

Nutrition Facts

4 servings per container

Serving size 1 bagel (99g)**Amount Per Serving****Calories** **270**

% Daily Value*

Total Fat 14g **18%**Saturated Fat 3g **15%***Trans* Fat 0g**Cholesterol** 0mg **0%****Sodium** 390mg **17%****Total Carbohydrate** 38g **14%**Dietary Fiber 3g **11%**

Total Sugars 6g

Includes 0g Added Sugars **0%****Protein** 2g **4%**Vitamin D 0mcg **0%**Calcium 49mg **4%**Iron 1mg **6%**Potassium 58mg **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.