

Bagels

Nutrition Facts

4 servings per container

Serving size 1 bagel (85g)

Amount per serving

Calories 210

% Daily Value *

Total Fat 6g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 13%

Total Carbohydrate 38g 14%

Dietary Fibers 2g 8%

Total Sugars 6g

Includes 6g Added Sugars 11%

Protein 2g

Vitamin D 0mcg 0%

Calcium 40mg 2%

Iron 0.9mg 6%

Potassium 70mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories per day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4