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Kettle Boiled Quinoa Multigrain Bagel – New Yorker Bagels

MINI				LARGE				HAND ROLLED			
Nutrition Facts				Nutrition Facts				Nutrition Facts			
Serving Size 1 bagel (57gm)				Serving Size 1 bagel (113gm)				Serving Size 1 bagel (145gm)			
Amount per Serving				Amount per Serving				Amount per Serving			
Calories 150		Calories from Fat 10		Calories 300		Calories from Fat 20		Calories 385		Calories from Fat 25	
		% daily value*				% daily value*				% daily value*	
Total Fat 1g			2%	Total Fat 2g			3%	Total Fat 2.5g			4%
Saturated Fat 0g			0%	Saturated Fat 0g			0%	Saturated Fat 0g			0%
Trans Fat 0g				Trans Fat 0g				Trans Fat 0g			
Cholesterol 0mg			0%	Cholesterol 0mg			0%	Cholesterol 0mg			0%
Sodium 145mg			8%	Sodium 290mg			12%	Sodium 370mg			15%
Total Carbohydrate 30g			10%	Total Carbohydrate 59g			20%	Total Carbohydrate 75g			25%
Dietary Fiber 2.5g			10%	Dietary Fiber 5g			20%	Dietary Fiber 6.5g			26%
Sugars 3g				Sugars 6g				Sugars 7.5g			
Protein 5.5g				Protein 11g				Protein 14g			
Vitamin A 0%		•	Vitamin C 0%	Vitamin A 0%		•	Vitamin C 0%	Vitamin A 0%		•	Vitamin C 0%
Calcium 1%		•	Iron 8%	Calcium 2%		•	Iron 15%	Calcium 3%		•	Iron 20%
Thiamin 18%		•	Riboflavin 10%	Thiamin 35%		•	Riboflavin 20%	Thiamin 45%		•	Riboflavin 25%
Niacin 10%		•	Folate 10%	Niacin 20%		•	Folate 20%	Niacin 25%		•	Folate 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:				* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				* 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		Calories:	2,000	2,500		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	Total Fat	Less than	65g	80g	Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g	Saturated Fat	Less than	20g	25g	Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg	Cholesterol	Less than	300mg	300mg	Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg	Sodium	Less than	2,400mg	2,400mg	Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g	Total Carbohydrate		300g	375g	Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g	Dietary Fiber		25g	30g	Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Ingredients:

UNBLEACHED UNBROMATED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, MALT SYRUP, BROWN SUGAR, contains 2% or less of each of the following: WHEAT GLUTEN, SUNFLOWER SEEDS, FLAXSEEDS, MILLET, QUINOA, SEA SALT, YEAST, RAISIN JUICE CONCENTRATE, MALT POWDER, MOLASSES POWDER, HONEY POWDER, SOYBEAN OIL, ASCORBIC ACID, ENZYMES.

The information listed above has been compiled from publications of the USDA and from data provided by Corbion Caravan's suppliers.