

**Nutri**

Serving Size 1 Bagel (37g)  
Servings per Container 1

**Amount Per Serving**

**Calories** 140    **Calories from Fat** 1

**% Daily Value**

**Total Fat** 1g    **2%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 180mg    **8%**

**Total Carbohydrate** 29g    **10%**

Dietary Fiber 4g    **16%**

Sugars 5g

**Protein** 6g

Vitamin A 0%    •    Vitamin C 0%

Calcium 4%    •    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:** WHOLE WHEAT FLOUR, WATER, SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF: SALT, YEAST, PRESERVATIVES (SORBIC ACID, CALCIUM PROPIONATE), MONO AND DICHLORIDES, SOYBEAN OIL, DOUGH CONDITIONERS (CALCIUM SULFATE, L-CYSTEINE), ENZYME (WHEAT GLUTEN) AND XANTHAN GUM. CONTAINS: WHEAT

**PINNACLE FOODS GROUP I.L.C.**  
CHERRY HILL, NJ 08003-3626 USA

0 GRAMS OF TRANS FAT PER SERVING  
GOOD 25% OR MORE  
1745000756P



**WHITE WHOLE GRAIN**

**KEEP FROZEN UNTIL  
READY TO USE  
THAW & SERVE**

**QUESTIONS OR COMMENTS?** 1-800-768-6287 or  
<http://foodservice.pinnaclefoodscorp.com>