



Kettle Boiled French Toast 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 152	Calories from Fat 7	Calories 305	Calories from Fat 14	Calories 390	Calories from Fat 18
% daily value*		% daily value*		% daily value*	
Total Fat 1g	1%	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 152mg	7%	Sodium 305mg	14%	Sodium 390mg	18%
Total Carbohydrate 31g	10%	Total Carbohydrate 62g	21%	Total Carbohydrate 67g	27%
Dietary Fiber 1g	4%	Dietary Fiber 2g	8%	Dietary Fiber 2.5g	10%
Sugars 3g		Sugars 6g		Sugars 8g	
Protein 5.5g		Protein 11g		Protein 14g	
Vitamin A 1%	• Vitamin C 0%	Vitamin A 2%	• Vitamin C 0%	Vitamin A 3%	• Vitamin C 0%
Calcium 2%	• Iron 11%	Calcium 4%	• Iron 23%	Calcium 5%	• Iron 29%
Thiamin 18%	• Riboflavin 10%	Thiamin 37%	• Riboflavin 19%	Thiamin 47%	• Riboflavin 24%
Niacin 11%	• Folate 14%	Niacin 23%	• Folate 28%	Niacin 29%	• Folate 36%
* 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, BROWN SUGAR, MALT SYRUP, contains 2% or less of each of the following: CARAMEL COLOR, WHEAT GLUTEN, SEA SALT, YEAST, YELLOW CORN FLOUR, RAISIN JUICE CONCENTRATE, MALT POWDER, MOLASSES POWDER, COLORS (TURMERIC, PAPRICA), HONEY POWDER, SOYBEAN OIL, ASCORBIC ACID, ALL NATURAL MAPLE FLAVOR, ENZYMES.