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Kettle Boiled Sesame 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 | | | |
| Calories 155 | | Calories from Fat 20 | | Calories 310 | | Calories from Fat 30 | | Calories 400 | | Calories from Fat 40 | |
| | | % daily value* | | | | % daily value* | | | | % daily value* | |
| Total Fat 2g | | | 4% | Total Fat 3.5g | | | 5% | Total Fat 4.5g | | | 7% |
| Saturated Fat 0g | | | 0% | Saturated Fat 0g | | | 0% | Saturated Fat 0g | | | 0% |
| Trans Fat 0g | | | | Trans Fat 0g | | | | Trans Fat 0g | | | |
| Cholesterol 0mg | | | 0% | Cholesterol 0mg | | | 0% | Cholesterol 0mg | | | 0% |
| Sodium 180mg | | | 8% | Sodium 360mg | | | 15% | Sodium 450mg | | | 19% |
| Total Carbohydrate 30g | | | 10% | Total Carbohydrate 60g | | | 20% | Total Carbohydrate 77g | | | 26% |
| Dietary Fiber 1.5g | | | 6% | Dietary Fiber 3g | | | 12% | Dietary Fiber 4g | | | 16% |
| 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 2% | | • | Iron 13% | Calcium 4% | | • | Iron 25% | Calcium 5% | | • | Iron 35% |
| Thiamin 18% | | • | 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: | | | | * 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, SESAME 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.