

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

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Nutrition Facts	
1 serving per container	
Serving size	4 oz (113g)
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Amount per serving	
Calories	280
Calories from Saturated Fat 0	
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	% Daily Value
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	21%
Total Carbohydrate 56g	20%
Dietary Fiber 3g	10%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 10g	
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Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2.8mg	15%
Potassium 30mg	0%
Magnesium 15mg	2%

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., Poppy Seed, Yeast, Allergen: This Product has been Processed in a Facility where, Wheat, Soy product are present.
CONTAINS: WHEAT