

Kettle Boiled Pumpernickel Bagel – New Yorker Bagels

LARGE

MINI

HAND ROLLED

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 145 Calories from Fat 5			Calories 290 Calories from F			m Fat 10	Calories 370 Calories from Fat 13				
% daily value*				% daily value*				% daily value*			
Total Fat 0.5g 1%			Total Fat 1g 2%			2%	Total Fat 1.3g	1.3g 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 180mg			8%	Sodium 360mg			16%	Sodium 460mg			19%
Total Carbohydrate 30g 10%				Total Carbohydrate 60g 20%			Total Carbohydrate 77g 26%				
Dietary Fiber 1.5g 6 %				Dietary Fiber 3g 12%			Dietary Fiber 4g 16%				
Sugars 3g				Sugars 6g				Sugars 8g			
Protein 5g				Protein 10g				Protein 13g			
Vitamin A 1% ● Vitamin C 0%				Vitamin A 2% • Vitamin C 0%				Vitamin A 3% • Vitamin C 0%			
Calcium 1% • Iron 10%				Calcium 2% ● Iron 20%				Calcium 3% • Iron 25%			
Thiamin 18% • Riboflavin 10%			Thiamin 35% • Riboflavin 20%			Thiamin 40% • Riboflavin 25%					
Niacin 10%	liacin 10% • Folate 12%			Niacin 20% • Folate 25%			Niacin 25%	• Folate	32%		
* 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 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	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
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, RYE PUMPERNICKEL FLOUR, BROWN SUGAR, MALT SYRUP, contains 2% or less of each of the following: CARAMEL COLOR, SEA SALT, CARAWAY SEEDS, RAISIN JUICE CONCENTRATE, YEAST, MALT POWDER, MOLASSES POWDER, SOYBEAN OIL, WHEAT GLUTEN, ASCORBIC ACID, ENZYMES.