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## Kettle Boiled Onion Bagel – New Yorker Bagels

MINI				LARGE				HAND ROLLED			
Nutrition Facts				Nutrition Facts				Nutrition Facts			
Serving Size 1 bagel (57gm)				Serving Size 1 bagel (113gm)				Serving Size 1 bagel (145gm)			
Amount per Serving				Amount per Serving				Amount per Serving			
<b>Calories</b> 150		Calories from Fat 5		<b>Calories</b> 300		Calories from Fat 10		<b>Calories</b> 385		Calories from Fat 13	
		% daily value*				% daily value*				% daily value*	
<b>Total Fat</b> 0.5g			1%	<b>Total Fat</b> 1g			2%	<b>Total Fat</b> 1.3g			2%
Saturated Fat 0g			0%	Saturated Fat 0g			0%	Saturated Fat 0g			0%
Trans Fat 0g				Trans Fat 0g				Trans Fat 0g			
<b>Cholesterol</b> 0mg			0%	<b>Cholesterol</b> 0mg			0%	<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 175mg			7%	<b>Sodium</b> 350mg			15%	<b>Sodium</b> 450mg			19%
<b>Total Carbohydrate</b> 32g			11%	<b>Total Carbohydrate</b> 63g			21%	<b>Total Carbohydrate</b> 80g			27%
Dietary Fiber 1g			4%	Dietary Fiber 2g			8%	Dietary Fiber 2.5g			10%
Sugars 4g				Sugars 8g				Sugars 10g			
<b>Protein</b> 5g				<b>Protein</b> 10g				<b>Protein</b> 13g			
Vitamin A 1%	•	Vitamin C 0%		Vitamin A 2%	•	Vitamin C 0%		Vitamin A 3%	•	Vitamin C 0%	
Calcium 2%	•	Iron 10%		Calcium 4%	•	Iron 20%		Calcium 5%	•	Iron 25%	
Thiamin 18%	•	Riboflavin 10%		Thiamin 35%	•	Riboflavin 20%		Thiamin 40%	•	Riboflavin 25%	
Niacin 10%	•	Folate 15%		Niacin 20%	•	Folate 30%		Niacin 25%	•	Folate 40%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500		Calories:	2,000	2,500		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	Total Fat	Less than	65g	80g	Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g	Saturated Fat	Less than	20g	25g	Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg	Cholesterol	Less than	300mg	300mg	Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg	Sodium	Less than	2,400mg	2,400mg	Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g	Total Carbohydrate		300g	375g	Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g	Dietary Fiber		25g	30g	Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

### Ingredients:

UNBLEACHED UNBROMATED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, DEHYDRATED ONION, BROWN SUGAR, MALT SYRUP, contains 2% or less of each of the following: SEA SALT, SUGAR, YEAST, RAISIN JUICE CONCENTRATE, MALT POWDER, MOLASSES POWDER, HONEY POWDER, SOYBEAN OIL, WHEAT GLUTEN, ASCORBIC ACID, ENZYMES.

### Notes:

The information listed above has been compiled from publications of the USDA and from data provided by Corbion Caravan's suppliers.