

## Bagel, Plain

### Nutrition Facts

Serving Size: Each

### **ALLERGENS**

Wheat

Amount Per Serving

Calories: 140

Calories from Fat: 9

<b>Total Fat:</b>	<b>1.0g</b>
Saturated Fat:	.0g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>0mg</b>
<b>Sodium:</b>	<b>180mg</b>
<b>Total Carbohydrate:</b>	<b>29.0g</b>
Dietary Fiber:	4.0g
<b>Protein:</b>	<b>6.0g</b>

Vitamin A: 25RE

Vitamin C: .0mg

Calcium: 40.0mg

Iron: 1.8mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

### Ingredients

Bagel, White WG, 2 oz IW Lenders (mfg label): WHOLE WHEAT FLOUR, WATER, SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF: SALT, YEAST. PRESERVATIVES (SORBIC ACID, CALCIUM PROPIONATE), MONO AND DIGLYCERIDES, SOYBEAN OIL, DOUGH CONDITIONERS (CALCIUM SULFATE, L-CYSTEINE), ENZYME (WHEAT GLUTEN) AND XANTHAN GUM. CONTAINS WHEAT. [903294]

