

# BAGELOVERS INC.

## Plain Bagel 2.3 oz -

### Nutrition Facts

Serving size 1 Bagel (65g)

Amount per serving

**Calories 170**

% Daily Value\*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 310mg 13%

Total Carbohydrate 36g 13%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 1g Added Sugars 2%

Protein 6g

Vitamin D 0mcg 0%

Calcium 12mg 0%

Iron 2mg 10%

Potassium 4mg 0%

Thiamin 0.3mg 25%

Riboflavin 0.2mg 15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contains Wheat.

INGREDIENTS: ENRICHED BROMATED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, POTASSIUM BROMATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BAGEL-EZE-5 NO ADA (Ingr.)-137286 SUGAR, SALT, MALTED BARLEY FLOUR (CONTAINS WHEAT), MOLASSES POWDER (MOLASSES, WHEAT STARCH), MONO- AND DIGLYCERIDES, AMMONIUM CHLORIDE, INTERNAL-EVERSOFT KOSHER (INGR.)-124967 ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THI AMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CALCIUM SULFATE, SALT, ENZYMES., ASCORBIC ACID (VITAMIN C), L-CYSTEINE HYDROCHLORIDE., BROWN SUGAR, FRESH-KRUST (Ingr.)-125561 ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THI AMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN SYRUP SOLIDS, GUAR GUM, CALCIUM STEAROYL LACTYLATE (CSL), MONOGLYCERIDES, HYDROLYZED WHEAT GLUTEN, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CALCIUM SULFATE, ENZYMES, SALT., YEAST.

The information listed above has been compiled from publications of the USDA and from data provided by Corbion Caravan's suppliers.

To estimate the nutritional composition of a final baked product composition information for ALL ingredients is required.