



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

Ingredients

Organic Cinnamon Raisin Bagel 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 Organic Wheat Flour, Water, Organic Cane Sugar, Organic Wheat Gluten, Sea Salt, Organic Dough Conditioner (Organic Wheat Flour, Natural Enzymes, Ascorbic Acid), Organic Cultured Wheat Flour (For Freshness), Organic Malt, Yeast.

Allergens Contains Egg, Milk, Wheat. May Contain Peanut, Soy, Tree Nuts.

Organic Sesame Bagel 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 Cultured Wheat Flour (For Freshness), Organic Malt, Yeast.

Allergens Contains Egg, Milk, Wheat. May Contain Peanut, Soy, Tree Nuts.

Organic Whole Wheat Bagel

Organic Wheat Flour, Water, Organic Whole Wheat Flour, Organic Cane Sugar, Organic Wheat Gluten, Sea Salt, Organic Dough Conditioner (Organic Wheat Flour, Natural Enzymes, Ascorbic Acid), Organic Cultured Wheat Flour (For Freshness), Yeast, Organic Malt.

Allergens

Contains	May Contain
Egg, Milk, Wheat.	Peanut, Soy, Tree Nuts.