

Bagels



Apple Cinnamon Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	27%
Total Carbohydrate 62g	23%
Dietary Fiber --g	--%
Total Sugars 5g	
Includes --g Added Sugars	--%
Protein 11g	
Vitamin D --mcg	--%
Calcium 120mg	10%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Apple and Cinnamon Bits (Sugar, Corn Syrup, Corn Cereal, Partially Hydrogenated Vegetable Oil (Cottonseed and/or Soybean), Modified Food Starch, Caramel Color, Natural and Artificial Flavor), Contains 2% or less:High Fructose Corn Syrup, Salt, Yeast, Corn Meal, Cinnamon, Calcium Propionate (preservative), Palm Oil, Monoglycerides, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes.

CONTAINS: Wheat and Soy.



Asiago Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 710mg	31%
Total Carbohydrate 57g	21%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 13g	
Vitamin D --mcg	--%
Calcium 160mg	10%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Asiago Cheese (Asiago Cheese (Pasteurized Part-Skimmed Cows Milk, Cheese Cultures, Salt, Enzymes), Romano Cheese (Pasteurized Cows Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (added to prevent caking)), Contains 2% or less: Sugar, Salt, Yeast, Corn Meal, Calcium Propionate (added as a preservative), Palm Oil, Monoglycerides, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes.

CONTAINS: Wheat, Milk, and Soy.



Blueberry Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	27%
Total Carbohydrate 61g	22%
Dietary Fiber --g	--%
Total Sugars 5g	
Includes --g Added Sugars	--%
Protein 11g	
Vitamin D --mcg	--%
Calcium 120mg	10%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Blueberry Bits (Sugar, Corn Flour, Dextrose, Corn Starch, Dried Blueberries, Blue #40 Lake, Red #40 Lake), Contains 2% or less: Sugar, Salt, Yeast, Corn Meal, Calcium Propionate (preservative), Natural and Artificial Flavor, Palm Oil, Monoglycerides, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes, Natural and Artificial Color.

CONTAINS: Wheat and Soy.



Chocolate Chip Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 630mg	27%
Total Carbohydrate 63g	23%
Dietary Fiber --g	--%
Total Sugars 5g	
Includes --g Added Sugars	--%
Protein 11g	
Vitamin D --mcg	--%
Calcium 120mg	10%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Chocolate Bits (Sugar, Corn Syrup, Corn Cereal, Partially Hydrogenated Vegetable Oil (Cottonseed and/or Soybean), Cocoa (processed with alkali), Modified Food Starch, Tricalcium Phosphate), Contains 2% or less: Sugar, Salt, Yeast, Cocoa, Corn Meal, Natural and Artificial Flavor, Calcium Propionate (preservative), Palm Oil, Monoglycerides, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes.

CONTAINS: Wheat and Soy.



Cinnamon Raisin Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 610mg	27%
Total Carbohydrate 62g	23%
Dietary Fiber --g	--%
Total Sugars 7g	
Includes --g Added Sugars	--%
Protein 11g	
Vitamin D --mcg	
	--%
Calcium 120mg	10%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Raisins, Yeast, Contains 2% or less: Sugar, Salt, Corn Meal, Cinnamon, Caramel Color (contains Sulfites), Molasses, Ascorbic Acid, Soybean Oil, Enzymes, Calcium Propionate (added as a preservative), Palm Oil, Monoglycerides, Natural and Artificial Flavor, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes.

CONTAINS: Wheat and Soy.



Cranberry Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 630mg	27%
Total Carbohydrate 61g	22%
Dietary Fiber --g	--%
Total Sugars 5g	
Includes --g Added Sugars	--%
Protein 11g	
Vitamin D --mcg	--%
Calcium 120mg	10%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cranberry Bits(Sugar, Corn Syrup, Corn Cereal, Modified Food Starch, Partially Hydrogenated Vegetable Oil (Cottonseed and/or Soybean), Citric Acid, Artificial Flavor, Red #40 Lake, Blue #1 Lake), Contains 2% or less: High Fructose Corn Syrup, Salt, Yeast, Corn Meal, Natural and Artificial Flavor, Calcium Propionate(added as a preservative), Palm Oil, Monoglycerides, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes, Natural and Artificial Color.

CONTAINS: Wheat and Soy.



Egg Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	28%
Total Carbohydrate 62g	23%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 11g	
Vitamin D --mcg	--%
Calcium 120mg	10%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains 2% or less: Sugar, Salt, Yeast, Corn Meal, Egg Color (Yellow #5, Red #40, Sodium Benzoate(preservative)), Calcium Propionate(preservative), Palm Oil, Monoglycerides, Egg, Vegetable Oil, Cellulose Gums, Lecithin, Sodium Bicarbonate, Annatto, Turmeric, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes.

CONTAINS: Eggs, Wheat, and Soy.



Everything Bagel

Nutrition Facts	
Variable servings per container	
Serving size	2oz (113g)
Amount per serving	
Calories	310
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1350mg	59%
Total Carbohydrate 61g	22%
Dietary Fiber --g	--%
Total Sugars 3g	
Includes --g Added Sugars	--%
Protein 12g	
Vitamin D --mcg	--%
Calcium 160mg	10%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sesame Seeds, Pretzel Salt, Poppy Seeds, Onions, Garlic, Contains 2% or less: Sugar, Salt, Yeast, Corn Meal, Calcium Propionate (preservative), Palm Oil, Monoglycerides, Dextrose, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes).

CONTAINS: Wheat and Soy.



French Toast Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 57g	21%
Dietary Fiber --g	--%
Total Sugars 7g	
Includes --g Added Sugars	--%
Protein 9g	
Vitamin D --mcg	--%
Calcium --mg	--%
Iron --mg	--%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Maple Bits (Sugar, Wheat Flour, Corn Cereal, Natural Flavor, Soybean Oil, Fructose), Contains 2% Or Less: Sugar, Salt, Yeast, Cinnamon, Corn Meal, Natural And Artificial Flavors, Calcium Propionate (Used As A Preservative), Palm Oil, Monoglycerides, DATEM, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes.

CONTAINS: Wheat.



Jalapeno Pretzel Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 710mg	31%
Total Carbohydrate 66g	24%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D --mcg	--%
Calcium 12mg	0%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Unbleached, Unbromated, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Jalapeno, High Fructose Corn Syrup, Yeast, Sugar, Salt, Malted Barley Flour, contains 2% or less of: Vital Wheat Gluten, Soybean Oil, Molasses, Jalapeno Powder, Vegetable Mono-Diglycerides, Ascorbic Acid, L Cysteine, Enzyme, Ammonium Chloride, Egg Color (FD&C Red #40, Yellow #5).

CONTAINS: Wheat, Soy, and Eggs.



Marble Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 850mg	37%
Total Carbohydrate 68g	25%
Dietary Fiber --g	--%
Total Sugars 3g	
Includes --g Added Sugars	--%
Protein 13g	
Vitamin D --mcg	--%
Calcium 160mg	10%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Rye Flour, Rye Meal, Caramel Color (contains sulfites), Spices, Sugar, Lactic Acid, Contains 2% or less: Sugar, Salt, Yeast, Corn Meal, Calcium Propionate (preservative), Caraway Seeds, Palm Oil, Monoglycerides, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes.

CONTAINS: Wheat and Soy.



Onion Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	27%
Total Carbohydrate 61g	22%
Dietary Fiber --g	--%
Total Sugars 4g	
Includes --g Added Sugars	--%
Protein 11g	
Vitamin D --mcg	--%
Calcium 120mg	10%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Onions, Contains 2% or less: Sugar, Salt, Yeast, Corn Meal, Calcium Propionate(added as preservative), Palm Oil, Monoglycerides, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes.

CONTAINS: Wheat and Soy.



Onion Pretzel Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	310
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 680mg	30%
Total Carbohydrate 64g	23%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D --mcg	--%
Calcium 24mg	2%
Iron 3mg	15%
Potassium --mg	--%
*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.	

INGREDIENTS: Enriched, Unbromated, Unbleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Onions, Yeast, High Fructose Corn Syrup, Sugar, Salt, Malted Barley Flour, Vital Wheat Gluten, Soybean Oil, Molasses, Poppy Seeds, Vegetable Mono-Diglycerides, Ascorbic Acid, L-Cysteine, Enzyme, Ammonium Chloride.

CONTAINS: Wheat and Soy.



Plain Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	29%
Total Carbohydrate 62g	23%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 12g	
Vitamin D --mcg	--%
Calcium 120mg	10%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains 2% or less: Sugar, Salt, Corn Meal, Yeast, Calcium Propionate(preservative), Palm Oil, Monoglycerides, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes.

CONTAINS: Wheat and Soy.



Pumpernickel Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 860mg	37%
Total Carbohydrate 61g	22%
Dietary Fiber --g	--%
Total Sugars 3g	
Includes --g Added Sugars	--%
Protein 11g	
Vitamin D --mcg	--%
Calcium 120mg	10%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Rye Flour, Rye Meal, Caramel Color(contains sulfites), Spices, Sugar, Lactic Acid, Contains 2% or less: Sugar, Yeast, Salt, Caraway Seeds, Calcium Propionate (added as a preservative), Corn Meal, Palm Oil, Monoglycerides, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes.

CONTAINS: Wheat and Soy.



Rye Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	28%
Total Carbohydrate 61g	22%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 12g	
Vitamin D --mcg	--%
Calcium 160mg	10%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Caraway Seeds, Contains 2% or less: Sugar, Salt, Corn Meal, Yeast, Calcium Propionate (added as a preservative), Palm Oil, Monoglycerides, Caramel Color (contains sulfites), Molasses, Ascorbic Acid, Soybean Oil, Enzymes, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes.

CONTAINS: Wheat and Soy.



Sundried Tomato Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	29%
Total Carbohydrate 61g	22%
Dietary Fiber --g	--%
Total Sugars 3g	
Includes --g Added Sugars	--%
Protein 11g	
Vitamin D --mcg	--%
Calcium 120mg	10%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sun Dried Tomatoes (Wheat Flour, Sun Dried Tomatoes(contains sulfites), Paprika, Onion, Spices), Contains 2% or less: Sugar, Salt, Yeast, Corn Meal, Calcium Propionate (added as a preservative), Palm Oil, Monoglycerides, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes.

CONTAINS: Wheat and Soy.



Very Berry Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 630mg	27%
Total Carbohydrate 62g	23%
Dietary Fiber --g	--%
Total Sugars 5g	
Includes --g Added Sugars	--%
Protein 11g	
Vitamin D --mcg	--%
Calcium 120mg	10%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains 2% or less: Sugar, Salt, Cranberry Bits (Sugar, Corn Syrup, Corn Cereal, Modified Food Starch, Partially Hydrogenated Vegetable Oil (Cottonseed and/or Soybean, Citric Acid, Artificial Flavor, Red #40 Lake, Blue #1 Lake), Cherry Bits (Sugar, Corn Syrup, Corn Cereal, Partially Hydrogenated Vegetable Oil (Cottonseed and/or Soybean), Modified Food Starch, Artificial Flavor, Red #40), Blueberry Bits (Sugar, Corn Flour, Dextrose, Corn Starch, Dried Blueberries, Blue #40 lake, Red #40 lake), Yeast, Corn Meal, Natural and Artificial Flavor, Calcium Propionate (added as a preservative), Palm Oil, Monoglycerides, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic acid, Enzymes, Natural and Artificial Color.

CONTAINS: Wheat and Soy.



Whole Wheat Bagel

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	28%
Total Carbohydrate 59g	21%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 12g	
Vitamin D --mcg	--%
Calcium 200mg	15%
Iron 4mg	20%
Potassium --mg	--%
*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.	

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Contains 2% Or Less: Sugar, Salt, Yeast, Calcium Propionate (preservative), Corn Meal, Palm Oil, Monoglycerides, Caramel Color (contains sulfites), Molasses, Ascorbic Acid, Soybean Oil, Enzymes, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes.

CONTAINS: Wheat and Soy.