

THE ALTERNATIVE BAGEL™



COUNTRY WHITE

Nutrition Facts	
Serving Size	2 oz (57g)
Servings Per Container	5 Country White Bagel
Amount per Serving	
Calories	110
Calories from Fat	0
% Daily Value*	
Total Fat	0.0 g 0%
Saturated Fat	0.0 g 0%
Trans Fat	0.0 g
Cholesterol	0.0 mg 0%
Sodium	210.0 mg 9%
Total Carbohydrate	25.0 g 8%
Dietary Fiber	7.0 g 28%
Sugars	0.0 g
Protein	6.0 g
Vitamin A	0%
Vitamin C	0%
Calcium	15%
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 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2400 mg 2400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat	9
Carbohydrate	4
Protein	4

COUNTRY WHITE BAGEL

ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEAT GLUTEN, CORN STARCH, INULIN, OAT FIBER, may contain 2% or less of: CALCIUM SULFATE, ENZYMES, DEXTROSE, SORBIC ACID, SALT, YEAST, CALCIUM PROPIONATE (preservative), ARTIFICIAL BUTTERMILK FLAVOR.
CONTAINS: WHEAT

ROASTED ONION

Nutrition Facts	
Serving Size	2 oz (57g)
Servings Per Container	5 Roasted Onion Bagel
Amount per Serving	
Calories	110
Calories from Fat	0
% Daily Value*	
Total Fat	0.0 g 0%
Saturated Fat	0.0 g 0%
Trans Fat	0.0 g
Cholesterol	0.0 mg 0%
Sodium	210.0 mg 9%
Total Carbohydrate	25.0 g 8%
Dietary Fiber	7.0 g 28%
Sugars	<1 g
Protein	6.0 g
Vitamin A	0%
Vitamin C	0%
Calcium	15%
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 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2400 mg 2400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat	9
Carbohydrate	4
Protein	4

ROASTED ONION BAGEL

ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEAT GLUTEN, ONION, CORN STARCH, INULIN, OAT FIBER, may contain 2% or less of: POPPY SEEDS, CALCIUM SULFATE, ENZYMES, DEXTROSE, SORBIC ACID, SALT, YEAST, CALCIUM PROPIONATE (preservative), ARTIFICIAL BUTTERMILK FLAVOR.
CONTAINS: WHEAT

CINNAMON SPICE

Nutrition Facts	
Serving Size	2 oz (57g)
Servings Per Container	5 Cinnamon Spice
Amount per Serving	
Calories	110
Calories from Fat	0
% Daily Value*	
Total Fat	0.0 g 0%
Saturated Fat	0.0 g 0%
Trans Fat	0.0 g
Cholesterol	0.0 mg 0%
Sodium	210.0 mg 9%
Total Carbohydrate	25.0 g 8%
Dietary Fiber	7.0 g 29%
Sugars	0.0 g
Protein	6.0 g
Vitamin A	0%
Vitamin C	0%
Calcium	10%
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 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2400 mg 2400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat	9
Carbohydrate	4
Protein	4

CINNAMON SPICE BAGEL

ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEAT GLUTEN, CORN STARCH, INULIN, OAT FIBER, may contain 2% or less of: CALCIUM SULFATE, ENZYMES, DEXTROSE, SORBIC ACID), CINNAMON, YEAST, SALT, CALCIUM PROPIONATE (preservative), SUCRALOSE.

SWEET WHEAT

Nutrition Facts	
Serving Size	2 oz (57g)
Servings Per Container	5 Sweet Wheat
Amount per Serving	
Calories	110
Calories from Fat	0
% Daily Value*	
Total Fat	0.0 g 0%
Saturated Fat	0.0 g 0%
Trans Fat	0.0 g
Cholesterol	0.0 mg 0%
Sodium	200.0 mg 9%
Total Carbohydrate	25.0 g 8%
Dietary Fiber	8.0 g 32%
Sugars	0.0 g
Protein	7.0 g
Vitamin A	0%
Vitamin C	0%
Calcium	10%
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 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2400 mg 2400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat	9
Carbohydrate	4
Protein	4

SWEET WHEAT BAGELS

ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, WHEAT GLUTEN, CORN STARCH, INULIN, OAT FIBER, WHEAT BRAN, may contain 2% or less of: CALCIUM SULFATE, ENZYMES, DEXTROSE, SORBIC ACID), YEAST, SALT, CALCIUM PROPIONATE (preservative), ARTIFICIAL BUTTERMILK FLAVOR, SUCRALOSE.
CONTAINS: WHEAT

VERY BLUEBERRY

Nutrition Facts	
Serving Size	2 oz (57g)
Servings Per Container	5 Blueberry Bagel
Amount per Serving	
Calories	110
Calories from Fat	5
% Daily Value*	
Total Fat	0.5 g 1%
Saturated Fat	0.0 g 0%
Trans Fat	0.0 g
Cholesterol	0.0 mg 0%
Sodium	210.0 mg 9%
Total Carbohydrate	27.0 g 9%
Dietary Fiber	7.0 g 29%
Sugars	0.0 g
Protein	7.0 g
Vitamin A	2%
Vitamin C	0%
Calcium	10%
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 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2400 mg 2400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat	9
Carbohydrate	4
Protein	4

VERY BLUEBERRY BAGEL

ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEAT GLUTEN, CORN STARCH, INULIN, OAT FIBER, SUGAR FREE BLUEBERRY BITS (SUGAR ALCOHOL, CORN CEREAL, HYDROGENATED STARCH HYDROLYSATES, PALM OIL, VEGETABLE FIBER, NATURAL AND ARTIFICIAL FLAVOR, CITRIC ACID, BLUE #2, RED #40, BLUE #1), may contain 2% or less of: DRIED BLUEBERRIES, CALCIUM SULFATE, ENZYMES, L-CYSTEINE, SALT, YEAST, CALCIUM PROPIONATE AND SORBIC ACID (preservatives), NATURAL FLAVOR, DEXTROSE*, SUCRALOSE (a no calorie sweetener).
*Adds a dietarily insignificant amount of sugar
CONTAINS: WHEAT

