLASSES POWDER, SOYBEAN OIL, ASCORBIC ACID, ENZYMES.