



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

Kettle Boiled Wheat 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 145		Calories from Fat 8		Calories 290		Calories from Fat 10		Calories 370		Calories from Fat 13	
% daily value*				% daily value*				% daily value*			
Total Fat 0.5g		1%		Total Fat 1g		2%		Total Fat 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		15%		Sodium 460mg		19%	
Total Carbohydrate 30g		10%		Total Carbohydrate 60g		20%		Total Carbohydrate 77g		26%	
Dietary Fiber 3g		12%		Dietary Fiber 6g		24%		Dietary Fiber 8g		32%	
Sugars 2.5g				Sugars 5g				Sugars 6.5g			
Protein 5g				Protein 10g				Protein 13g			
Vitamin A 0%		• Vitamin C 0%		Vitamin A 0%		• Vitamin C 0%		Vitamin A 0%		• Vitamin C 0%	
Calcium 1%		• Iron 8%		Calcium 2%		• Iron 15%		Calcium 3%		• Iron 20%	
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, SEA SALT, YEAST, RAISIN JUICE CONCENTRATE, MALT POWDER, MOLASSES POWDER, SOYBEAN OIL, WHEAT GLUTEN, ASCORBIC ACID, ENZYMES.