

# BAGELOVERS INC.

## Whole Grain Bagel Plain (2.0 oz)

### Nutrition Facts

Serving Size 1 Bagel (57g)  
Servings Per Container

Amount Per Serving

**Calories** 150      **Calories from Fat** 5

% Daily Value\*

**Total Fat** 0.5g      1%

**Saturated Fat** 0g      0%

**Trans Fat** 0g

**Cholesterol** 0mg      0%

**Sodium** 260mg      11%

**Total Carbohydrate** 30g      10%

**Dietary Fiber** 2g      8%

**Sugars** 2g

**Protein** 6g

Vitamin A 0%      • Vitamin C 0%

Calcium 2%      • Iron 10%

Thiamin 8%      • Riboflavin 4%

Niacin 6%      • Folate 6%

\*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
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Contains Wheat.

INGREDIENTS: WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED BROMATED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, POTASSIUM BROMATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), 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., VITAL WHEAT GLUTEN, 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 Caravan's suppliers.

To estimate the nutritional composition of a final baked product composition information for ALL ingredients is required.  
24g wg/65g bagel