



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

## Kettle Boiled Wheat Everything 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 155		Calories from Fat 10		Calories 310		Calories from Fat 20		Calories 400		Calories from Fat 40	
% daily value*				% daily value*				% daily value*			
Total Fat 1.3g		2%		Total Fat 2.5g		4%		Total Fat 3g		5%	
Saturated Fat 0g		0%		Saturated Fat 0g		0%		Saturated Fat 0g		0%	
Trans Fat 0g				Trans Fat 0g				Trans Fat			
Cholesterol 0mg		0%		Cholesterol 0mg		0%		Cholesterol 0mg		0%	
Sodium 180mg		8%		Sodium 360mg		15%		Sodium 460mg		19%	
Total Carbohydrate 31g		10%		Total Carbohydrate 61g		20%		Total Carbohydrate 78g		26%	
Dietary Fiber 3.5g		14%		Dietary Fiber 7g		28%		Dietary Fiber 9g		36%	
Sugars 3g				Sugars 6g				Sugars 8g			
Protein 5.5g				Protein 11g				Protein 14g			
Vitamin A 0%		• Vitamin C 0%		Vitamin A 0%		• Vitamin C 0%		Vitamin A 0%		• Vitamin C 0%	
Calcium 3%		• Iron 10%		Calcium 6%		• Iron 20%		Calcium 8%		• Iron 25%	
Thiamin 15%		• Riboflavin 10%		Thiamin 30%		• Riboflavin 20%		Thiamin 40%		• Riboflavin 25%	
Niacin 8%		• Folate 8%		Niacin 15%		• Folate 15%		Niacin 20%		• Folate 20%	
* 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:				Calories per gram:				Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4				Fat 9 • Carbohydrate 4 • Protein 4				Fat 9 • Carbohydrate 4 • Protein 4			

### Ingredients:

WHOLE WHEAT FLOUR, WATER, UNBLEACHED UNBROMATED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, MALT SYRUP, contains 2% or less of each of the following: CARAMEL COLOR, DRIED GARLIC, POPPY SEEDS, SESAME SEEDS, DEHYDRATED ONION, SEA SALT, YEAST, RAISIN JUICE CONCENTRATE, MALT POWDER, MOLASSES POWDER, SOYBEAN OIL, WHEAT GLUTEN, ASCORBIC ACID, ENZYMES.