



34-20 12th Street
Long Island City, NY 11106

Kettle Boiled Onion 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 150		Calories from Fat 5		Calories 300		Calories from Fat 10		Calories 385		Calories from Fat 13	
		% daily value*				% daily value*				% daily value*	
Total Fat 0.5g		1%		Total Fat 1g		2%		Total Fat 1.3g		2%	
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 175mg		7%		Sodium 350mg		15%		Sodium 450mg		19%	
Total Carbohydrate 32g		11%		Total Carbohydrate 63g		21%		Total Carbohydrate 80g		27%	
Dietary Fiber 1g		4%		Dietary Fiber 2g		8%		Dietary Fiber 2.5g		10%	
Sugars 4g				Sugars 8g				Sugars 10g			
Protein 5g				Protein 10g				Protein 13g			
Vitamin A 1%		• Vitamin C 0%		Vitamin A 2%		• Vitamin C 0%		Vitamin A 3%		• Vitamin C 0%	
Calcium 2%		• Iron 10%		Calcium 4%		• Iron 20%		Calcium 5%		• Iron 25%	
Thiamin 18%		• Riboflavin 10%		Thiamin 35%		• Riboflavin 20%		Thiamin 40%		• Riboflavin 25%	
Niacin 10%		• Folate 15%		Niacin 20%		• Folate 30%		Niacin 25%		• 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:				* 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, DEHYDRATED ONION, BROWN SUGAR, MALT SYRUP, contains 2% or less of each of the following: SEA SALT, SUGAR, YEAST, RAISIN JUICE CONCENTRATE, MALT POWDER, MOLASSES POWDER, SOYBEAN OIL, WHEAT GLUTEN, ASCORBIC ACID, ENZYMES.