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## Rack Oven Bialy Bagel – New Yorker Bagels

<b>Nutrition Facts</b>	
Serving Size 1 bagel (99g)	
<b>Amount per Serving</b>	
<b>Calories 250</b>	Calories from Fat 10
<b>% daily value*</b>	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 940mg</b>	<b>39%</b>
<b>Total Carbohydrate 53g</b>	<b>18%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein 9g</b>	
Vitamin A 2%	• Vitamin C 0%
Calcium 4%	• Iron 20%
Thiamin 35%	• Riboflavin 20%
Niacin 20%	• Folate 25%
* 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, MINCED ONION, contains 2% or less of each of the following: SEA SALT, YEAST, SUGAR, MOLASSES POWDER, HONEY POWDER, SOYBEAN OIL, WHEAT GLUTEN, ASCORBIC ACID, ENZYMES.

The information listed above has been compiled from publications of the USDA and from data provided by Corbion Caravan's suppliers.