

# Wheat Poppy Bagel (3.9 oz) - New Yorker Bagels 07.26.13

## Nutrition Facts

Serving Size 1 Bagel (111g)

Servings Per Container

Amount Per Serving

**Calories 290**    **Calories from Fat 15**

% Daily Value\*

**Total Fat 2g**                      **3%**

    Saturated Fat 0g                **0%**

    Trans Fat 0g

**Cholesterol 0mg**                 **0%**

**Sodium 480mg**                   **20%**

**Total Carbohydrate 58g**       **19%**

    Dietary Fiber 7g               **28%**

    Sugars 5g

**Protein 10g**

Vitamin A 0%    •    Vitamin C 0%

Calcium 6%     •    Iron 20%

Thiamin 35%    •    Riboflavin 20%

Niacin 20%     •    Folate 15%

\*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:

WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: POPPY SEEDS, SUGAR, SALT, BROWN SUGAR, RYE FLOUR, YEAST, WHOLE GRAIN RYE MEAL, MALT POWDER (MALTED BARLEY, WHEAT FLOUR, DEXTROSE), MALTED BARLEY FLOUR, CARAMEL COLOR, MONO- AND DIGLYCERIDES, GROUND CARAWAY SEED, LACTIC ACID, SOYBEAN OIL, HYDROLYZED WHEAT GLUTEN, SILICON DIOXIDE (FLOW AID), CALCIUM SULFATE, ASCORBIC ACID (VITAMIN C), GROUND DILL SEED, WHEAT FLOUR, ENZYMES.