Everything Bagel Dog

Nutrition Facts

4 servings per container
Serving Size 1 Bagel Dog (65g)

Amount Per Serving	
Calories	**190**
	% Daily Value *
Total Fat 8g	**10%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 440mg	**19%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 1g	**4%**
Total Sugars 3g	
Includes 0g Added Sugars	
Protein 6g	**12%**

Vit. D 0 · Calcium 40mg **3%**

Iron 1.3mg **7%** · Potas. 0

* 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.

Ingredients: Everything bagels (66.1%) [ENRICHED **wheat** flour (**wheat** flour, MALTED BARLEY FLOUR (**wheat**), NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, DEXTROSE, DRIED ROASTED ONIONS, SALT, SESAME SEEDS, YEAST, VEGETABLE OIL (CANOLA OIL OR **SOYBEAN** OIL), DRIED ROASTED GARLIC, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID, POTASSIUM SORBATE), POPPY SEEDS, GARLIC POWDER, ONION OIL (ONION, MONO AND DIGLYCERIDES, **SOY** LECITHIN (**soya**))], ECKRICH SMOK-Y BREAKFAST SAUSAGES CHEDDAR (33.9%) [MEAT INGREDIENTS (PORK, BEEF), MECHANICALLY SEPARATED TURKEY, WATER, PASTEURIZED PROCESS CHEDDAR CHEESE [cheddar cheese [**milk**,cheese culture,salt and enzymes],water,cream,sodium phosphate,enzyme modified cheese [milk,cheese culture,salt enzymes,water,disodium phosphate,lipolyzed cream],salt,sorbic acid [preservative],apo-carotenal [color],corn syrup,contains 2% or less of dextrose,flavorings,modified food starch,mechanically separated chicken,autolyzed yeast,monosodium glutamate,potassium and sodium lactate,extract of paprika,salt,sodium diacetate,sodium nitrite,sodium phosphate,vitamin c)]

ALLERGEN INFORMATION:

CONTAINS

WHEAT **MILK** **SOY**

Plain Bagel Dog

Nutrition Facts

1 servings per container

Serving Size 1 Bagel Dog (65g)

Amount Per Serving

Calories 170

	% Daily Value *
Total Fat 4g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 350mg	**15%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 2g Added Sugars	**4%**
Protein 6g	**12%**

Vit. D 0mcg **0%** · Calcium 0mg **0%**

Iron 1.9mg **11%** · Potas. 75mg **2%**

Plain Bagel Dog

Nutrition Facts

1 servings per container
Serving Size 1 Bagel Dog (65g)

Amount Per Serving
Calories 170

	% Daily Value *
Total Fat 4g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 350mg	**15%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 2g Added Sugars	**4%**
Protein 6g	**12%**

Vit. D 0mcg **0%**	Calcium 0mg **0%**
Iron 1.9mg **11%**	Potas. 75mg **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.

Ingredients:Hillshire farm lit'l smokies sausage beef (84.1%) [Beef, water, corn syrup, contains 2% or less: salt, potassium lactate, dextrose, natural flavor, sodium phosphate, monosodium glutamate, sodium diacetate, sodium erythorbate, sodium nitirte.], Plain Bagel (15.9%) [King arthur flour unbleached all-purpose flour [wheat flour malted barley flour niacin reduced iron thiamine mononitrate riboflavin folic acid] (62.8%), Water (30.2%), Malt syrup (3.9%) (**Gluten**), Brown sugar (1.3%), Salt (1.1%), Honey (0.63%), Yeast (0.12%)]

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Nutrition Facts

1 servings per container

Serving Size 1 Bagel Dog (65g)

Amount Per Serving

Calories	**170**
	% Daily Value *
Total Fat 4g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 350mg	**15%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 2g Added Sugars	**4%**
Protein 6g	**12%**

Vit. D 0mcg **0%**	·	Calcium 0mg **0%**
Iron 1.9mg **11%**	·	Potas. 75mg **2%**

Nutrition Facts

1 servings per container

Serving Size 1 Bagel Dog (65g)

Amount Per Serving

Calories	**170**
	% Daily Value *
Total Fat 4g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 350mg	**15%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 2g Added Sugars	**4%**
Protein 6g	**12%**

Vit. D 0mcg **0%**	Calcium 0mg **0%**
Iron 1.9mg **11%**	Potas. 75mg **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.

redients:Hillshire farm lit'l smokies sausage beef (84.1%) [Beef, water, n syrup, contains 2% or less: salt, potassium lactate, dextrose, natural vor, sodium phosphate, monosodium glutamate, sodium diacetate, um erythorbate, sodium nitirte.], Plain Bagel (15.9%) [King arthur flour ached all-purpose flour [wheat flour malted barley flour niacin reduced iamine mononitrate riboflavin folic acid] (62.8%), Water (30.2%), Malt 3.9%) (**Gluten**), Brown sugar (1.3%), Salt (1.1%), Honey (0.63%), Yeast (0.12%)]

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Plain Bagel Dog

Nutrition Facts

1 servings per container

Serving Size 1 Bagel Dog (65g)

Amount Per Serving

Calories 170

	% Daily Value *
Total Fat 4g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 350mg	**15%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 2g Added Sugars	**4%**
Protein 6g	**12%**

Vit. D 0mcg	**0%**	Calcium 0mg	**0%**
Iron 1.9mg	**11%**	Potas. 75mg	**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.

Ingredients:Hillshire farm lit'l smokies sausage beef (84.1%) [Beef, water, corn syrup, contains 2% or less: salt, potassium lactate, dextrose, natural flavor, sodium phosphate, monosodium glutamate, sodium diacetate, sodium erythorbate, sodium nitirte.], Plain Bagel (15.9%) [King arthur flour unbleached all-purpose flour [wheat flour malted barley flour niacin reduced iron thiamine mononitrate riboflavin folic acid] (62.8%), Water (30.2%), Malt syrup (3.9%) (**Gluten**), Brown sugar (1.3%), Salt (1.1%), Honey (0.63%), Yeast (0.12%)]

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Plain Bagel Dog

Nutrition Facts

1 servings per container

Serving Size 1 Bagel Dog (64g)

Amount Per Serving

Calories 160

	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 270mg	**12%**
Total Carbohydrate 35g	**13%**
Dietary Fiber 1g	**4%**
Total Sugars 3g	
Includes 3g Added Sugars	**6%**
Protein 6g	**12%**

Vit. D 0mcg	**0%**	Calcium 0mg	**0%**
Iron 2mg	**11%**	Potas. 10mg	**0%**

* 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.

Plain Bagel Dog

Nutrition Facts

1 servings per container

Serving Size 1 Bagel Dog (64g)

Amount Per Serving

Calories 160

	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 270mg	**12%**
Total Carbohydrate 35g	**13%**
Dietary Fiber 1g	**4%**
Total Sugars 3g	
Includes 3g Added Sugars	**6%**
Protein 6g	**12%**

Vit. D 0mcg **0%** · Calcium 0mg **0%**

Iron 2mg **11%** · Potas. 10mg **0%**

* 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.

Ingredients: Plain Bagel (100%) [King arthur flour unbleached all-purpose flour [**wheat** flour malted **barley** flour niacin reduced iron thiamine mononitrate riboflavin folic acid] (62.8%) [UNBLEACHED ENRICHED HARD **wheat** flour (**wheat** flour, MALTED **BARLEY** FLOUR (**wheat**), NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID)], Water (30.2%), Malt syrup (3.9%) (**Gluten**), Brown sugar (1.3%), Salt (1.1%), Honey (0.63%), Yeast (0.12%)], ECKRICH SMOK-Y BREAKFAST SAUSAGES CHEDDAR (52.8%) [MEAT INGREDIENTS (PORK, BEEF), MECHANICALLY SEPARATED TURKEY, WATER, PASTEURIZED PROCESS CHEDDAR CHEESE (cheddar cheese [**milk**,cheese culture,salt and enzymes],water,cream,sodium phosphate,enzyme modified cheese [milk,cheese culture,salt enzymes,water,disodium phosphate,lipolyzed cream],salt,sorbic acid [preservative],apo-carotenal [color],corn syrup,contains 2% or less of dextrose,flavorings,modified food starch,mechanically separated chicken,autolyzed yeast,monosodium glutamate,potassium and sodium lactate,extract of paprika,salt,sodium diacetate,sodium nitrite,sodium phosphate,vitamin c)]

ALLERGEN INFORMATION:

CONTAINS

WHEAT

MILK

SOY

Boopa's Bagel Deli
6513 N. Beach St. Fort Worth, TX 76137

Plain Boopalache

Nutrition Facts

Serving Size	1 Boopalache (65g)

Amount Per Serving	
Calories	**170**

	% Daily Value *
Total Fat 4g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 350mg	**15%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 2g Added Sugars	**4%**
Protein 6g	**12%**

Vit. D 0mcg **0%**	Calcium 0mg **0%**
Iron 1.9mg **11%**	Potas. 75mg **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.

Ingredients:Hillshire farm lit'l smokies sausage beef (84.1%) [Beef, water, corn syrup, contains 2% or less: salt, potassium lactate, dextrose, natural flavor, sodium phosphate, monosodium glutamate, sodium diacetate, sodium erythorbate, sodium nitirte.], Plain Bagel (15.9%) [King arthur flour unbleached all-purpose flour [wheat flour malted barley flour niacin reduced iron thiamine mononitrate riboflavin folic acid] (62.8%), Water (30.2%), Malt syrup (3.9%) (**Gluten**), Brown sugar (1.3%), Salt (1.1%), Honey (0.63%), Yeast (0.12%)]

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Plain Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **350**

	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 610mg	**27%**
Total Carbohydrate 75g	**27%**
Dietary Fiber 3g	**11%**
Total Sugars 6g	
Includes 6g Added Sugars	**12%**
Protein 12g	**24%**

Vit. D 0mcg **0%** · Calcium 10mg **1%**

Iron 4.4mg **24%** · Potas. 20mg **0%**

* 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.

Ingredients: King arthur flour unbleached all-purpose flour [Wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid] (63.2%), Water (30.3%), Malt syrup (4%) (**Gluten**), Salt (1.1%), Brown sugar (0.63%), Honey (0.63%), Yeast (0.12%)

ALLERGEN INFORMATION:

CONTAINS

GLUTEN

Cinnamon Raisin Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **340**

	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 650mg	**28%**
Total Carbohydrate 78g	**28%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 8g Added Sugars	**16%**
Protein 12g	**24%**

Vit. D 0mcg **0%** · Calcium 20mg **2%**

Iron 4.3mg **24%** · Potas. 80mg **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.

Ingredients: King arthur flour unbleached all-purpose flour[**wheat** flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid] (58.4%), Water (28%), Raisins (4.7%) (**Sulphites**), Malt syrup (3.4%) (**Gluten**), Brown sugar (2.9%), Salt (1.2%), Ground cinnamon (0.58%), Honey (0.58%), Yeast (0.29%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Boopa's Bagel Deli
6513 N Beach St. Fort Worth, TX 76137

Cinnamon Raisin Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **360**

	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 650mg	**28%**
Total Carbohydrate 78g	**28%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 8g Added Sugars	**16%**
Protein 12g	**24%**

Vit. D 0mcg **0%**	Calcium 20mg **2%**
Iron 4.3mg **24%**	Potas. 80mg **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.

Ingredients: King arthur flour unbleached all-purpose flour[**wheat** flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid] (58.4%), Water (28%), Raisins (4.7%) (**Sulphites**), Malt syrup (3.4%) (**Gluten**), Brown sugar (2.9%), Salt (1.2%), Ground cinnamon (0.58%), Honey (0.58%), Yeast (0.29%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

SULPHITES

Cranberry Orange Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **510**

	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 900mg	**39%**
Total Carbohydrate 108g	**39%**
Dietary Fiber 4g	**14%**
Total Sugars 19g	
Includes 16g Added Sugars	**32%**
Protein 16g	**32%**

Vit. D 0mcg **0%** · Calcium 20mg **2%**

Iron 5.7mg **32%** · Potas. 45mg **1%**

* 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.

Ingredients: King arthur flour unbleached all-purpose flour [**wheat** flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid] (81.1%), Brown sugar (8.1%), Malt syrup (4.7%) (**Gluten**), Craisins dried cranberries (3.2%) [Greek yogurt coating [sugar, palm kernel oil, nonfat **milk** powder, greek yogurt powder (nonfat **milk** solids, culture, lactic acid, natural flavor), lactic acid, **soy** lecithin (an emulsifier), natural flavor], sweetened dried cranberries (cranberries, sugar), coating (gum acacia, maltodextrin, and sugar), confectioner's glaze.], Salt (1.6%), Orange peel (0.81%), Yeast (0.41%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

MILK

SOY

Cranberry Orange Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **510**

	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 900mg	**39%**
Total Carbohydrate 108g	**39%**
Dietary Fiber 4g	**14%**
Total Sugars 19g	
Includes 16g Added Sugars	**32%**
Protein 16g	**32%**

Vit. D 0mcg **0%** · Calcium 20mg **2%**

Iron 5.7mg **32%** · Potas. 45mg **1%**

* 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.

Ingredients: King arthur flour unbleached all-purpose flour [**wheat** flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid] (81.1%), Brown sugar (8.1%), Malt syrup (4.7%) (**Gluten**), Craisins dried cranberries (3.2%) [Greek yogurt coating [sugar, palm kernel oil, nonfat **milk** powder, greek yogurt powder (nonfat **milk** solids, culture, lactic acid, natural flavor), lactic acid, **soy** lecithin (an emulsifier), natural flavor], sweetened dried cranberries (cranberries, sugar), coating (gum acacia, maltodextrin, and sugar), confectioner's glaze.], Salt (1.6%), Orange peel (0.81%), Yeast (0.41%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

MILK

SOY

Sundried Tomato Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **350**

	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 690mg	**30%**
Total Carbohydrate 74g	**27%**
Dietary Fiber 3g	**11%**
Total Sugars 6g	
Includes 6g Added Sugars	**12%**
Protein 12g	**24%**

Vit. D 0mcg **0%** · Calcium 10mg **1%**

Iron 4.4mg **24%** · Potas. 70mg **1%**

* 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.

Ingredients: King arthur flour unbleached all-purpose flour [malted barely flour Niacin reduced iron thiamine mononitrate riboflavin folic acid] (61.8%), Water (29.7%), Malt syrup (2.5%) (**Gluten**), Brown sugar (2.5%), Salt (1.2%), Sun dried tomatoes (1.1%), Italian seasoning (1.1%) [Paprika, oregano, onion, basil, thyme, coriander, garlic, black pepper, sage and parsley.], Yeast (0.15%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Cranberry Orange Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **480**

	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 900mg	**39%**
Total Carbohydrate 109g	**40%**
Dietary Fiber 4g	**14%**
Total Sugars 19g	
Includes 16g Added Sugars	**32%**
Protein 16g	**32%**

Vit. D 0mcg **0%** · Calcium 20mg **2%**

Iron 5.7mg **32%** · Potas. 45mg **1%**

* 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.

Ingredients: King arthur flour unbleached all-purpose flour [**wheat** flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid] (81.1%), Brown sugar (8.1%), Malt syrup (4.7%) (**Gluten**), Craisins dried cranberries (3.2%) sweetened dried cranberries (cranberries, sugar), coating (gum acacia, maltodextrin, and sugar), confectioner's glaze.], Salt (1.6%), Orange peel (0.81%), Yeast (0.41%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Boopa's Bagel Deli
6513 North Beach St. Fort Worth, TX 76137

Sweet Everything Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **380**

	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 640mg	**28%**
Total Carbohydrate 79g	**29%**
Dietary Fiber 3g	**11%**
Total Sugars 15g	
Includes 11g Added Sugars	**22%**
Protein 12g	**24%**

Vit. D 0mcg **0%** · Calcium 20mg **2%**

Iron 4.1mg **23%** · Potas. 65mg **1%**

* 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.

Amount Per Serving	
Calories	**360**
	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 700mg	**30%**
Total Carbohydrate 73g	**27%**
Dietary Fiber 3g	**11%**
Total Sugars 6g	
Includes 5g Added Sugars	**10%**
Protein 13g	**26%**

Vit. D 0mcg **0%**	Calcium 30mg **2%**
Iron 4.3mg **24%**	Potas. 20mg **0%**

* 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.

Ingredients: King arthur flour unbleached all-purpose flour [**Wheat** flour Malted Barley Flour Niacin Reduced Iron Thiamine Mononitrate Riboflavin Folic Acid] (61.4%), Water (29.5%), Malt syrup (3.6%) (**Gluten**), Mild cheddar shredded natural cheddar cheese (2.1%) [Cheddar cheese [pasteurized **milk**, cheese culture, salt, enzymes, annatto (vegetable color)], potato starch and powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor).], Salt (1.2%), Dehydrated diced jalapeno (0.77%), Honey (0.61%), Brown sugar (0.61%), Yeast (0.15%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

MILK

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **360**

	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 700mg	**30%**
Total Carbohydrate 73g	**27%**
Dietary Fiber 3g	**11%**
Total Sugars 6g	
Includes 5g Added Sugars	**10%**
Protein 13g	**26%**

Vit. D 0mcg **0%** · Calcium 30mg **2%**

Iron 4.3mg **24%** · Potas. 20mg **0%**

* 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.

Ingredients: King arthur flour unbleached all-purpose flour [**Wheat** flour Malted Barley Flour Niacin Reduced Iron Thiamine Mononitrate Riboflavin Folic Acid] (61.4%), Water (29.5%), Malt syrup (3.6%) (**Gluten**), Mild cheddar shredded natural cheddar cheese (2.1%) [Cheddar cheese [pasteurized **milk**, cheese culture, salt, enzymes, annatto (vegetable color)], potato starch and powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor).], Salt (1.2%), Dehydrated diced jalapeno (0.77%), Honey (0.61%), Brown sugar (0.61%), Yeast (0.15%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

MILK

Jalapeno Cheddar Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **360**

	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 700mg	**30%**
Total Carbohydrate 73g	**27%**
Dietary Fiber 3g	**11%**
Total Sugars 6g	
Includes 5g Added Sugars	**10%**
Protein 13g	**26%**

Vit. D 0mcg **0%** · Calcium 30mg **2%**

Iron 4.3mg **24%** · Potas. 20mg **0%**

* 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.

Ingredients: King arthur flour unbleached all-purpose flour [**Wheat** flour Malted Barley Flour Niacin Reduced Iron Thiamine Mononitrate Riboflavin Folic Acid] (61.4%), Water (29.5%), Malt syrup (3.6%) (**Gluten**), Mild cheddar shredded natural cheddar cheese (2.1%) [Cheddar cheese [pasteurized **milk**, cheese culture, salt, enzymes, annatto (vegetable color)], potato starch and powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor).], Salt (1.2%), Dehydrated diced jalapeno (0.77%), Honey (0.61%), Brown sugar (0.61%), Yeast (0.15%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

MILK

WHEAT **PEANUTS** **MILK** **SOY**

Jalapeno Cheddar Bag

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving	
Calories	**360**
	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 700mg	**30%**
Total Carbohydrate 73g	**27%**
Dietary Fiber 3g	**11%**
Total Sugars 6g	
Includes 5g Added Sugars	**10%**
Protein 13g	**26%**
Vit. D 0mcg **0%** · Calcium 30mg **2%**	
Iron 4.3mg **24%** · Potas. 20mg **0%**	

* 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.

Ingredients: King arthur flour unbleached all-purpose flour [Wheat flour Malted Barley Flour Niacin Reduced Iron Thiamine Mononitrate Riboflavin Folic Acid] (61.4%), Water (29.5%), Malt syrup (3.6%) (**Gluten**), Mild cheddar shredded natural cheddar cheese (2.1%) [Cheddar cheese [pasteurized **milk**, cheese culture, salt, enzymes, annatto (vegetable color)], potato starch and powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor).], Salt (1.2%), Dehydrated diced jalapeno (0.77%), Honey (0.61%), Brown sugar (0.61%), Yeast (0.15%)

ALLERGEN INFORMATION:

CONTAINS

GLUTEN **MILK**

SOY

Jalapeno Cheddar Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **360**

	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 700mg	**30%**
Total Carbohydrate 73g	**27%**
Dietary Fiber 3g	**11%**
Total Sugars 6g	
Includes 5g Added Sugars	**10%**
Protein 13g	**26%**

Vit. D 0mcg **0%** · Calcium 30mg **2%**

Iron 4.3mg **24%** · Potas. 20mg **0%**

* 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.

Ingredients: King arthur flour unbleached all-purpose flour [Wheat flour Malted Barley Flour Niacin Reduced Iron Thiamine Mononitrate Riboflavin Folic Acid] (61.4%), Water (29.5%), Malt syrup (3.6%) (**Gluten**), Mild cheddar shredded natural cheddar cheese (2.1%) [Cheddar cheese [pasteurized **milk**, cheese culture, salt, enzymes, annatto (vegetable color)], potato starch and powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor).], Salt (1.2%), Dehydrated diced jalapeno (0.77%), Honey (0.61%), Brown sugar (0.61%), Yeast (0.15%)

ALLERGEN INFORMATION:

CONTAINS

GLUTEN

MILK

Jalapeno Cheddar Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving	
Calories	**360**
	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 700mg	**30%**
Total Carbohydrate 73g	**27%**
Dietary Fiber 3g	**11%**
Total Sugars 6g	
Includes 5g Added Sugars	**10%**
Protein 13g	**26%**

Vit. D 0mcg **0%**	Calcium 30mg **2%**
Iron 4.3mg **24%**	Potas. 20mg **0%**

* 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.

Ingredients: King arthur flour unbleached all-purpose flour [Wheat flour Malted Barley Flour Niacin Reduced Iron Thiamine Mononitrate Riboflavin Folic Acid] (61.4%), Water (29.5%), Malt syrup (3.6%) (**Gluten**), Mild cheddar shredded natural cheddar cheese (2.1%) [Cheddar cheese [pasteurized **milk**, cheese culture, salt, enzymes, annatto (vegetable color)], potato starch and powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor).], Salt (1.2%), Dehydrated diced jalapeno (0.77%), Honey (0.61%), Brown sugar (0.61%), Yeast (0.15%)

ALLERGEN INFORMATION:

CONTAINS

GLUTEN **MILK**

Jalapeno Cheddar Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **360**

	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 700mg	**30%**
Total Carbohydrate 73g	**27%**
Dietary Fiber 3g	**11%**
Total Sugars 6g	
Includes 5g Added Sugars	**10%**
Protein 13g	**26%**

Vit. D 0mcg **0%** · Calcium 30mg **2%**

Iron 4.3mg **24%** · Potas. 20mg **0%**

* 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.

Ingredients: King arthur flour unbleached all-purpose flour [Wheat flour Malted Barley Flour Niacin Reduced Iron Thiamine Mononitrate Riboflavin Folic Acid] (61.4%), Water (29.5%), Malt syrup (3.6%) (**Gluten**), Mild cheddar shredded natural cheddar cheese (2.1%) [Cheddar cheese [pasteurized **milk**, cheese culture, salt, enzymes, annatto (vegetable color)], potato starch and powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor).], Salt (1.2%), Dehydrated diced jalapeno (0.77%), Honey (0.61%), Brown sugar (0.61%), Yeast (0.15%)

ALLERGEN INFORMATION:

CONTAINS

GLUTEN

MILK

Peanut Butter Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving	
Calories	**390**
	% Daily Value *
Total Fat 4g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 640mg	**28%**
Total Carbohydrate 78g	**28%**
Dietary Fiber 3g	**11%**
Total Sugars 18g	
Includes 14g Added Sugars	**28%**
Protein 13g	**26%**

Vit. D 0mcg **0%**	Calcium 20mg **2%**
Iron 4.1mg **23%**	Potas. 110mg **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.

Ingredients: King arthur flour unbleached all-purpose flour[wheat flour malted barely flour Niacin reduced iron thiamine mononitrate riboflavin folic acid] (54.9%), Water (24.2%), Brown sugar (5.5%), **Peanut** butter chips (4.4%) [Sugar, partially defatted **peanut** flour, hydrogenated palm kernel oil, nonfat dry **milk**, dextrose, **soy** lecithin, salt.], **Peanut** butter (3.3%), Malt syrup (3.2%) (**Gluten**), Molasses (2.3%), Salt (1.1%), Yeast (0.55%), Honey (0.55%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

PEANUTS

MILK

SOY

Peanut Butter Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **390**

	% Daily Value *
Total Fat 4g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 640mg	**28%**
Total Carbohydrate 78g	**28%**
Dietary Fiber 3g	**11%**
Total Sugars 18g	
Includes 14g Added Sugars	**28%**
Protein 13g	**26%**

Vit. D 0mcg **0%** · Calcium 20mg **2%**

Iron 4.1mg **23%** · Potas. 110mg **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.

Ingredients: King arthur flour unbleached all-purpose flour[wheat flour malted barely flour Niacin reduced iron thiamine mononitrate riboflavin folic acid] (54.9%), Water (24.2%), Brown sugar (5.5%), **Peanut** butter chips (4.4%) [Sugar, partially defatted **peanut** flour, hydrogenated palm kernel oil, nonfat dry **milk**, dextrose, **soy** lecithin, salt.], **Peanut** butter (3.3%), Malt syrup (3.2%) (**Gluten**), Molasses (2.3%), Salt (1.1%), Yeast (0.55%), Honey (0.55%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

PEANUTS

MILK

SOY

Peanut Butter Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving	
Calories	**390**
	% Daily Value *
Total Fat 4g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 640mg	**28%**
Total Carbohydrate 78g	**28%**
Dietary Fiber 3g	**11%**
Total Sugars 18g	
Includes 14g Added Sugars	**28%**
Protein 13g	**26%**

Vit. D 0mcg **0%**	Calcium 20mg **2%**
Iron 4.1mg **23%**	Potas. 110mg **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.

Ingredients: King arthur flour unbleached all-purpose flour[wheat flour malted barely flour Niacin reduced iron thiamine mononitrate riboflavin folic acid] (54.9%), Water (24.2%), Brown sugar (5.5%), **Peanut** butter chips (4.4%) [Sugar, partially defatted **peanut** flour, hydrogenated palm kernel oil, nonfat dry **milk**, dextrose, **soy** lecithin, salt.], **Peanut** butter (3.3%), Malt syrup (3.2%) (**Gluten**), Molasses (2.3%), Salt (1.1%), Yeast (0.55%), Honey (0.55%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

PEANUTS

MILK

SOY

Poppy Seed Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving	
Calories	**370**
	% Daily Value *
Total Fat 3g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 590mg	**26%**
Total Carbohydrate 73g	**27%**
Dietary Fiber 4g	**14%**
Total Sugars 6g	
Includes 5g Added Sugars	**10%**
Protein 13g	**26%**

Vit. D 0mcg **0%** · Calcium 100mg **8%**

Iron 4.8mg **27%** · Potas. 70mg **1%**

* 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.

Ingredients: King arthur flour unbleached all-purpose flour[**wheat** flour malted barley flour niacin reduced iron thiamine mononitrate riboflavin folic acid] (60.3%), Water (28.9%), Poppy seeds (4.7%), Malt syrup (3.7%) (**Gluten**), Salt (1.1%), Honey (0.6%), Brown sugar (0.6%), Yeast (0.11%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Pumpernickel Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving	
Calories	**350**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 680mg	**30%**
Total Carbohydrate 74g	**27%**
Dietary Fiber 3g	**11%**
Total Sugars 7g	
Includes 7g Added Sugars	**14%**
Protein 12g	**24%**

Vit. D 0mcg **0%**	Calcium 10mg **1%**
Iron 4.2mg **23%**	Potas. 25mg **1%**

* 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.

Ingredients: King arthur flour unbleached all-purpose flour[**wheat** flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid] (60.4%), Water (27.8%), Malt syrup (3.5%) (**Gluten**), caramel color (2.4%), Brown sugar (2.4%), Salt (1.2%), Bob's red mill caraway seeds (1.1%), Cracked **wheat** bread (1.1%) (**Gluten**), Yeast (0.08%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Pumpkin Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving	
Calories	**360**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 680mg	**30%**
Total Carbohydrate 77g	**28%**
Dietary Fiber 3g	**11%**
Total Sugars 12g	
Includes 11g Added Sugars	**22%**
Protein 12g	**24%**

Vit. D 0mcg **0%**	Calcium 30mg **2%**
Iron 4.5mg **25%**	Potas. 80mg **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.

Ingredients: King arthur flour unbleached all-purpose flour[**wheat** flour malted barley flour niacin reduced iron thiamine mononitrate riboflavin folic acid] (57.8%), Water (18.5%), Pumpkin (11.6%), Brown sugar (5.8%), Malt syrup (3.4%) (**Gluten**), Pumpkin pie spice (1.2%), Salt (1.2%), Yeast (0.36%), Ground cinnamon (0.29%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Pumpkin Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **360**

	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 680mg	**30%**
Total Carbohydrate 77g	**28%**
Dietary Fiber 3g	**11%**
Total Sugars 12g	
Includes 11g Added Sugars	**22%**
Protein 12g	**24%**

Vit. D 0mcg **0%** · Calcium 30mg **2%**

Iron 4.5mg **25%** · Potas. 80mg **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.

Ingredients: King arthur flour unbleached all-purpose flour[**wheat** flour malted barley flour niacin reduced iron thiamine mononitrate riboflavin folic acid] (57.8%), Water (18.5%), Pumpkin (11.6%), Brown sugar (5.8%), Malt syrup (3.4%) (**Gluten**), Pumpkin pie spice (1.2%), Salt (1.2%), Yeast (0.36%), Ground cinnamon (0.29%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Pumpkin Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving	
Calories	**360**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 680mg	**30%**
Total Carbohydrate 77g	**28%**
Dietary Fiber 3g	**11%**
Total Sugars 12g	
Includes 11g Added Sugars	**22%**
Protein 12g	**24%**

Vit. D 0mcg **0%**	Calcium 30mg **2%**
Iron 4.5mg **25%**	Potas. 80mg **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.

Ingredients: King arthur flour unbleached all-purpose flour[**wheat** flour malted barley flour niacin reduced iron thiamine mononitrate riboflavin folic acid] (57.8%), Water (18.5%), Pumpkin (11.6%), Brown sugar (5.8%), Malt syrup (3.4%) (**Gluten**), Pumpkin pie spice (1.2%), Salt (1.2%), Yeast (0.36%), Ground cinnamon (0.29%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Pumpkin Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving	
Calories	**360**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 680mg	**30%**
Total Carbohydrate 77g	**28%**
Dietary Fiber 3g	**11%**
Total Sugars 12g	
Includes 11g Added Sugars	**22%**
Protein 12g	**24%**

Vit. D 0mcg **0%**	Calcium 30mg **2%**
Iron 4.5mg **25%**	Potas. 80mg **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.

Ingredients: King arthur flour unbleached all-purpose flour[**wheat** flour malted barley flour niacin reduced iron thiamine mononitrate riboflavin folic acid] (57.8%), Water (18.5%), Pumpkin (11.6%), Brown sugar (5.8%), Malt syrup (3.4%) (**Gluten**), Pumpkin pie spice (1.2%), Salt (1.2%), Yeast (0.36%), Ground cinnamon (0.29%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Pumpkin Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving	
Calories	**360**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 680mg	**30%**
Total Carbohydrate 77g	**28%**
Dietary Fiber 3g	**11%**
Total Sugars 12g	
Includes 11g Added Sugars	**22%**
Protein 12g	**24%**

Vit. D 0mcg **0%**	Calcium 30mg **2%**
Iron 4.5mg **25%**	Potas. 80mg **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.

Ingredients: King arthur flour unbleached all-purpose flour[**wheat** flour malted barley flour niacin reduced iron thiamine mononitrate riboflavin folic acid] (57.8%), Water (18.5%), Pumpkin (11.6%), Brown sugar (5.8%), Malt syrup (3.4%) (**Gluten**), Pumpkin pie spice (1.2%), Salt (1.2%), Yeast (0.36%), Ground cinnamon (0.29%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Salt Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **340**

	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 2760mg	**120%**
Total Carbohydrate 71g	**26%**
Dietary Fiber 3g	**11%**
Total Sugars 5g	
Includes 5g Added Sugars	**10%**
Protein 12g	**24%**

Vit. D 0mcg **0%** · Calcium 10mg **1%**

Iron 4.2mg **23%** · Potas. 20mg **0%**

* 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.

Ingredients:King arthur flour unbleached all-purpose flour[**wheat** flour malted barley flour niacin reduced iron thiamine mononitrate riboflavin folic acid] (60.3%), Water (29%), Sea salt (4.7%) [Atlantic sea salt.], Malt syrup (3.7%) (**Gluten**), Salt (1.1%), Honey (0.6%), Brown sugar (0.6%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Sesame Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **360**

	% Daily Value *
Total Fat 3.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 580mg	**25%**
Total Carbohydrate 73g	**27%**
Dietary Fiber 4g	**14%**
Total Sugars 5g	
Includes 5g Added Sugars	**10%**
Protein 13g	**26%**

Vit. D 0mcg **0%** · Calcium 70mg **6%**

Iron 5.1mg **28%** · Potas. 50mg **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.

Ingredients: King arthur flour unbleached all-purpose flour[wheat flour malted barley flour niacin reduced iron thiamine mononitrate riboflavin folic acid] (60.3%), Water (28.9%), **Sesame** seeds (4.7%) (**Tree nuts**), Malt syrup (3.7%) (Gluten), Salt (1.1%), Honey (0.6%), Brown sugar (0.6%), Yeast (0.11%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT SESAME

Boopa's Bagel Deli

6513 N. Beach St. Fort Worth, TX 76137

Garlic Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **330**

	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 560mg	**24%**
Total Carbohydrate 70g	**25%**
Dietary Fiber 3g	**11%**
Total Sugars 5g	
Includes 5g Added Sugars	**10%**
Protein 11g	**22%**

Vit. D 0mcg **0%** · Calcium 10mg **1%**

Iron 4mg **22%** · Potas. 20mg **0%**

* 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.

Ingredients: King Arthur flour unbleached all-purpose flour[**wheat** flour malted barley flour niacin reduced iron thiamine mononitrate riboflavin folic acid] (57.3%), Water (27.5%), Minced garlic (9.3%) [Garlic, water, citric acid to protect flavor.], Malt syrup (3.6%) (**Gluten**), Salt (1%), Brown sugar (0.57%), Honey (0.57%), Yeast (0.11%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Garlic Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **330**

	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 560mg	**24%**
Total Carbohydrate 70g	**25%**
Dietary Fiber 3g	**11%**
Total Sugars 5g	
Includes 5g Added Sugars	**10%**
Protein 11g	**22%**

Vit. D 0mcg **0%** · Calcium 10mg **1%**

Iron 4mg **22%** · Potas. 20mg **0%**

* 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.

Ingredients: King Arthur flour unbleached all-purpose flour[**wheat** flour malted barley flour niacin reduced iron thiamine mononitrate riboflavin folic acid] (57.3%), Water (27.5%), Minced garlic (9.3%) [Garlic, water, citric acid to protect flavor.], Malt syrup (3.6%) (**Gluten**), Salt (1%), Brown sugar (0.57%), Honey (0.57%), Yeast (0.11%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

Honey Whole Wheat Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **350**

	% Daily Value *
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 650mg	**28%**
Total Carbohydrate 72g	**26%**
Dietary Fiber 7g	**25%**
Total Sugars 11g	
Includes 11g Added Sugars	**22%**
Protein 12g	**24%**

Vit. D 0mcg **0%** · Calcium 20mg **2%**

Iron 3.9mg **22%** · Potas. 75mg **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.

Ingredients: King arthur unbleached all-purpose flour[wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid] (29%), King arthur flour whole **wheat** flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid](29%) (**Gluten**), Water (27.9%), Honey (5.2%), Malt syrup (3.4%) (**Gluten**), Molasses (1.7%), Salt (1.2%), Cracked **wheat** bread (0.58%) (**Gluten**), **Sesame** seeds (0.58%) (**Tree nuts**), **Oats** (0.58%) (**Gluten**), Sunflower seeds (0.58%) (**Tree nuts**), Yeast (0.29%)

ALLERGEN INFORMATION:

CONTAINS

OATS, WHEAT **TREE NUTS** **SESAME**

Everything Bagel

Nutrition Facts

1 servings per container

Serving Size **1 Bagel (142g)**

Amount Per Serving

Calories **360**

	% Daily Value *
Total Fat 3g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 1010mg	**44%**
Total Carbohydrate 70g	**25%**
Dietary Fiber 6g	**21%**
Total Sugars 5g	
Includes 5g Added Sugars	**10%**
Protein 14g	**28%**

Vit. D 0mcg **0%** · Calcium 10mg **1%**

Iron 4mg **22%** · Potas. 20mg **0%**

* 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.

Ingredients: King arthur flour unbleached all-purpose flour[**wheat** flour malted barely flour niacin reduced iron thiamine mononitrate riboflavin folic acid] (57.3%), Water (27.5%), king arthur everything bagel topping [**sesame** seeds, poppy seeds, garlic, onion, salt](9.3%), Malt syrup (3.6%) (**Gluten**), Salt (1%), Brown sugar (0.57%), Honey (0.57%), Yeast (0.11%)

ALLERGEN INFORMATION:

CONTAINS

WHEAT

SESAME

Lite Strawberry Cream Cheese

Nutrition Facts

8 servings per container

Serving Size **2 Tbsp. (28.4g)**

Amount Per Serving

Calories **70**

	% Daily Value *
Total Fat 6g	**8%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 80mg	**3%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 2g	**4%**

Vit. D 0mcg **0%** · Calcium 30mg **2%**

Iron 0mg **0%** · Potas. 40mg **1%**

* 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.

Ingredients: Neufchatel cheese (86.6%) (**Milk**), Strawberries (7%), Pure sugar (4.6%) [Sugar.], Vanilla extract (1.4%), Red food coloring (0.43%) [(red) beet juice, purple carrot juice, citric acid; all colors contain less than 1% ethyl alcohol to preserve freshness.]

ALLERGEN INFORMATION:

CONTAINS

MILK