Abundant Life Foods G	F Bagel Mix
Nutrition	Facts

12 servings per container

Serving size	1 bagel (34g
Amount Per Serving	
Amount Fer Serving	400

Amount Per Serving	400
Calories	100

Calories	100
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	00

Caturated Fat Oa	0%
Saturated Fat 0g	07
Trans Fat 0g	
Cholesterol 0mg	0%
Cholesterol only	07
Sodium 380mg	179
	-
Total Carbohydrate 21g	8%

onolesterol umg	09
Sodium 380mg	179
Total Carbohydrate 21g	8%
Dietary Fiber 8g	29%
Total Sugars 2g	
Includes 2g Added Sugars	4%

Dietary Fiber 8g	29%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 61mg	2%

*The % Daily Value (DV) 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.