



UPC: 032-32100-08037-0

### Sales/Marketing

LOW-FAT WAY TO START THE DAY, HEARTH BAKED FOR AN AUTHENTIC BAGEL SHOP TASTE, RIGHT IN YOUR FREEZER. GOLDEN BROWN CRUST ON THE OUTSIDE AND A SOFT CHEWY TEXTURE INSIDE. #8037

### Packaging

72/3.0 OZ BAGELS. KEEP FROZEN. SHELF LIFE = ONE YEAR.

### Preparation

TOASTER HEATING - FOR EASE IN SEPARATING THE BAGEL INTO HALVES-MICROWAVE FROZEN BAGEL ON HIGH FOR 10-20 SECONDS. TOAST UNTIL GOLDEN BROWN. WATCH TO AVOID BURNING. CONVENTIONAL OVEN - PREHEAT OVEN TO 350 F. PLACE FROZEN BAGEL ON A BAKING SHEET. HEAT BAGEL FOR 7-8 MINUTES.

### Ingredients

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN), WATER, HIGH FRUCTOSE CORN SYRUP, SALT, YEAST.

### Allergy Info

(Manufacturers are asked to review for the following allergens: milk, egg, peanut, wheat, soy, tree-nut, and shellfish. If applicable, they will appear below.)

WHEAT

### Nutrition Facts

Serving Size	3 oz	
Servings Per Case	72.00	
<b>Amount Per Serving</b>		<b>% DV*</b>
<b>Calories</b> 220.0		<b>11%</b>
Fat Calories 9.0		
<b>Total Fat</b> 1.0g		<b>2%</b>
<b>Sodium</b> 540.0mg		<b>23%</b>
<b>Total Carbohydrates</b> 44.0g		<b>15%</b>
Dietary Fiber 3.0g		<b>12%</b>
Sugars 5.0g		<b>0%</b>
<b>Protein</b> 9.0g		<b>18%</b>
<b>Vitamin A</b> 50.0 IU		<b>1%</b>
<b>Calcium</b> 10.0mg		<b>1%</b>
<b>Iron</b> 3.6mg		<b>20%</b>

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



### School Equivalents

Serving Size	1 ea
Meat/Meat Alternatives	
Fruit/Vegetables	
Grain/Bread	3 1/4
Milk	
Child Nutrition	NO

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