

BAGELS DATA

Marylou's News, Inc.

PLAIN	ONION	VEGGIE	SESAME	CINNAMON RAISIN
<p>Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Enriched, Bleached, Bromated Flour (contains niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, soy flour, corn flour, nonfat dry milk, salt, leavening agents (sodium bicarbonate, sodium acid pyrophosphate), dairy whey, dextrose, egg yolk solids, soy lecithin, nutmeg, artificial flavor, artificial color F.D. & C Yellow #5, #6.</p>	<p>Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Chopped Onion (Yellow FD & C #s 5, 6).</p>	<p>Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Broccoli, Mushrooms, Peppers, Carrots, Onions, Green Beans, Leaf Basil.</p>	<p>Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Sesame Seeds.</p>	<p>Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Raisins, Cinnamon.</p>
Nutrition Facts	Nutrition Facts	Nutrition Facts	Nutrition Facts	Nutrition Facts
Serving Size: 1/2 Bagel	Serving Size: 1/2 Bagel	Serving Size: 1 Bagel	Serving Size: 1/2 Bagel	Serving Size: 1/2 Bagel
Amount Per Serving:	Amount Per Serving:	Amount Per Serving:	Amount Per Serving:	Amount Per Serving:
Calories	Calories	Calories	Calories	Calories
188	188	300	188	188
Calories from Fat	Calories from Fat	Calories from Fat	Calories from Fat	Calories from Fat
6.5	6.5	10	6.5	6.5
Total Fat (g)	Total Fat (g)	Total Fat (g)	Total Fat (g)	Total Fat (g)
1	1	1	1	1
Saturated Fat (g)	Saturated Fat (g)	Saturated Fat (g)	Saturated Fat (g)	Saturated Fat (g)
0	0.5	0	0	0
Cholesterol (mg)	Cholesterol (mg)	Cholesterol (mg)	Cholesterol (mg)	Cholesterol (mg)
0	0	0	0	0
Sodium (mg)	Sodium (mg)	Sodium (mg)	Sodium (mg)	Sodium (mg)
350	350	350	245	245
Carbohydrates (g)	Carbohydrates (g)	Carbohydrates (g)	Carbohydrates (g)	Carbohydrates (g)
56	56	56	40	40
Dietary Fiber (g)	Dietary Fiber (g)	Dietary Fiber (g)	Dietary Fiber (g)	Dietary Fiber (g)
2	2	2	1.5	1.5
Sugars (g)	Sugars (g)	Sugars (g)	Sugars (g)	Sugars (g)
6	6	6	4	4
Protein (g)	Protein (g)	Protein (g)	Protein (g)	Protein (g)
11	11	11	8	8
<p>This product should not be consumed by those individuals with allergies to Corn, Dairy, Egg, Gluten, Soy, Sulfites, Tree Nuts, or Peanuts</p>	<p>This product should not be consumed by those individuals with allergies to Gluten, or Sulfites.</p>	<p>This product should not be consumed by those individuals with allergies to Gluten, or Sulfites.</p>	<p>This product should not be consumed by those individuals with allergies to Gluten, Sulfites, Seeds, Tree Nuts, or Peanuts.</p>	<p>This product should not be consumed by those individuals with allergies to Gluten, Sulfites.</p>

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	MARBLE	HONEY WHOLE WHEAT	BLUEBERRY	WORKS
eat iacin, gar, atem, ada, pe non.	<p>Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Chopped Rye Flour, caramel color.</p>	<p>Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Whole Wheat Flour, Vital Wheat Gluten, Honey, No Sugar.</p>	<p>Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Blueberries, natural and artificial flavor oils, propylene glycol, corn syrup, corn cereal, modified food starch, partially hydrogenated vegetable oil (cottonseed and/or soybean), Red #3, Blue #1, Yellow #6.</p>	<p>Enriched High-Gluten Wheat Flour, (Thiamin, Riboflavin, Niacin, Iron, Folic Acid), Water, Sugar, Malt, Salt, Yeast, Onions, Sesame, Poppy, Garlic. Contains 2% or less of the following Conditioners- Ascorbic Acid, L-Cysteine, SSL, Enzymes, Calcium Propionate. FD&C Yellow #5, Yellow #6.</p>
	Nutrition Facts	Nutrition Facts	Nutrition Facts	Nutrition Facts
el	<p>Serving Size: 1/2 Bagel</p> <p>Amount Per Serving:</p>	<p>Serving Size: 1/2 Bagel</p> <p>Amount Per Serving:</p>	<p>Serving Size: 1/2 Bagel</p> <p>Amount Per Serving:</p>	<p>Serving Size: 1/2 Bagel</p> <p>Amount Per Serving:</p>
188	Calories	188	Calories	188
6.5	Calories from Fat	6.5	Calories from Fat	6.5
1	Total Fat (g)	1	Total Fat (g)	1.5
0	Saturated Fat (g)	0	Saturated Fat (g)	0.5
0	Cholesterol (mg)	0	Cholesterol (mg)	25
250	Sodium (mg)	310	Sodium (mg)	430
40	Carbohydrates (g)	54	Carbohydrates (g)	56
1.5	Dietary Fiber (g)	3	Dietary Fiber (g)	2
6	Sugars (g)	5	Sugars (g)	6
7	Protein (g)	11	Protein (g)	12
be luals or	<p>This product should not be consumed by those individuals with allergies to Dairy, Gluten, Sulfites.</p>	<p>This product should not be consumed by those individuals with allergies to Gluten, or Sulfites.</p>	<p>This product should not be consumed by those individuals with allergies to Corn, Gluten, Soy, Sulfites, Tree Nuts, or Peanuts.</p>	<p>This product should not be consumed by those individuals with allergies to Gluten, Sulfites, Seeds, Tree Nuts or Peanuts.</p>