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## Kettle Boiled Blueberry Bagel – New Yorker Bagels

MINI	LARGE	HAND ROLLED
<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>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>
% daily value*	% daily value*	% daily value*
<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 145mg</b> <b>8%</b>	<b>Sodium 290mg</b> <b>12%</b>	<b>Sodium 370mg</b> <b>15%</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 1g <b>4%</b>	Dietary Fiber 2g <b>8%</b>	Dietary Fiber 2.5g <b>10%</b>
Sugars 3g	Sugars 6g	Sugars 7.5g
<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 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 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.