

# Blueberry Bagel

## Nutrition Facts

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

### Amount Per Serving

Calories 260      Calories from Fat 10

#### % DAILY VALUE \*

|                           |        |            |      |
|---------------------------|--------|------------|------|
| <b>Total Fat</b>          | 1 g    |            | 1 %  |
| Saturated Fat             | 0 g    |            | 0 %  |
| <i>Trans</i> Fat          | 0 g    |            |      |
| Polyunsaturated Fat       | 0 g    |            |      |
| Monounsaturated Fat       | 0 g    |            |      |
| <b>Cholesterol</b>        | 0 mg   |            | 0 %  |
| <b>Sodium</b>             | 350 mg |            | 15 % |
| <b>Total Carbohydrate</b> | 55 g   |            | 18 % |
| Dietary Fiber             | 3 g    |            | 13 % |
| Sugars                    | 10 g   |            |      |
| <b>Protein</b>            | 9 g    |            |      |
| Vitamin A                 | 10 %   | Vitamin C  | 0 %  |
| Calcium                   | 10 %   | Iron       | 20 % |
| Vitamin D                 | 10 %   | Vitamin E  | 10 % |
| Thiamin                   | 30 %   | Riboflavin | 15 % |
| Niacin                    | 15 %   | Folic Acid | 25 % |

\* 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     |