

Anthony & Sons Bakery, Inc.  
Nutrition Label Report  
Boiled Bagels Plain

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<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>4 oz (113g)</b>
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Amount per serving	
<b>Calories</b>	<b>270</b>
Calories from Saturated Fat 0	
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	<b>% Daily Value</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 490mg	<b>21%</b>
<b>Total Carbohydrate</b> 56g	<b>21%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
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<b>Protein</b> 10g	
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Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 2.6mg	<b>15%</b>
Potassium 10mg	<b>0%</b>
Magnesium 0mg	<b>0%</b>

INGREDIENTS: Unbromated Unbleached Enriched Wheat, Flour(Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Salt, Malted Barley Flour (Contains Wheat), Honey Powder (Honey, Maltodextrin), Contains Less Than 2% Of Mono- And Diglycerides, Molasses Powder (Molasses, Wheat Starch), Hydrolyzed Wheat Gluten, Ascorbic Acid (Vitamin C), Enzymes., Yeast, Allergen: This Product has been Processed in a Facility where, Wheat, Soy product are present.

CONTAINS: WHEAT