

Plain

Nutrition Facts	
Serving Size 1 average Bagel (57g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat .5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 5g	
Vitamin A 0%	• Vitamin C 10%
Calcium 6%	• Iron 8%
*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
Sat 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 UMBROMATED WHEAT FLOUR, (NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, OAT FIBER, SUGARCANE FIBER, WHEAT GLUTEN, YEAST, MODIFIED WHEAT STARCH, SALT, MALT, SUGAR, CALCIUM PROPIONATE, MONOGLYCERIDES, CELLULOSE GUM, GUAR GUM, XANTHAN GUM, ASCORBIC ACID AND CIRIC ACID (ANTIOXIDANTS). ENZYMES, SUCRALOSE, YELLOW CORN MEAL.

CONTAINS: WHEAT, GLUTEN AND MAY CONTAIN SESAME SEEDS

Wheat

Nutrition Facts	
Serving Size 1 average Bagel (57g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 5g	
Vitamin A 0%	• Vitamin C 10%
Calcium 8%	• Iron 8%
*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
Sat 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: WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED UMBROMATED WHEAT FLOUR, (NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, OAT FIBER, SUGARCANE FIBER, WHEAT GLUTEN, YEAST, MODIFIED WHEAT STARCH, SALT, MALT, SUGAR, CALCIUM PROPIONATE, MONOGLYCERIDES, CELLULOSE GUM, GUAR GUM, XANTHAN GUM, ASCORBIC ACID AND CITRIC ACID (ANTIOXIDANTS). ENZYMES, SUCRALOSE, YELLOW CORN MEAL.

CONTAINS: WHEAT, GLUTEN AND MAY CONTAIN SESAME SEEDS

Onion

Nutrition Facts	
Serving Size 1 average Bagel (57g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 5g	
Vitamin A 0%	• Vitamin C 10%
Calcium 6%	• Iron 8%
*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
Sat 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 UMBROMATED WHEAT FLOUR, (NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, OAT FIBER, SUGARCANE FIBER, WHEAT GLUTEN, TOASTED ONION, YEAST, MODIFIED WHEAT STARCH, SALT, MALT, SUGAR, CALCIUM PROPIONATE, MONOGLYCERIDES, CELLULOSE GUM, GUAR GUM, XANTHAN GUM, ASCORBIC ACID AND CITRIC ACID (ANTIOXIDANTS). ENZYMES, SUCRALOSE, YELLOW CORN MEAL.

CONTAINS: WHEAT, GLUTEN AND MAY CONTAIN SESAME SEEDS

Cinnamon

Nutrition Facts	
Serving Size 1 average Bagel (57g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat .5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 5g	
Vitamin A 0%	• Vitamin C 10%
Calcium 8%	• Iron 10%
*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
Sat 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 UMBROMATED WHEAT FLOUR, (NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, OAT FIBER, SUGARCANE FIBER, WHEAT GLUTEN, YEAST, MODIFIED WHEAT STARCH, CINNAMON, SALT, MALT, SUGAR, CALCIUM PROPIONATE, MONOGLYCERIDES, CELLULOSE GUM, GUAR GUM, XANTHAN GUM, ASCORBIC ACID AND CITRIC ACID (ANTIOXIDANTS). ENZYMES, SUCRALOSE, YELLOW CORN MEAL.

CONTAINS: WHEAT, GLUTEN AND MAY CONTAIN SESAME SEEDS

Everything

Nutrition Facts	
Serving Size 1 average Bagel (57g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 5g	
Vitamin A 0%	• Vitamin C 10%
Calcium 8%	• Iron 8%
*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
Sat 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 UMBROMATED WHEAT FLOUR, (NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, WATER, OAT FIBER, SUGARCANE FIBER, WHEAT GLUTEN, TOASTED ONION, YEAST, MODIFIED WHEAT STARCH, SESAME SEEDS, SALT, MALT, SUGAR, POPPY SEEDS, GARLIC, CALCIUM PROPIONATE, MONOGLYCERIDES, CELLULOSE GUM, GUAR GUM, XANTHAN GUM, ASCORBIC ACID AND CITRIC ACID (ANTIOXIDANTS), ENZYMES, SUCRALOSE, YELLOW CORN MEAL.

CONTAINS: WHEAT, GLUTEN AND SESAME SEEDS

Blueberry

Nutrition Facts	
Serving Size 1 average Bagel (57g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 8%
Thiamin 15%	• Riboflavin 8%
Niacin 10%	• Folate 10%
*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
Sat 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 WHEAT FLOUR (WHEAT FLOUR, BARLEY MALT, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, OAT FIBER, INULIN, WHEAT GLUTEN, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST MALITOL, WHEAT FIBER CONCENTRATE, WHEAT STARCH, DRIED BLUEBERRIES, SALT, MALT, CARBOXYMETHYL CELLULOSE, GUAR GUM, XANTHAN GUM, SUCRALOSE, SORBIC ACID, DOUGH CONDITIONER (ETHOXYLATED MONO AND DIGLYCERIDES), CALCIUM PROPIONATE (PRESERVATIVE), ARTIFICIAL FLAVOR, ARTIFICIAL COLOR (INCLUDING FD&C RED #40, BLUE #1), ACESULFAME POTASSIUM.

CONTAINS: WHEAT, GLUTEN AND MAY CONTAIN SESAME SEEDS