

Neomonde Baking Company

Natural Onion Bagel (3.75oz)

Nutrition Facts	
Serving Size 1 Bagel (106g)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	15%
Total Carbohydrate 62g	21%
Dietary Fiber 4g	16%
Sugars 10g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 15%
Thiamin 35%	Riboflavin 15%
Niacin 20%	Folate 30%
*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:

ENRICHED UNBLEACHED UNBROMATED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ONION, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SUGAR, SEA SALT, MALTED BARLEY FLOUR, YEAST, MOLASSES, HONEY, SOYBEAN OIL, HYUDROLYZED WHEAT GLUTEN, NATURAL FLAVOR [WHEAT], ASCORBIC ACID, WHEAT FLOUR, ENZYMES.

ALLERGENS:

CONTAINS: WHEAT, SOY.

SHELF LIFE:

2 DAYS. 12.16.10