



34-20 12<sup>th</sup> Street  
 Long Island City, NY 11106

## Onion Bialy – New Yorker Bagels

### Nutrition Facts

Serving Size 1 bagel (99g)

#### Amount per Serving

**Calories** 250                      **Calories from Fat** 10

**% daily value\***

<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 940mg	<b>39%</b>
<b>Total Carbohydrate</b> 53g	<b>18%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein</b> 9g	

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, SOYBEAN OIL, WHEAT GLUTEN, ASCORBIC ACID, ENZYMES.