

# 100% Whole Wheat Bagel

## Nutrition Facts

Serving Size 1 Bagel (104 g/ 3.7 oz)  
Servings Per Container 6

### Amount Per Serving

<b>Calories</b>	250	<b>Calories from Fat</b>	15
<b>% DAILY VALUE *</b>			
<b>Total Fat</b>	1.5 g		2 %
Saturated Fat	0 g		0 %
<i>Trans</i> Fat	0 g		
Polyunsaturated Fat	0.5 g		
Monounsaturated Fat	0.5 g		
<b>Cholesterol</b>	0 mg		0 %
<b>Sodium</b>	380 mg		16 %
<b>Total Carbohydrate</b>	57 g		19 %
Dietary Fiber	9 g		37 %
Sugars	6 g		
<b>Protein</b>	11 g		
Vitamin A	10 %	Vitamin C	0 %
Calcium	10 %	Iron	20 %
Vitamin D	10 %	Vitamin E	10 %
Thiamin	25 %	Riboflavin	8 %
Niacin	20 %	Folic Acid	8 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g