

Neomonde Baking Company

Natural Everything Bagel (3.75oz)

Nutrition Facts			
Serving Size 1Bagel (106g)			
Servings Per Container			
Amount Per Serving			
Calories 320	Calories From Fat 60		
% Daily Value*			
Total Fat 6g	9%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 360mg	15%		
Total Carbohydrate 55g	18%		
Dietary Fiber 5g	20%		
Sugars 5			
Protein 12g			
Vitamin A 0% *	Vitamin C 0%		
Calcium 8% *	Iron 30%		
Thiamin 35% *	Riboflavin 15%		
Niacin 20% *	Folate 30%		
<ul style="list-style-type: none"> 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, SESAME SEEDS, POPPY SEEDS, ONION, CONTAINS 2% OR LESS OF EACH OF THE FOLLING: SUGAR, SEA SALT, MALTED BARLEY FLOUR, YEAST, MOLASSES, HONEY, SOYBEAN OIL, HYDROLYZED WHEAT GLUTEN, NATURAL FLAVOR (WHEAT), ASCORBIC ACID, WHEAT FLOUR, ENZYMES.

ALLERGENS:

CONTAINS: WHEAT, SOY

SHELF LIFE:

2 DAYS.