



Blueberry Bagel

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 1 bagel (99g) | |
| Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 240 | Calories from Fat 15 |
| % Daily Value* | |
| Total Fat 1.5g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 440mg | 18% |
| Total Carbohydrate 47g | 16% |
| Dietary Fiber 2g | 8% |
| Sugars 3g | |
| Protein 8g | |
| Vitamin A 0% | • Vitamin C 4% |
| Calcium 4% | • Iron 15% |
| *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 |
| Saturated 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 |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

INGREDIENTS: ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BLUEBERRY FRUIT BITS (WATER, HIGH FRUCTOSE CORN SYRUP, EVAPORATED APPLES, CORN SYRUP, BLUEBERRIES, FOOD STARCH-MODIFIED, PROPYLENE GLYCOL, CITRIC ACID, RED 40, BLUE 1, NATURAL AND ARTIFICIAL FLAVOR), MALT BARLEY FLOUR, CONTAINS 2 % OR LESS OF: YEAST, GLUTEN, SUGAR, CORN SYRUP SOLIDS, MONO - DIGLYCERIDES, GUAR GUM, MOLASSES, DIACETYL TARTARIC ACID ESTERS OF MONO- DIGLYCERIDES (DATEM), SALT, SOY OIL, ASCORBIC ACID, CALCIUM SULFATE, SODIUM BENZOATE, CALCIUM PROPIONATE, POTASSIUM SORBATE, (PRESERVATIVES), L. CYSTEIN, AZODICARBONAMIDE.

Contains Wheat.
 Manufactured in a Facility that Processes Milk,
 Soy, Peanuts and Tree Nuts.

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