

# Nutrition Facts

12 servings per container

**Serving size** 1 bagel (34g)**Amount Per Serving****Calories** **100**

% Daily Value\*

**Total Fat** 0g **0%**Saturated Fat 0g **0%***Trans* Fat 0g**Cholesterol** 0mg **0%****Sodium** 380mg **17%****Total Carbohydrate** 21g **8%**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.