WG LENDER'S BAGEL NUTRITION LABEL

Whole Grain

Nutrition Facts

72 Servings Per Container

Serving Size 1 bagel (57g)

Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 28g	10%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 6g	
Vitamin D 0mcg 0% • Calcium 30mg 2%	
Iron 1.2mg 6% • Potassium 130mg 2%	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, YEAST, MALT EXTRACT (CORN AND BARLEY), SALT, CORN MEAL, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), VEGETABLE OIL (SOYBEAN), MONOGLYCERIDES, GUAR GUM.

CONTAINS WHEAT.

MADE IN A BAKERY THAT MAY ALSO USE SESAME.

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