



## Organic Boiled Bagels Nutrition and Ingredient Information

Nutrition Facts	Serving size (g)	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Organic Cinnamon Raisin Bagel	92	270	10	1	0	0	0	540	57	3	14	9
Organic Plain Bagel	92	270	10	1	0	0	0	710	54	2	10	9
Organic Sesame Bagel	92	280	35	3.5	0.5	0	0	680	52	3	10	10
Organic Whole Wheat Bagel	92	260	10	1	0	0	0	690	53	4	10	9
Organic Everything Bagel	92	250	15	2	0	0	0	640	50	2	9	8
Organic Cranberry Orange Bagel	92	250	5	1	0	0	0	590	54	2	15	7
Organic Ancient Grains and Seeds Bagel	92	250	45	5	0	0	0	420	44	7	8	10
Organic Jalapeño Bagel	92	230	5	0.5	0	0	0	720	48	2	9	8

# Ingredients

**Organic Cinnamon Raisin Bagel** Ingredients: Organic Wheat Flour, Water, Organic Cane Sugar, Organic Raisins, Organic Wheat Gluten, Sea Salt, Organic Dough Conditioner (Organic Wheat Flour, Natural Enzymes, Ascorbic Acid), Organic Cinnamon, Organic Cultured Wheat Flour (For Freshness), Yeast, Organic Malt. Allergens: Contains Egg, Milk, Wheat. May Contain Peanut, Soy, Tree Nuts.

**Organic Plain Bagel** Ingredients: Organic Wheat Flour, Water, Organic Cane Sugar, Organic Sesame Seeds, Organic Wheat Gluten, Sea Salt, Organic Dough Conditioner (Organic Wheat Flour, Natural Enzymes, Ascorbic Acid), Organic Cultered Wheat Flour (For Freshness), Organic Malt, Yeast. Allergens: Contains Egg, Milk, Wheat. May Contain: Peanut, Soy, Tree Nuts

**Organic Sesame Bagel** Ingredients: Organic Wheat Flour, Water, Organic Cane Sugar, Organic Wheat Gluten, Sea Salt, Organic Dough Conditioner (Organic Wheat Flour, Natural Enzymes, Ascorbic Acid), Organic Cultered Wheat Flour (For Freshness), Organic Malt, Yeast. Allergens: Contains Egg, Milk, Wheat. May Contain: Peanut, Soy, Tree Nuts.

**Organic Whole Wheat Bagel** Ingredients: Organic Whole Wheat Flour, Water, Organic Cane Sugar, Organic Wheat Gluten, Sea Salt, Organic Dough Conditioner (Organic Wheat Flour, Natural Enzymes, Ascorbic Acid), Organic Cultered Wheat Flour (For Freshness), Organic Malt, Yeast. Allergens: Contains Wheat. May Contain: Egg, Soy. May Contain Traces of Tree Nuts

**Organic Everything Bagel** Ingredients: Organic Wheat Flour, Water, Organic Cane Sugar, Contains 2% Or Less Of The Following: Organic Sesame Seeds, Organic Vital Wheat Gluten, Sea Salt, Organic Yellow Cornmeal, Organic Cultured Wheat Flour (For Freshness), Dough Conditioner (Mined Calcium Sulfate, Ascorbic Acid), Yeast, Sea Salt And Enzymes (For Freshness), Organic Poppy Seeds, Organic Onions, Organic Barley Malt, Organic Whole Caraway Seeds, Organic Garlic. Allergens: Contains Wheat. May Contain: Egg, Soy. May Contain Traces of Other Grains & Seeds.

**Organic Cranberry Orange Bagel** Ingredients: Organic Wheat Flour, Water, Organic Cane Sugar, Organic Cranberries (Organic Cranberries, Organic Sunflower Oil), Contains 2% Or Less Of The Following: Organic Vital Wheat Gluten, Organic Yellow Cornmeal, Sea Salt, Organic Orange Zest (Organic Orange Peel, Water), Organic Cultured Wheat Flour (For Freshness), Dough Conditioner (Mined Calcium Sulfate, Ascorbic Acid), Yeast, Sea Salt And Enzymes (For Freshness), Organic Barley Malt. Allergens: Contains Wheat. May Contain: Egg, Soy. May Contain Traces of Other Grains & Seeds.

**Organic Ancient Grains and Seeds Bagel** Ingredients: Organic Whole Wheat Flour, Water, Organic Seeds Blend (Organic Flaxseeds, Organic Sunflower Seeds, Organic Pumpkin Seeds, Organic Black Sesame Seeds), Organic Cane Sugar, Organic Cracked Wheat, Organic Vital Wheat Gluten, Contains 2% Or Less Of The Following: Organic Yellow Cornmeal, Organic Cultured Wheat Flour (For Freshness), Organic Flax Seed Meal, Organic Molasses, Sea Salt, Dough Conditioner (Mined Calcium Sulfate, Ascorbic Acid), Organic Quinoa, Organic Buckwheat Flour, Organic Dehulled Barley, Organic Rye Flour, Organic Amaranth, Yeast, Sea Salt And Enzymes (For Freshness), Organic Barley Malt. Allergens: Contains Wheat. May Contain: Egg, Soy. May Contain Traces of Other Grains & Seeds.

**Organic Jalapeño Bagel** Ingredients: Organic Wheat Flour, Water, Organic Cane Sugar, Organic Jalapenos (Organic Jalapeños Peppers, Organic Vinegar), Contains 2% Or Less Of The Following: Sea Salt, Organic Vital Wheat Gluten, Organic Yellow Cornmeal, Organic Cultured Wheat Flour (For Freshness), Dough Conditioner (Mined Calcium Sulfate, Ascorbic Acid), Yeast, Sea Salt And Enzymes (For Freshness), Organic Barley Malt Allergens: Contains Wheat. May Contain: Egg, Soy. May Contain Traces of Other Grains & Seeds.