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Kettle Boiled Cranberry Energy 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 160		Calories from Fat 10		Calories 320		Calories from Fat 20		Calories 410		Calories from Fat 25	
		% daily value*				% daily value*				% daily value*	
Total Fat 1g			2%	Total Fat 2g			3%	Total Fat 2.5g			4%
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 115mg			5%	Sodium 230mg			10%	Sodium 295mg			12%
Total Carbohydrate 33g			11%	Total Carbohydrate 65g			22%	Total Carbohydrate 83g			28%
Dietary Fiber 2.5g			10%	Dietary Fiber 5g			20%	Dietary Fiber 6.5g			26%
Sugars 4g				Sugars 8g				Sugars 10g			
Protein 5g				Protein 11g				Protein 14g			
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 20%		•	Riboflavin 10%	Thiamin 40%		•	Riboflavin 20%	Thiamin 50%		•	Riboflavin 25%
Niacin 10%		•	Folate 15%	Niacin 20%		•	Folate 25%	Niacin 25%		•	Folate 30%
* 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, WHOLE WHEAT FLOUR, RAISINS, contains 2% or less of each of the following: MALT SYRUP, DRIED CRANBERRIES, BROWN SUGAR, SUNFLOWER SEEDS, FLAXSEEDS, WHEAT GLUTEN, SEA SALT, RAISIN JUICE CONCENTRATE, YEAST, MALT POWDER, MOLASSES POWDER, HONEY POWDER, SOYBEAN OIL, 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.