

# Neomonde Baking Company

## Natural Poppy Bagel (3.75oz)

### Nutrition Information

|                               |             |
|-------------------------------|-------------|
| <b>Serving Size:</b> 1 Bagel  | (106g)      |
| <b>Total Calories</b>         | 330         |
| Calories from Fat             | 70          |
| <b>Amount Per Serving</b>     | <b>%DV*</b> |
| <b>Total Fat</b> 8g           | 12%         |
| Saturated Fat 1g              | 5%          |
| Trans Fat 0g                  |             |
| <b>Cholesterol</b> 0mg        | 0%          |
| <b>Sodium</b> 360mg           | 15%         |
| <b>Total Carbohydrate</b> 52g | 17%         |
| Dietary Fiber 6g              | 24%         |
| Sugars 3g                     |             |
| <b>Protein</b> 12g            |             |
| Vitamin A                     | 0%          |
| Vitamin C                     | 0%          |
| Calcium                       | 20%         |
| <b>Iron</b>                   | 25%         |
| Thiamin                       | 40%         |
| <b>Riboflavin</b>             | 15%         |
| <b>Niacin</b>                 | 20%         |
| <b>Folate</b>                 | 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 | Less Than                          | 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, POPPY SEEDS, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: 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. 12.16.10