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Kettle Boiled Blueberry 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 145 Calories from Fat 5	Calories 290 Calories from Fat 10	Calories 370 Calories from Fat 13
% daily value*	% daily value*	% daily value*
Total Fat 0.5g 1%	Total Fat 1g 2%	Total Fat 1.3g 2%
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 145mg 8%	Sodium 290mg 12%	Sodium 370mg 15%
Total Carbohydrate 30g 10%	Total Carbohydrate 60g 20%	Total Carbohydrate 77g 26%
Dietary Fiber 1g 4%	Dietary Fiber 2g 8%	Dietary Fiber 2.5g 10%
Sugars 3g	Sugars 6g	Sugars 7.5g
Protein 5g	Protein 10g	Protein 13g
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 45% • Riboflavin 25%
Niacin 13% • Folate 15%	Niacin 25% • Folate 30%	Niacin 32% • 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	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, BLUEBERRIES, BROWN SUGAR, MALT SYRUP, contains 2% or less of each of the following: WHEAT GLUTEN, SEA SALT, RAISIN JUICE CONCENTRATE, NATURAL AND ARTIFICIAL FLAVOR, 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.