

# Wheat Sesame 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 20**

% Daily Value\*

**Total Fat 2.5g**                      **4%**

    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 4%    •    Iron 15%

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), SESAME SEEDS, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: 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.