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## Kettle Boiled Pumpernickel Bagel – New Yorker Bagels

<b>MINI</b>	<b>LARGE</b>	<b>HAND ROLLED</b>
<b>Nutrition Facts</b>	<b>Nutrition Facts</b>	<b>Nutrition Facts</b>
Serving Size 1 bagel (57gm)	Serving Size 1 bagel (113gm)	Serving Size 1 bagel (145gm)
<b>Amount per Serving</b>	<b>Amount per Serving</b>	<b>Amount per Serving</b>
<b>Calories 145</b> <b>Calories from Fat 5</b>	<b>Calories 290</b> <b>Calories from Fat 10</b>	<b>Calories 370</b> <b>Calories from Fat 13</b>
<b>% daily value*</b>	<b>% daily value*</b>	<b>% daily value*</b>
<b>Total Fat 0.5g</b> <b>1%</b>	<b>Total Fat 1g</b> <b>2%</b>	<b>Total Fat 1.3g</b> <b>2%</b>
Saturated Fat 0g <b>0%</b>	Saturated Fat 0g <b>0%</b>	Saturated Fat 0g <b>0%</b>
Trans Fat 0g	Trans Fat 0g	Trans Fat 0g
<b>Cholesterol 0mg</b> <b>0%</b>	<b>Cholesterol 0mg</b> <b>0%</b>	<b>Cholesterol 0mg</b> <b>0%</b>
<b>Sodium 180mg</b> <b>8%</b>	<b>Sodium 360mg</b> <b>16%</b>	<b>Sodium 460mg</b> <b>19%</b>
<b>Total Carbohydrate 30g</b> <b>10%</b>	<b>Total Carbohydrate 60g</b> <b>20%</b>	<b>Total Carbohydrate 77g</b> <b>26%</b>
Dietary Fiber 1.5g <b>6%</b>	Dietary Fiber 3g <b>12%</b>	Dietary Fiber 4g <b>16%</b>
Sugars 3g	Sugars 6g	Sugars 8g
<b>Protein 5g</b>	<b>Protein 10g</b>	<b>Protein 13g</b>
Vitamin A 1%      • Vitamin C 0%	Vitamin A 2%      • Vitamin C 0%	Vitamin A 3%      • Vitamin C 0%
Calcium 1%      • Iron 10%	Calcium 2%      • Iron 20%	Calcium 3%      • Iron 25%
Thiamin 18%      • Riboflavin 10%	Thiamin 35%      • Riboflavin 20%	Thiamin 40%      • Riboflavin 25%
Niacin 10%      • Folate 12%	Niacin 20%      • Folate 25%	Niacin 25%      • Folate 32%
* 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, RYE PUMPERNICKEL FLOUR, BROWN SUGAR, MALT SYRUP, contains 2% or less of each of the following: CARAMEL COLOR, SEA SALT, CARAWAY SEEDS, RAISIN JUICE CONCENTRATE, YEAST, 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.