

Ener-G Gluten Free Plain Bagels

# 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** 380mg **17%**

**Total Carbohydrate** 38g **14%**

Dietary Fiber 3g **11%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 1g **2%**

Vitamin D 0mcg **0%**

Calcium 50mg **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.