



34-20 12th Street
 Long Island City, NY 11106
 Ph: (718) 204-1700
 Fax: (718) 204-1732

Kettle Boiled Poppy 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		
Calories 155	Calories 310	Calories 400
Calories from Fat 15	Calories from Fat 30	Calories from Fat 40
% daily value*		
Total Fat 1.7g	Total Fat 3.5g	Total Fat 4.5g
Saturated Fat 0g	Saturated Fat 0g	Saturated Fat 0g
Trans Fat 0g	Trans Fat 0g	Trans Fat 0g
Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg
Sodium 180mg	Sodium 360mg	Sodium 460mg
Total Carbohydrate 30g	Total Carbohydrate 60g	Total Carbohydrate 77g
Dietary Fiber 1.5g	Dietary Fiber 3g	Dietary Fiber 4g
Sugars 2.5g	Sugars 5g	Sugars 6.5g
Protein 5.5g	Protein 11g	Protein 14g
Vitamin A 1% • Vitamin C 0%	Vitamin A 2% • Vitamin C 0%	Vitamin A 3% • Vitamin C 0%
Calcium 5% • Iron 13%	Calcium 10% • Iron 25%	Calcium 13% • Iron 35%
Thiamin 17% • Riboflavin 10%	Thiamin 35% • Riboflavin 20%	Thiamin 45% • 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:		
Calories: 2,000 2,500		
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
* 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		
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
* 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		
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
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, POPPY SEEDS, BROWN SUGAR, MALT SYRUP, contains 2% or less of each of the following: SEA SALT, 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.