

Kettle Boiled Sesame Bagel - New Yorker Bagels

MINI LARGE

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 155 Calories from Fat 20			Calories 310 Calories from Fat 30			Calories 400 Calories from Fat 40					
% daily value*				% daily value*				% daily value*			
Total Fat 2g			4%	Total Fat 3.5g			5%	Total Fat 4.5g			7%
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 15 %			Sodium 450mg 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 2.5g			Sugars 5g			Sugars 6.5g					
Protein 5.5g				Protein 11g				Protein 14g			
Vitamin A 1%	Vitam	in C 0%		Vitamin A 2%	Vitam	in C 0%		Vitamin A 3%	Vitam	in C 0%	
Calcium 2% • Iron 13%				Calcium 4% • Iron 25%				Calcium 5% • Iron 35%			
Thiamin 18% • Riboflavin 10%			Thiamin 35% • Riboflavin 20%			Thiamin 45% • Riboflavin 25%					
Niacin 10%	Folate 15%			Niacin 20% • Folate 30%			Niacin 25% • Folate 40%				
* 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, SESAME SEEDS, BROWN SUGAR, MALT SYRUP, contains 2% or less of each of the following: SEA SALT, YEAST, RAISIN JUICE CONCENTRATE, MALT POWDER, MOLASSES POWDER, SOYBEAN OIL, WHEAT GLUTEN, ASCORBIC ACID, ENZYMES.