

**BAGELS DATA**  
Marylou's News, Inc.

<b>Plain</b>	
Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Enriched, Bleached, Bromated Flour (contains niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, soy flour, corn flour, nonfat dry milk, salt, leavening agents (sodium bicarbonate, sodium acid pyrophosphate), dairy whey, dextrose, egg yolk solids, soy lecithin, nutmeg, artificial flavor, artificial color F.D. & C Yellow #5, #6.	
<b>Nutrition Facts</b>	
<b>Serving Size:</b> 1/2 Bagel	
Amount Per Serving:	
<b>Calories per Serving</b>	188
<b>Calories from Fat</b>	6.5
<b>Total Fat</b>	1g
<b>Saturated Fat</b>	0
<b>Cholesterol</b>	0
<b>Sodium</b>	350mg
<b>Total Carbohydrate</b>	56g
<b>Dietary Fiber</b>	2g
<b>Sugars</b>	6g
<b>Protein</b>	11g
This product should not be consumed by those individuals with allergies to Corn, Dairy, Egg, Gluten, Soy, Sulfites, Tree Nuts, or Peanuts	

<b>Egg</b>	
Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Whole Eggs, Yellow FD & C #s 5, 6	
<b>Nutrition Facts</b>	
<b>Serving Size:</b> 1/2 Bagel	
Amount Per Serving:	
<b>Calories per Serving</b>	188
<b>Calories from Fat</b>	6.5
<b>Total Fat</b>	1.5g
<b>Saturated Fat</b>	0.5g
<b>Cholesterol</b>	25mg
<b>Sodium</b>	430mg
<b>Total Carbohydrate</b>	56g
<b>Dietary Fiber</b>	2g
<b>Sugars</b>	6g
<b>Protein</b>	12g
This product should not be consumed by those individuals with allergies to Gluten, Eggs, or Sulfites.	

<b>Onion</b>	
Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Chopped Onion (Yellow FD & C #s 5, 6).	
<b>Nutrition Facts</b>	
<b>Serving Size:</b> 1/2 Bagel	
Amount Per Serving:	
<b>Calories per Serving</b>	188
<b>Calories from Fat</b>	6.5
<b>Total Fat</b>	1g
<b>Saturated Fat</b>	0.5g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	350mg
<b>Total Carbohydrate</b>	56g
<b>Dietary Fiber</b>	2g
<b>Sugars</b>	6g
<b>Protein</b>	11g
This product should not be consumed by those individuals with allergies to Gluten, or Sulfites.	

<b>Veggie</b>	
Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Broccoli, Mushrooms, Peppers, Carrots, Onions, Green Beans, Leaf Basil.	
<b>Nutrition Facts</b>	
<b>Serving Size:</b> 1 Bagel	
Amount Per Serving:	
<b>Calories per Serving</b>	300
<b>Calories from Fat</b>	10
<b>Total Fat</b>	1g
<b>Saturated Fat</b>	0g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	350mg
<b>Total Carbohydrate</b>	56g
<b>Dietary Fiber</b>	2g
<b>Sugars</b>	6g
<b>Protein</b>	11g
This product should not be consumed by those individuals with allergies to Gluten, or Sulfites.	

# BAGELS DATA

## Marylou's News, Inc.

<b>Sesame</b>	
Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Sesame Seeds.	
<b>Nutrition Facts</b>	
<b>Serving Size:</b> 1/2 Bagel	
Amount Per Serving:	
<b>Calories per Serving</b>	188
<b>Calories from Fat</b>	6.5
<b>Total Fat</b>	1g
<b>Saturated Fat</b>	0
<b>Cholesterol</b>	0
<b>Sodium</b>	245mg
<b>Total Carbohydrate</b>	40mg
<b>Dietary Fiber</b>	1.5g
<b>Sugars</b>	4g
<b>Protein</b>	8g
This product should not be consumed by those individuals with allergies to Gluten, Sulfites, Tree Nuts, or Peanuts.	

<b>Raisin</b>	
Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Raisins, Cinnamon.	
<b>Nutrition Facts</b>	
<b>Serving Size:</b> 1/2 Bagel	
Amount Per Serving:	
<b>Calories per Serving</b>	188
<b>Calories from Fat</b>	6.5
<b>Total Fat</b>	1g
<b>Saturated Fat</b>	0
<b>Cholesterol</b>	0
<b>Sodium</b>	250mg
<b>Total Carbohydrate</b>	40g
<b>Dietary Fiber</b>	1.5g
<b>Sugars</b>	6g
<b>Protein</b>	7g
This product should not be consumed by those individuals with allergies to Gluten, or Sulfites.	

<b>Marble</b>	
Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Chopped Rye Flour, caramel color.	
<b>Nutrition Facts</b>	
<b>Serving Size:</b> 1/2 Bagel	
Amount Per Serving:	
<b>Calories per Serving</b>	188
<b>Calories from Fat</b>	6.5
<b>Total Fat</b>	1g
<b>Saturated Fat</b>	0
<b>Cholesterol</b>	0
<b>Sodium</b>	310mg
<b>Total Carbohydrate</b>	54g
<b>Dietary Fiber</b>	3g
<b>Sugars</b>	5g
<b>Protein</b>	11g
This product should not be consumed by those individuals with allergies to Dairy, Gluten, Sulfites.	

<b>Honey Whole Wheat</b>	
Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Whole Wheat Flour, Vital Wheat Gluten, Honey, No Sugar.	
<b>Nutrition Facts</b>	
<b>Serving Size:</b> 1/2 Bagel	
Amount Per Serving:	
<b>Calories per Serving</b>	188
<b>Calories from Fat</b>	6.5
<b>Total Fat</b>	1.5g
<b>Saturated Fat</b>	.5g
<b>Cholesterol</b>	25mg
<b>Sodium</b>	430mg
<b>Total Carbohydrate</b>	56g
<b>Dietary Fiber</b>	2g
<b>Sugars</b>	6g
<b>Protein</b>	12g
This product should not be consumed by those individuals with allergies to Gluten, or Sulfites.	

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Marylou's News, Inc.

<b>Blueberry</b>	
Enriched High-Gluten Wheat Flour (thiamin, riboflavin, niacin, iron, bromate), water, sugar, malt, yeast, conditioners: datem, ascorbic acid, L-Cysteine, ada, enzymes), propionate (rope inhibitor). Blueberries, natural and artificial flavor oils, propylene glycol, corn syrup, corn cereal, modified food starch, partially hydrogenated vegetable oil (cottonseed and/or soybean), Red #3, Blue #1, Yellow #6.	
<b>Nutrition Facts</b>	
<b>Serving Size:</b> 1/2 Bagel	
Amount Per Serving:	
<b>Calories per Serving</b>	<b>188</b>
<b>Calories from Fat</b>	<b>6.5</b>
<b>Total Fat</b>	<b>1.5g</b>
<b>Saturated Fat</b>	<b>0g</b>
<b>Cholesterol</b>	<b>0mg</b>
<b>Sodium</b>	<b>230mg</b>
<b>Total Carbohydrate</b>	<b>40g</b>
<b>Dietary Fiber</b>	<b>1.5g</b>
<b>Sugars</b>	<b>6g</b>
<b>Protein</b>	<b>7g</b>
This product should not be consumed by those individuals with allergies to Corn, Gluten, Soy, Sulfites, Tree Nuts, or Peanuts,	

<b>Works</b>	
Enriched High-Gluten Wheat Flour, (Thiamin, Riboflavin, Niacin, Iron, Folic Acid), Water, Sugar, Malt, Salt, Yeast, Onions, Sesame, Poppy, Garlic. Contains 2% or less of the following Conditioners- Ascorbic Acid, L-Cysteine, SSL, Enzymes, Calcium Propionate. FD&C Yellow #5, Yellow #6.	
<b>Nutrition Facts</b>	
<b>Serving Size:</b> 1/2 Bagel	
Amount Per Serving:	
<b>Calories per Serving</b>	<b>188</b>
<b>Calories from Fat</b>	<b>6.5</b>
<b>Total Fat</b>	<b>0.5g</b>
<b>Saturated Fat</b>	<b>0g</b>
<b>Cholesterol</b>	<b>0mg</b>
<b>Sodium</b>	<b>122mg</b>
<b>Total Carbohydrate</b>	<b>20g</b>
<b>Dietary Fiber</b>	<b>1g</b>
<b>Sugars</b>	<b>2g</b>
<b>Protein</b>	<b>4g</b>
This product should not be consumed by those individuals with allergies to Gluten, Sulfites, Tree Nuts or Peanuts.	