

## Mini Bagels, Plain

### Nutrition Facts

Serving Size: Each

### **ALLERGENS**

Milk, Wheat

Amount Per Serving

Calories: 190

Calories from Fat: 45

<b>Total Fat:</b>	<b>5.0g</b>
Saturated Fat:	2.0g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>5mg</b>
<b>Sodium:</b>	<b>200mg</b>
<b>Total Carbohydrate:</b>	<b>32.0g</b>
Dietary Fiber:	2.0g
<b>Protein:</b>	<b>6.0g</b>

Vitamin A: 25RE

Vitamin C: .0mg

Calcium: 40.0mg

Iron: 1.1mg

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, Mini Pillsbury Plain 72/2.43 oz (mfg label): BAGEL: WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, NONFAT MILK, YEAST, SALT, CREAMY CHEESE FILLING: SKIM MILK, MILK, CREAM, MALTODEXTRIN, WHEY PROTEIN CONCENTRATE, MODIFIED CORN STARCH, CREAM OF TARTAR, CHEESE CULTURES, METHYLCELLULOSE, PRESERVATIVES (POTASSIUM SORBATE, CALCIUM PROPIONATE), SODIUM TRIPOLYPHOSPHATE, ARTIFICIAL COLOR, SALT, ANNATTO EXTRACT COLOR, XANTHAN GUM, CAROB BEAN GUM, NATURAL AND ARTIFICIAL FLAVOR, CARRAGEENAN, SODIUM PHOSPHATE, LOCUST BEAN GUM. CONTAINS MILK AND WHEAT [903499]